



## ALL CAPS

Did you know that mushrooms are one of the most sustainably produced food sources? They require minimal land to grow, the materials they are able to grow in can be composted, minimal energy is needed for growth, they require much less water than other crops, and they can be utilized from root to stem.

Besides all of this, they are a great meat alternative with their umami taste. They are good for you too! This low-calorie food provides a variety of minerals that are important for bone, brain, heart health and more. When you consume mushrooms that have been exposed to ultraviolet light, they are one of the few food sources of Vitamin D. We are highlighting mushrooms all month long, so be sure to stop by to try some of these delicious recipes!

## NATIONAL PEANUT BUTTER MONTH

Did you know, it takes about 540 peanuts to make a 12-ounce jar of peanut butter? This high protein, nutritious and delicious spread is a staple in many homes around the world. It pairs well with everything, from the classic lunch box staple, peanut butter and jelly to chocolate, fruit and even celery. When buying peanut butter, choose the natural kind to avoid additives and look for varieties without added sugars. Whether you are a creamy or chunky fan, give your oatmeal or yogurt a little extra flavor and protein with a tablespoon of peanut butter this month.

## IN SEASON NOW

It's harvest time and as the weather begins to chill, all our favorite squashes, root vegetables, and fall fruits come into season. Visit a farmers' market and support your local farmers by shopping their fall harvest including winter squash, sweet potatoes, and beets. These are perfect for creating delicious soups, stews, and roasting with a little olive oil and seasoning as a side dish. Fall is also the perfect season to get outside with friends and family and visit a local apple orchard to pick the perfect apple and create some sweet homemade apple sauce and pies. Enjoy this flavorful season while supporting local.



## CHEF'S TIP

The holidays are near! This holiday, use some of these prep-ahead tips to give you more time to enjoy your loved ones:

- Spatchcock your turkey or ask the butcher to do it for you. Removing the backbone drastically reduces your cooking time and frees up valuable oven space.
- Roast the turkey backbone and neck and use these to make your gravy a day ahead. Add the pan drippings to your gravy when your bird is finished roasting.
- Blanch and shock your green beans a day ahead. Toss with olive oil, salt and pepper, and roast them while your turkey rests.
- Chop your stuffing vegetables a day or two ahead and keep in an airtight container in the refrigerator until ready to use.