

Mark Your Calendars

October 1	World Vegetarian Day
October 4	National Taco Day
October 12	Columbus Day
October 12	Indigenous People's Day
October 14	National Dessert Day
October 26	National Pumpkin Day
October 30	National Candy Corn Day
October 31	Halloween

PUMPKIN HUMMUS



Prep time: 10 minutes

Ingredients:

- 1 Tbsp olive oil
- 14 oz tin of chickpeas, rinsed and drained
- 7 oz pumpkin puree
- 2 Tbsp lemon juice
- 3 Tbsp water
- Salt, pepper, & garlic pepper to taste

Instructions:

1. Add all ingredients to a food processor and blend
2. Add more water when/if necessary
3. Taste and adjust seasonings as desired.

Serve with your favorite veggies, and enjoy!

HAPPY OCTOBER TIME TO GET SPOOKY



Why should we eat produce that is in season?

Eating seasonally can help vary your diet, it ensures you get vitamins and minerals you might not usually get. It's also better for the environment! It takes less resources and effort to grow plants when they are in season.

Where can I find produce that is in season?

Take a trip to your local farmer's market! You can speak with the farmers there and see what is in season. Also keep an eye for in season fruit at the grocery store. You will see it is often in abundance, possibly on sale, and definitely looking fresh and delicious!

What produce is in season now that I can try?

- Pumpkin
- Sweet potato and yams
- Winter squash
- Brussel sprouts

PLANT-BASED PROTEINS

October 1 is World Vegetarian Day! Even if you're not vegetarian, it is a great idea to introduce some forms of plant-based protein into your diet. Protein is extremely important for you in terms of building muscle, strengthening your immune system, and keeping you fuller for longer.



What plant-based proteins can I try?

Beans, peas, and lentils - Try adding black beans or chickpeas to your salads or sandwiches.

Tofu - It can be cooked in a variety of ways, and fit into almost any recipe.

Quinoa - It's actually a grain but it is full of quality plant-based protein.

Chia & flax seeds - Not only are chia seeds and flaxseeds great sources of protein, but they are also full of healthy fats.