



## Chocolate Surprise Cupcakes

Find this recipe and more at [CelebrateYourPlate.org](http://CelebrateYourPlate.org)

## January 2019



### Produce Spotlight: Winter Squash

**Peak Season:** August-November

**Ripeness:** when choosing squash, pick one that is full-sized. The outside rind should be hard and tough.

**How to clean:** rinse with water and scrub with veggie scrub brush.

**Prep:** In order to cut into the squash, microwave in a microwave-safe dish for 6 minutes or until soft. Let squash cool and cut into halves, scooping the seeds and pulp out. Peel off skin and cut squash into cubes.



### Partner SNAPshot: Creating Healthy Communities

The Adams County Creating Healthy Community Program worked with Prather's IGA to implement a healthy checkout lane in 2018. The Good Food Here program's marketing materials were placed throughout the store to identify where to find healthy foods. The top selling healthy checkout items are POM pomegranate juice, individual pieces of fruit and individual salads/fresh veggies.



### Kitchen Tip

**Plan and cook smart.** Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking!