



JULY 2022



Stuffed Yellow Squash

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



What's in Season: July

Corn
Peaches
Summer Squash
Tomatoes
Cantaloupe



Featured Produce: Yellow Squash

Peak Season: Summer
Selection: Look for glossy squash that are heavy for size
How to Prepare: Use squash in soups, chilis, or roasted in the oven
Storage: Refrigerate for 3-4 days



National Grilling Month

Need a new way to prepare vegetables? Try throwing them on the grill! This July, practice grill safety by never leaving your grill unattended, keeping children and pets away, and grilling away from your home and away from nearby overhanging branches.