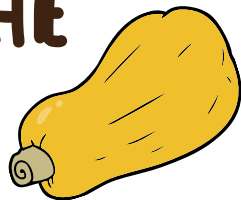




OCTOBER FFVP MENU

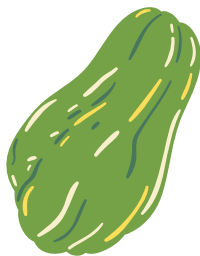
12	14
Apple	Broccoli
19	21
Orange	Strawberry
26	28
Red Grapes	Carrots

HARVEST OF THE MONTH



SQUASH

Squashes are members of the Cucurbitaceae (gourd) family.



Summer squashes grow quickly and have thin skin; to retain the most nutrients, leave their skin on while eating. Zucchini, yellow, and scallop squashes are 3 primary summer squashes.

Winter squashes have hard, thick skin that allows them to be stored in a dry, cool location for several months.



Edible pumpkins are one of many types of winter squash. Others include acorn, butternut, and spaghetti squashes.