



September 2023



Summer Salsa

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What's in Season: September

- Broccoli
- Cucumber
- Parsnips
- Turnips
- Watermelon



Featured Produce: Tomatoes

Peak Season: Summer

Selection: Look for firm tomatoes with bright and shiny skins

How to Prepare: Use chopped tomatoes in a salad, salsa, or chili

Storage: Store at room temperature away from direct sunlight



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