



October 2024



Butternut Squash and Black Bean Skillet

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What's in Season: October

- Apples
- Kale
- Pumpkins
- Turnips
- Winter Squash

Featured Produce: Butternut Squash

Peak Season: Fall & winter

Selection: Pick squash that feels heaving for its size

How to Prepare: Add to soups, salads, or roast for a side dish

Storage: Store squash in a cool, dark place for up to a month

Now Available in Arabic!

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