

LIVE HEALTHY! NEWSLETTER

December 2023 | Vol. 3

OUR HOLIDAY COOKBOOK IS READY!



Our yearly holiday cookbook is ready with the recipes we featured in our last couple of recipe clubs! They will be available at all NYCP locations!

Recipe of the Month

Corn Tamales with Avocado Tomatillo Salsa

During the holidays, tamales are a popular dish on our dinner tables! Check out this recipe for a traditional recipe with a vegetable stuffing!



HOW TO SAFELY STORE OUR HOLIDAY LEFTOVERS

Wondering how long you can store your leftovers? Look at the chart below as a guideline to safely refrigerate your holiday meals:

Product	Refrigerator (40 °F)	Freezer (0 °F)
Fresh Eggs, in shell	3 to 5 weeks	Do not freeze
Soups & Stews	3 to 4 days	2 to 3 months
Fresh Turkey, whole	1 to 2 days	1 year
Fresh Turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
Casseroles	3 to 4 days	2 to 3 months
Gravy & Broth	3 to 4 days	2 to 3 months
Stuffing, cooked	3 to 4 days	1 month

What fruits and vegetables are in season for December?



Get fresh produce like these in your farmshare packages in January! We will send reminders when farmshare resumes!

This month in Recipe Club

Recipe Club is on pause this month!
Check out our website to view past recordings of Recipe Club.



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