



June 2023



Great Grain Salad

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



What's in Season: June

Beets

Blueberries

Cherries

Kale

Raspberries



Featured Produce: Kale

Peak Season: Spring, summer and fall

Selection: Choose dark colored kale avoiding brown and yellow leaves

How to Prepare: Add to salads, sandwiches, or blend into smoothies

Storage: Store refrigerated in a plastic bag for 3-5 days



June is Fresh Fruit & Veggies Month

Throughout the month, visit local farmer's markets and produce stands to find food grown locally to you. Seasonal produce not only tastes better but is also a great way to support the farmers in your community.

CelebrateYourPlate.org

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