



OCTOBER 2021



## Creamy Pumpkin Dip

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](https://CelebrateYourPlate.org)



### What's in Season: October

Cranberries  
Pomegranates  
Sweet potatoes  
Pumpkin



### Featured Produce: Sweet Potatoes

**Peak Season:** Fall & Winter

**Selection:** Pick firm potatoes with smooth skin and avoid soft spots and blemishes

**How to Prepare:** Add sweet potatoes to a salad or stew, prepare on their own roasted or baked

**Storage:** Store sweet potatoes in a cool, dark place and use within 3-5 weeks



### National Apple Month

Did you know October is National Apple Month? Whether you get your apples at an orchard, farmer's market, or grocery store, Celebrate Your Plate has apple recipes your whole family will love! Visit [CelebrateYourPlate.org](https://CelebrateYourPlate.org) for snacks, meals, and desserts using apples.