



## September

What's in season this month in North Dakota? September is a time of bounty in North Dakota, and it's Fruits & Veggies – More Matters Month! Check out the Healthy North Dakota website to find out how North Dakotans are celebrating this month: [www.healthynd.org](http://www.healthynd.org)

It's also Hunger Action Month. If you find great buys on foods in-season, or have so many veggies in your garden that you don't know what to do with, consider sharing your bounty with your local food pantry or soup kitchen.

### Melons

Muskmelons, sometimes called cantaloupe, grow well here on the prairie. Not only do humans love their sweet flavor, so do deer and other creatures. Thank your grower and recognize that growing fruits and veggies takes not only skill, but also cunning, to make sure that produce gets to market. Tips on how to choose a melon:

[http://www.produceoasis.com/Items\\_folder/Fruits/Cantaloupe.html](http://www.produceoasis.com/Items_folder/Fruits/Cantaloupe.html)

You can even grill melons!

<http://www.gethealthyclarkcounty.org/archives/summer-grilling.html>

### Cabbage

Pick some cabbage now, it keeps well into the fall and winter. This inexpensive staple food works well cold in slaws or hot in soups. Learn more about cabbage:

<http://www.fruitsandveggiesmatter.gov/month/cabbage.html>

Ten easy ways to get cabbage into your diet:

[http://www.eatingwell.com/healthy\\_cooking/natural\\_food\\_guide/cabbage](http://www.eatingwell.com/healthy_cooking/natural_food_guide/cabbage)

### **Put It Up**

Gardens may be still providing corn or overflowing with tomatoes. If you find great buys on these foods in-season, or have so many in your garden you don't know what to do with them, think about "putting some up" or canning or freezing. NDSU Extension has extensive information to help you store and preserve food:

<http://www.ag.ndsu.nodak.edu/storage.htm>