



AUGUST 2021



Sloppy Garden Joes

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: August

Grapes
Blackberries
Bell Peppers
Jalapeño Peppers



Featured Produce: Tomatoes

Peak Season: Summer

Selection: Pick bright, firm tomatoes with shiny skin

How to Prepare: Add diced tomatoes to salsa, salads, or pasta

Storage: Keep at room temperature away from direct sunlight for use within 1 week after ripe



SNAP-Ed Snapshot

Program Assistant Bri from Allen County recently shared the Celebrate Your Plate Cucumber Salad recipe with SNAP-Ed participants. Click below to learn more about SNAP-Ed programs close to you!

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