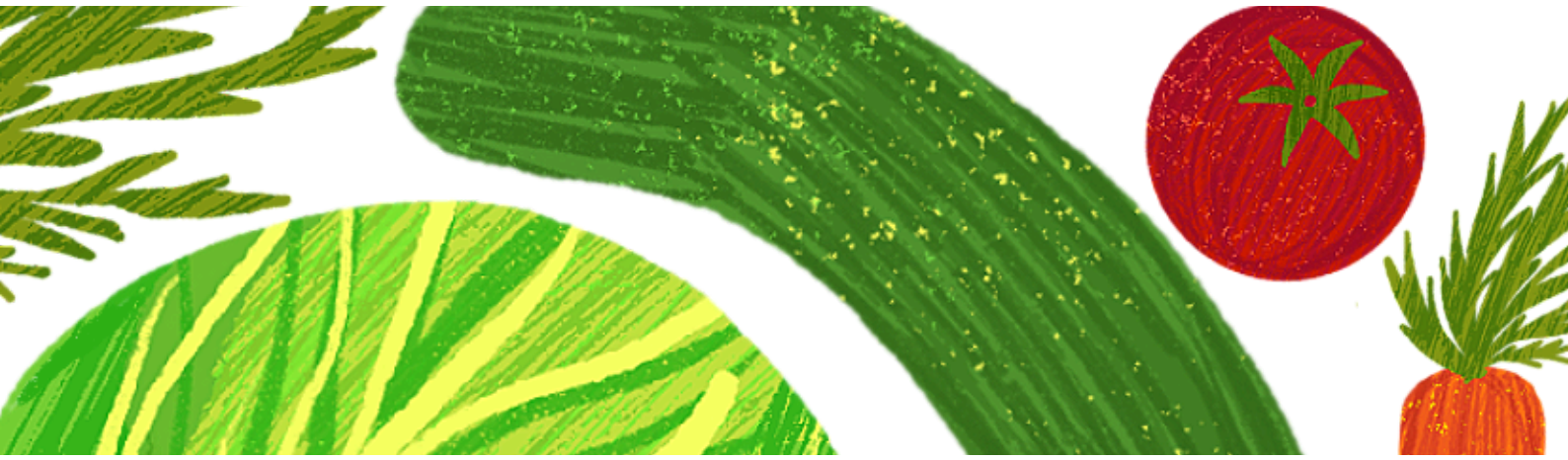
FRUIT AND VEGGIE NEWSLETTER

November Edition



IN THIS MONTH'S ISSUE

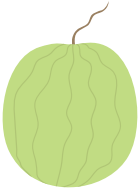


VEGGIE OF THE MONTH

Squash

FRUIT OF THE MONTH

Honeydew Melons



NEVER TRY, NEVER KNOW!

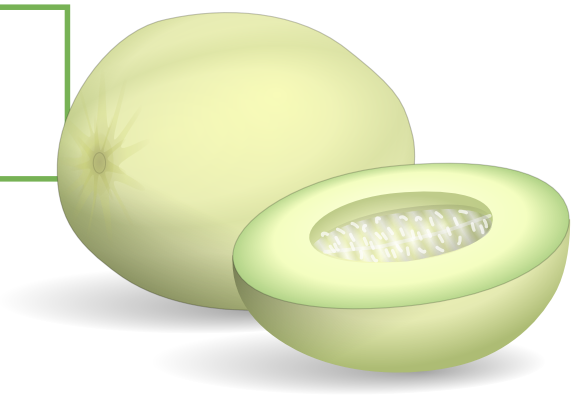
Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

Butternut squash's skin is edible!

Although it doesn't taste very good, you can eat the outside of this fall veggie, or try roasting the seeds inside for a yummy snack.

HONEYDEW



Honeydew is a great food source for providing **hydration**. It is made up of **90% water**, and is a great sources of **potassium** which is an essential nutrition for **electrolyte balance**!

Honeydew is also a great source of **vitamin C**. Vitamin C helps absorb iron and supports immunity!

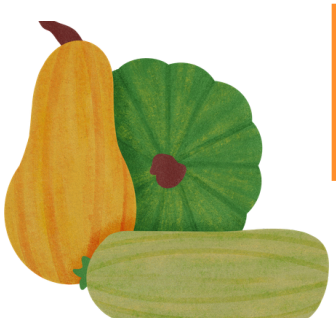
HOW DO THEY GROW?

Honeydew melons grow best in sunny locations with well drained soil. Honey dew melons are considered a winter melon and commonly require a 2-4 week longer growing season than cantaloupe

FUN WAYS TO EAT HONEYDEW

- In a smoothie
- With cottage cheese
- In a salad
- Made into a sorbet or fruit pop
- In a parfait or topped with granola
- Made into fresh fruit salsa

SQUASH



FUN WAYS TO EAT SQUASH

- Pureed into a creamy soup
- Oven roasted
- Sauteed or steamed
- In a taco as a meat substitute
- Added into mac & cheese
- Zoodles
- Shred zucchini and add to muffins or pancakes

Squash is a rich source of many nutrients and minerals:

- **Vitamin A -** an important antioxidant for eye health, strong bones, & keeping you healthy
- **Vitamin C -** another important antioxidant that works to keep you cold-free and aids in healing your body
- **Vitamin B** (folate & B6) **-** gives your body energy and fills up your blood with new cells

HOW DOES IT GROW?

Butternut squash grows on a long vine and can share it with as many as 10-20 other squash! This plant takes a lot of space up in a garden and likes warm soil.

This institution is an equal opportunity provider