



SNAP-Ed

## Rice and Bean Salad

Find this recipe  
and more at  
[CelebrateYourPlate.org](http://CelebrateYourPlate.org)

# July 2018



## Produce Spotlight: Yellow Corn

**Peak Season:** July-October

**Ripeness:** for the best corn, pick an ear with a green husk, fresh silk, and tight rows of kernels. This will insure a fresh and tasty piece of produce!

**How to clean:** remove leaves, silk, and tassel from the ear. Run under water with a veggie scrub brush.



## SNAP-Ed Snapshot

Clermont County DD participants kicked off their summer with Program Assistant, Becky, and the **Eat for the Health** of it SNAP-Ed class at the OSU Extension office in Clermont County. Participants enjoyed making Cran-Apple Crisp while learning about whole grains and fruits.



## Gardening Tip

Have household plants or herbs? Use rain water to help them grow strong! And the best part? It's FREE!