



NOVEMBER 2020

SNAP-Ed



Apple Corn Chili  
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meal ideas at  
[CelebrateYourPlate.org](https://CelebrateYourPlate.org)



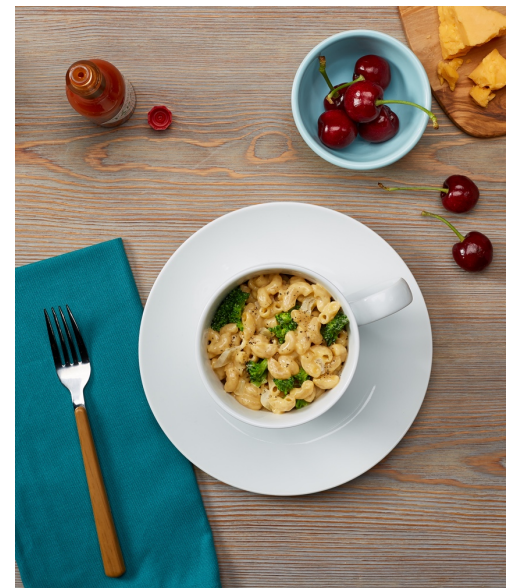
### What's In Season: November

Beets  
Collard greens  
Pears  
Swiss chard



### Featured Produce: Apples

**Peak Season:** Fall  
**Selection:** Pick firm, shiny, smooth-skinned apples  
**How to Prepare:** Add apples to a salad, baked goods, or serve sliced  
**Storage:** Store fresh apples for up to three weeks in a refrigerator, preferably in the crisper drawer



### One to Two Servings

#### Recipe Category

Cooking for one has never been easier! From quick microwave recipes, to delicious smoothies, visit [CelebrateYourPlate.org](https://CelebrateYourPlate.org) and select the "One-Two Serving" recipe category to view more recipes.

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