

October: Vegetarian Awareness Month

Did you know that a plant-based diet can improve your immune system and decrease your risk of inflammation?

Chronic inflammation has been linked to cancer, arthritis, diabetes and heart disease. Eating a diet rich in fruits, vegetables, whole grains and plant-based proteins can lower your risk of inflammation. Plant-based diets are high in vitamins, minerals, phytonutrients and antioxidants that help your body fight infections, repair tissues and heal after injury. As the weather is getting colder and flu season approaches, adding more plants to your diet may also help boost your health and immunity.

Tip: Try adding these in season produce to your dish!

The fall offers a variety of tasty and nutritious fruits and vegetables in season such as pumpkin, beets, cauliflower, sweet potatoes, zucchini, and squash.



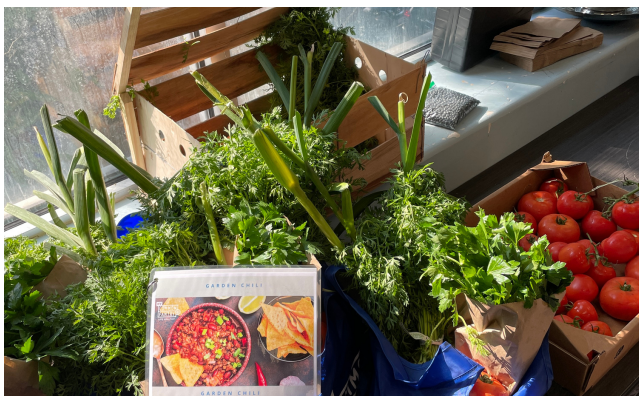
To learn more, visit www.myplate.gov/

Featured Recipe: Squash Soup



Don't know what to cook for dinner?

Our Recipe Club is back in action! Come join us Tuesdays at 12:30pm, as we help you prepare healthy dishes with fresh produce from the Farmshare.



Cooking with vegetables

Hate that bitter taste of raw vegetables? Cooking your vegetables by grilling them on a pan, roasting them in the oven or adding them in a stir-fry dish brings out more flavor and makes it easier for your body to digest. Using heat and adding oil to your veggies is a process known as caramelization that produces natural sugars without any artificial ingredients.

Try this budget-friendly and hearty soup with butternut squash or swap with any variety of squash or veggies to warm you and your family up this fall!

Join our nutrition workshops



Available in English, Spanish, and Chinese

Join our bi-weekly Recipe Club by scanning QR above!

RECIPE CLUB IS BACK!



Interested in getting fresh, high quality produce?

To view this recipe and more

