



September 2024



Baked Apple for One

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



What's in Season: September

- Apples
- Broccoli
- Cucumber
- Grapes
- Potatoes
- Watermelon

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 (best results in the crisper drawer)

Better Breakfast Month

September is Better Breakfast Month! Starting your day with a nutritious meal doesn't have to be complicated. Visit the Celebrate Your Plate recipe page to find 40 healthy and easy breakfast recipes.

CelebrateYourPlate.org

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