



AUGUST 2022



## Vegetarian Stuffed Peppers

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



### What's in Season: August

Cucumbers  
Bell Peppers  
Blackberries  
Lima Beans



### Featured Produce: Bell Peppers

**Peak Season:** Summer and Fall

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

**How to Prepare:** Use peppers in soups, chilis, or salads

**Storage:** Refrigerate in a plastic bag for up to one week



### What's Growing in Your Garden?

The gardens of our SNAP-Ed staff are filled with a variety of delicious summer produce! Visit [CelebrateYourPlate.org](http://CelebrateYourPlate.org) to find a recipe using your favorite garden ingredients like zucchini.