



NOVEMBER 2022



Pumpkin Pancakes

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What's in Season: November

Beets
Cauliflower
Collard greens
Winter squash



Featured Produce: Pumpkin

Peak Season: Fall

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

How to Prepare: Add cooked, fresh pumpkin 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

DIETARY RESTRICTIONS

Dairy-Free (74)
Gluten-Free (61)
Vegan (47)
Vegetarian (127)

CYP Recipe Categories

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