



November 2024



Pumpkin Pudding

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



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 Recipes Now Available!

Celebrate Your Plate just added 30 new recipes to the growing recipe library for a total of 231 recipes! Visit our recipe page and click on the "Newest Recipes" button to view the recently added collection.

CelebrateYourPlate.org

©2023 Ohio SNAP-Ed

