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NEWSLETTER

How To Make the Most Out of a Fall Harvest

Depending on your grow zone, you or someone you know may be closing a garden for the season or trying to get one last round of cool season crops harvested. Either way, a fall harvest offers a wide variety of produce that can diversify your nutritional well-being. Here are some practical ways to enjoy every bit of a fall harvest:

Eat Locally

Out of season produce typically requires transporting foods long distances to reach your grocery stores and then to your table. Consider the seasonality of the foods in your area and eat locally! Produce that is purchased locally offers three great benefits:

1. You're supporting your local farmers! Shop farmer's markets and produce stands in your area to "organically grow" your community involvement!
2. You're maximizing the nutritional value of the harvest! When you eat locally the window of time from the produce being picked to on your plate is shorter. The nutritional value of produce declines quickly the longer it's out of the ground or off the vine.
3. You'll save money! Seasonal foods will always be more affordable, and it's obvious why---they're in season and there's an abundance of it near you!

Know Your Fall Foods

- *Squash, Pumpkins, and Sweet Potatoes:* When you see bright orange, you know your vegetable is packed with vitamin A. Your eyes and immune system will thank you for thinking of them each time you eat those sweet potato fries! Plus, these foods have an incredible shelf life---for instance, many fall squashes can last months!
- *Broccoli, Brussels Sprouts, and Cauliflower:* Cruciferous vegetables like these tend to have a high content of vitamin A, C, K, and folate in them which is perfect for immune health as we head into the winter months!
- *Apples:* These mighty fruits are perfect for a pie, but even more perfect for your digestive health. Apples have a high fiber content which your gut microbiome loves. Pick your favorite apple and try it in our Fall Apple & Edamame Wrap recipe included in this newsletter!
- *Cranberries:* These tart berries are a great source of bone-supporting manganese. They're also full of antioxidants such as vitamins C and E, which help reduce inflammation and combat chronic illness.
- *Swiss Chard:* Move over Kale! This is a dark leafy vegetable where both the leaves and stalks bring a nutritional punch! Swiss chard has an abundance of flavonoids, antioxidants, and polyphenols that boast anti-inflammatory and anticancer properties. Give it a chance and add it to your food in the same way you would spinach. It's great sauteed in an omelet or raw in a salad!

FOR MORE INFORMATION PLEASE CONTACT:

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Fall Apple and Edamame Wrap



INGREDIENTS

Creamy Poppy Seed Dressing

Ingredients

- 3 Tablespoons orange juice
- 3 Tablespoons light mayonnaise
- 3 Tablespoons light sour cream
- 1 Tablespoon honey
- 1/2 teaspoon poppy seed
- 1 Teaspoon orange zest

Fall Apple & Edamame Wrap

Ingredients

- 1/4 cup sliced almonds, toasted
- 1 cup thinly sliced Granny Smith apples
- 1 Tablespoon and 1 teaspoon roasted and unsalted sunflower seeds
- 1/2 cup thawed shelled edamame
- 1/4 cup sweetened dried cranberries
- 4 (10-inch) whole-grain flour tortillas
- 4 medium romaine lettuce leaves, ends trimmed

Nutrition Facts: Calories: 380, Carbs: 55g, Protein: 11g, Fat: 14g, Sat. Fat: 2g, Cholesterol: <5mg, Sodium: 320mg, Fiber: 7g

INSTRUCTIONS

To Prepare Creamy Poppy Seed Dressing:

1. Combine all ingredients until well-blended. Cover and place in the refrigerator until ready to use.

To Toasted Sliced Almonds:

1. Stirring occasionally, toast sliced almonds in a dry skillet over medium heat for 4 to 5 minutes or until fragrant and lightly browned. Or bake on an ungreased baking sheet at 350 degrees Fahrenheit for 7-8 minutes or until fragrant and lightly browned. Watch to avoid scorching.

To Prepare Fall Apple & Edamame Wrap:

1. Place 1 whole leaf of lettuce in the center of the tortilla.
2. In a mixing bowl, combine:
 - 1 Tablespoon toasted sliced almonds
 - 1/4 cup sliced granny smith apples
 - 1 teaspoon toasted sunflower seeds
 - 2 Tablespoon edamame
 - 1 Tablespoon cranberries
 - 2 Tablespoon creamy poppy seed dressing.
3. Evenly place the mixture over the lettuce.
4. Tuck in the left and right sides of the tortilla over the filling. Roll to close burrito style, finishing with the seam side down. Cut in half. Enjoy immediately! Or, wrap and place in the refrigerator for up to 1 day.