



Zucchini Noodles

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What's in Season: July

Bell peppers
Blackberries
Carrots
Summer squash
Tomatoes



Featured Produce: Zucchini

Peak Season: Summer

Selection: Choose for zucchini with a slightly prickly, but shiny skin

How to Prepare: Stir-fry, roast, or add to pasta or soups

Storage: Store in a plastic bag in the refrigerator for 4 to 5 days



Produce Identification Game

Visit the CYP Activities page to play our new interactive produce identification game! Click through pictures of fruits and veggies and try to match the name with the produce photo.

