September 2026

September is...

National Mushroom Month
National Papaya Month
National Potato Month



Fun Ways to Eat More Fruits & Veggies!

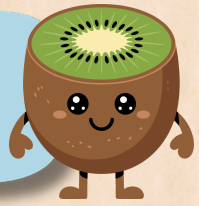
- Make a rainbow out of fruits and veggies on your plate
- Create a colorful fruit salad with bananas, berries, and apples
- Drink a smoothie with your favorite fruits and some yogurt
- Try crunchy vegetable sticks with hummus or peanut butter.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 White Grapes Yellow Squash Coins			1 	2	3 	4	5
Week 2 Watermelon Chunks Green Beans	6	7 LABOR DAY	8	9 	10	11 	12
Week 3 Honeydew Chunks Cauliflower Florets	13	14	15 	16	17 	18	19
Week 4 Cantaloupe & Blueberry Green Pepper Strips	20	21 	22	23	24	25 	26
	27	28	29	30			

What Am I?

I'm brown on the outside and hairy, it's true!
But slice me open, and I'm green with seeds too!



How do you like to eat watermelon?

 or 

FreshEdge PREPARED SOLUTIONS