

the
**Seasonal
and Simple**
app

A guide to find, select, cook and store fresh fruits and vegetables in Missouri.



an equal opportunity/ADA institution
Funded in part by USDA SNAP



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Use the Seasonal and Simple app to:

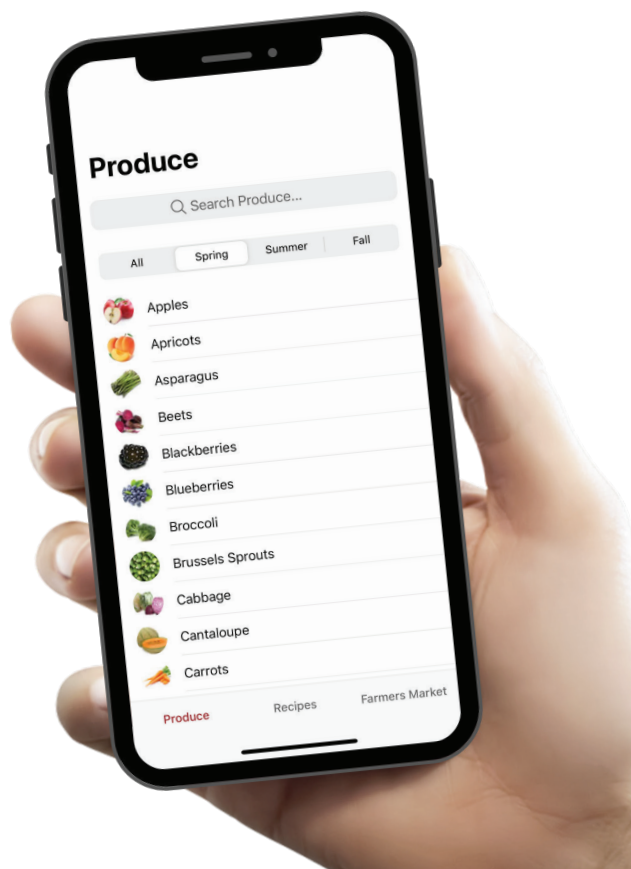
- ▶ Find tips for selecting and storing fresh produce.
- ▶ Discover what fruits and vegetables are in season in Missouri.
- ▶ Find recipes to cook and preserve fresh fruits and vegetables.
- ▶ Browse a list of Missouri farmers markets to find locally grown produce anywhere in the state.

Search for “Seasonal and Simple” in your device’s app store to download the free application.



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