



OCTOBER 2021



Creamy Pumpkin Dip
Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: October

- Cranberries
- Pomegranates
- Sweet potatoes
- Pumpkin



Featured Produce: Sweet Potatoes

Peak Season: Fall & Winter
Selection: Pick firm potatoes with smooth skin and avoid soft spots and blemishes
How to Prepare: Add sweet potatoes to a salad or stew, prepare on their own roasted or baked
Storage: Store sweet potatoes in a cool, dark place and use within 3-5 weeks



National Apple Month

Did you know October is National Apple Month? Whether you get your apples at an orchard, farmer's market, or grocery store, Celebrate Your Plate has apple recipes your whole family will love! Visit CelebrateYourPlate.org for snacks, meals, and desserts using apples.