



JUNE 2021



Vegetable Frittata

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: Zucchini

Peak Season: Summer

Selection: Look for firm zucchinis with shiny skins

How to Prepare: Use chopped zucchinis in a vegetable soup, or roasted with your favorite spices

Storage: Store in your refrigerator



SNAP-Ed Snapshot

Program Assistant Becky from Clermont County recently shared several CYP recipes with SNAP-Ed participants from the Clermont County Board of DD. This photo shows a participant who made the CYP Banana Roll-Ups! Click below to learn more about SNAP-Ed programs close to you!

<https://fcs.osu.edu/programs/nutrition/snap-ed>