



June 2025



## BBQ Turkey Stuffed Peppers

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



### What's in Season: June

Blueberries

Cherries

Lettuce

Raspberries

Strawberries

Summer squash

### Featured Produce: Bell Peppers

**Peak Season:** Summer & fall

**Selection:** Choose firm, brightly colored peppers with tight skin

**How to Prepare:** Use in a wrap, salad, stir-fry, soup, or sliced as a snack

**Storage:** Refrigerate in a plastic bag for up to 5 days

### National Fresh Fruit & Vegetables Month

June is Fresh Fruit & Vegetables Month! Learn about produce local to your area by visiting a farmer's market or produce stand.

Seasonal produce not only tastes great but is also a great way to support your community.

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

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