



JUNE 2022



Cucumber Salad

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: June

Cherries

Melons

Plums

Watermelon

Strawberries



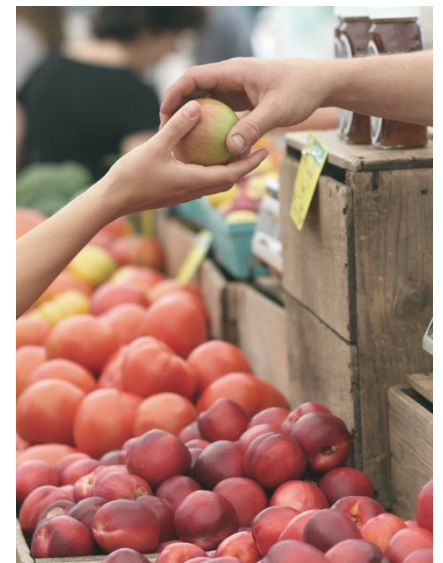
Featured Produce: Tomatoes

Peak Season: Summer

Selection: Look for firm tomatoes with bright and shiny skins

How to Prepare: Use chopped tomatoes in a salad, salsa, or chili

Storage: Store at room temperature away from direct sunlight



National Fresh Fruit and Vegetables Month

Throughout June, visit your local farmer's market or produce stand to pick up some fresh fruits and veggies! Seasonal produce not only tastes better but is a great way to support the farmers in your community.