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Fruit and Peanut Butter Dip

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What's in Season: January
Avocado

Kale

Pears

Turnips



Featured Produce: Peaches

Peak Season: Summer

Selection: For fresh peaches, choose ones with firm and fuzzy skins

How to Prepare: Add peaches to smoothies, salsas, on top of your breakfast, or sliced up as a snack

Storage: When ripe, keep at room temperature for use within 1-2 days



Out of Season?
No Problem!

Although buying seasonal produce can help save money, choosing frozen or canned fruits and veggies can be a budget-friendly option as well! These are also great options for produce that's no longer in season or you want to stay fresh longer.