



FEBRUARY 2022



Chicken Gyro with Veggies

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



What's in Season: February

Rhubarb

Passion fruit

Sweet potatoes



Featured Produce: Cucumbers

Peak Season: Summer

Selection: Select firm cucumbers with dark green color

How to Prepare: Add to salads, make a tzatziki sauce, or serve slices for a snack

Storage: Refrigerate cucumbers in plastic bag up to 1 week



Easy Desserts Anyone Can Make!

Satisfy your sweet tooth this February without buying expensive chocolates and candies. Check out the 17 dessert recipes from Celebrate Your Plate!