



MAY 2022



## Cookie Dough Dip

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](https://CelebrateYourPlate.org)



What's in Season: May

Asparagus

Radishes

Strawberries

Lettuce



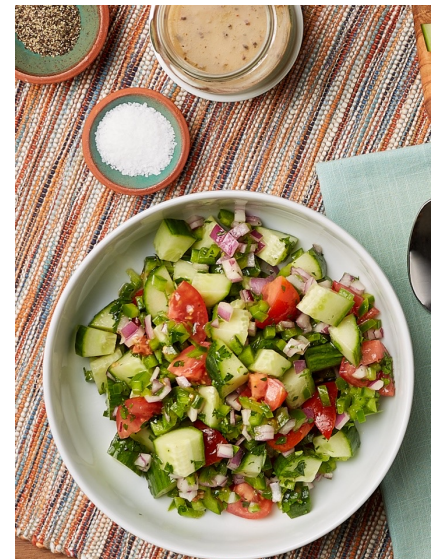
Featured Produce: Celery

**Peak Season:** Year-Round

**Selection:** Pick straight, rigid celery stalks with fresh leaves

**How to Prepare:** Add chopped celery to soups or cut into sticks and pair with peanut butter or dip

**Storage:** Refrigerate celery for one to two weeks



National Salad Month

Need a new salad recipe? May is National Salad Month, so visit Celebrate Your Plate to find a variety of salad recipes. Whether you like savory, sweet, or tangy, explore new salads that you and your family will love!