



July 2024



## Baked Balsamic Peach Salad

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)



### What's in Season: July

- Bell Peppers
- Cantaloupe
- Carrots
- Okra
- Peaches
- Tomatoes



### Featured Produce: Peaches

Peak Season: Summer

**Selection:** Pick fresh peaches with firm and fuzzy skins

**How to Prepare:** Add to salads, smoothies, salsas, or sliced as a snack

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



### National Berry Month

July is National Berry Month and we're celebrating all the delicious ways to eat berries! Frozen berries are tasty in a smoothie, fresh berries go great in a salad, and berries from a local farmers market make a great snack. Visit the Celebrate Your Plate recipe page for dishes using berries.

[CelebrateYourPlate.org](http://CelebrateYourPlate.org)

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