



# FRUIT AND VEGGIE NEWSLETTER

*October Edition*



## IN THIS MONTH'S ISSUE

### VEGGIE OF THE MONTH

Butternut

Squash



### FRUIT OF THE MONTH

Local Apples

## 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! If that's not your interest, try roasting the seeds inside for a yummy snack.

# LOCAL APPLES



Apples contain a variety of antioxidants and vitamins including:

- Vitamin C- helps grow new cells & fight germs
- Apples are a great source of fiber- particularly in the skin. 1 apple provides 3 grams of fiber! Which helps with digestive health and feeling satisfied
- Potassium-supports heart health, and muscle and bone strength

## HOW DO THEY GROW?

Apples grow on trees. They grow best in climates that are cold in the winter, moderate summer temperatures, and medium to high humidity - such as in Hotchkiss, CO, where we purchase our local apples!

## FUN WAYS TO EAT APPLES

- Bake them to make apple chips!
- Add to salads for a satisfying crunch
- Apple dipping bar- dip into peanut butter or low-fat vanilla yogurt
- Homemade applesauce
- Pair with a slice of cheddar cheese



# BUTTERNUT SQUASH



## FUN WAYS TO EAT BUTTERNUT SQUASH

- Pureed into a creamy soup
- Oven roasted
- Sauteed or steamed
- In a taco as a meat substitute
- Added into mac & cheese
- Used instead of noodles in lasagna

Butternut 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 DO THEY 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.