



DECEMBER 2021



Peach Crumble

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What's in Season: December

Grapefruit

Brussels Sprouts

Oranges

Tangerines



Featured Produce: Peaches

Peak Season: Summer

Selection: For fresh peaches, choose ones with firm and fuzzy skins

How to Prepare: Add peaches to smoothies, salsas, on top of your breakfast, or sliced up as a snack

Storage: When ripe, keep at room temperature for use within 1-2 days



Leftover Lesson

Be smart with leftover cooking to reduce waste and maximize flavor:

- Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags, or foil
- Use the oldest food first
- Place new items toward the back of the freezer
- Your freezer should be kept at 0°F