



October

It's the time when the seasons change and if we eat with the seasons, our diet will change, too. The last blast of the summer's bounty like tomatoes will come and go, and we shift to fall and preparing for winter. If you have grown or purchased seasonal vegetables such as tomatoes, squash, carrots, onions and garlic that you'd like to store, check out these suggestions:

<http://learningstore.uwex.edu/pdf/A3823.pdf>

What's in season this month in North Dakota?

Raspberries

Late season raspberries grow here on the northern prairie. Once you start eating fresh raspberries, you may find it hard to stop! Grow your own raspberries; pick your own at a neighbor's house or a you-pick garden. Raspberries are definitely a fruit that is most affordable when in season. Raspberries in your grocery store from areas in the United States are in-season from June-October, while frozen raspberries are available year-round. These little gems are packed with flavor and nutrition – fiber, vitamin C and anti-oxidants. Here are some sweet and savory recipes:

http://www.eatingwell.com/healthy_cooking/natural_food_guide/raspberries

Squash

"Winter" varieties and gourds and pumpkins are now available at your local farmers market or grocery store. Because they keep well, they will help provide you and your family with hearty vegetables well into the winter. These vegetables come in a beautiful palette of warm colors from yellow to orange to green, and the colors signal that they are a great source of pre-vitamin and vitamin A. Squash are also a good source of potassium.

A winter squash glossary with descriptions, photos and suggestions for how to eat :

<http://whatscookingamerica.net/squash.htm>

Some healthy winter squash recipes:

<http://www.foodnetwork.com/healthy-eating/healthy-winter-squash-recipes/index.html>