



November 2023



No-Crust Pumpkin Pie

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What's in Season: November

Apples

Cauliflower

Winter squash



Featured Produce: Pumpkins

Peak Season: Fall

Selection: For fresh pumpkins, choose ones that are firm and heavy

How to Prepare: Add cooked, fresh or canned pumpkin to baked goods, soups, or dip

Storage: Store fresh pumpkins in a cool, dark place until you cut into them- then refrigerate



New CYP Recipes!

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