



SEPTEMBER 2022



Homemade Tomato Sauce

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What's in Season: September

Cauliflower
Carrots
Grapes
Watermelon



Featured Produce: Carrots

Peak Season: Summer & Fall

Selection: Choose firm, crisp carrots with deep color and avoid soft or wilted carrots

How to Prepare: Use chopped carrots in salads, soups, stews, or wraps

Storage: Refrigerate in crisper for several weeks in a plastic bag

Apple Corn Chili
Chicken Gyro with Vegetables
Egg and Veggie Breakfast Sammie
Mac and Cheese in a Mug
Nice Cream
Potato Skins with Buffalo Chicken
Quick and Easy Chicken Pot Pie
Veggie Crockpot Lasagna
Veggie Pizza Bites
White Kale Bean Soup

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