

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



Ku Soo Dhawoow CELEBRATE YOUR PLATE

Soo gal si aad u hesho liisaska cunto diyaarinta loogu talagalay **cuntooyinka qiimaha** jaban, dhadhanka fiican leh ee qof kasta oo qoyskaaga ka tirsan uu ugu riyaqo

Eeg Liiska Cunto Diyaarinta

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