

October

Squash/Pumpkin



Health Benefits

- May reduce risk of heart attack and stroke
- Lowers cholesterol levels
- Has anti-inflammatory properties
- May reduce risk of cancer



Interesting Facts

- Pumpkins were once recommended as a cure for freckles and snake bites.
- The English word squash comes from askutasquash, a combination of Native American words, which means raw or uncooked.
- In early colonial times, pumpkin was used in the crust, not in the filling for pies.

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Check out the October menu for these “squash/pumpkin” foods



Featured Recipes

- ☺ Ginger Pumpkin Mousse
- ☺ Zucchini Chocolate Cake
- ☺ Butternut Pilaf
- ☺ Roasted Squash Medley
- ☺ Acorn Squash
- ☺ Zucchini Tomato Bake
- ☺ Pumpkin Cookie

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