



Photo Courtesy of Pixabay.com

EAT WELL, CARE WELL.

EAT BETTER, EAT TOGETHER.

WHY EAT SEASONALLY?

- Buying locally grown fruits, vegetables, and herbs help support local farms and maintain farmland.
- Seasonal food is fresher, tastier, and more nutritious than food consumed out of season
- Local growers can share what practices they use to raise and harvest their crops.

WHERE TO BUY SEASONAL PRODUCE?

- Local farmers' market
- Local Community Supported Agriculture (CSA) programs
- Restaurants and businesses committed to seasonal, local food

WEEKLY CHALLENGES

MAKE A MEAL USING IN-SEASON FRUITS AND VEGETABLES.

INCORPORATE A NEW TYPE OF SQUASH INTO YOUR MEAL.

TRY A NEW RECIPE WITH SQUASH.

LIMIT "JUNK-FOOD" SNACKS.

Hot Spinach Apple Salad (Serves 2-3)

Ingredients:

- 3 Bacon strips, diced
- 1/8 c apple cider vinegar
- 1 tbsp brown sugar
- 4 c fresh baby spinach
- 1 unpeeled large red apple, thinly sliced
- ½ medium red onion, chopped (about ¼ c)



Directions:

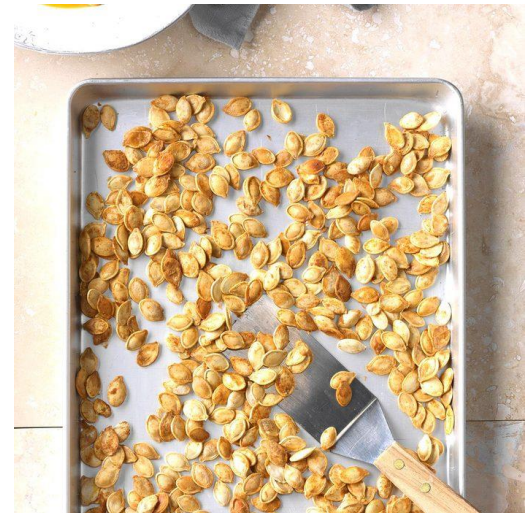
1. In a large skillet, on medium to low cook the bacon.
2. Remove bacon and leave drippings in the pan.
3. Bring the brown sugar, drippings, and vinegar to a slight boil. They should be incorporated with no remaining sugar crystals.
4. Mix the salad with the other ingredients and drizzle the dressing on top.

Adapted from: <https://www.tasteofhome.com/recipes/hot-spinach-apple-salad/>

Light Roasted Pumpkin Seeds

Ingredients:

- 1 c fresh pumpkin seeds
- 2 tsp melted butter
- ½ tsp Worcestershire sauce
- ½ tsp sugar
- ¼ tsp salt
- 1/8 tsp garlic powder
- Dash of cayenne pepper



Directions:

1. Preheat the oven to 250°F. Toss the butter and Worcestershire sauce in with the seeds.
2. Add remaining seasonings and spread them evenly on a baking sheet.
3. Cook for 40-60 minutes and every 10 minutes stir.

Adapted from: <https://www.tasteofhome.com/recipes/light-roasted-pumpkin-seeds/>