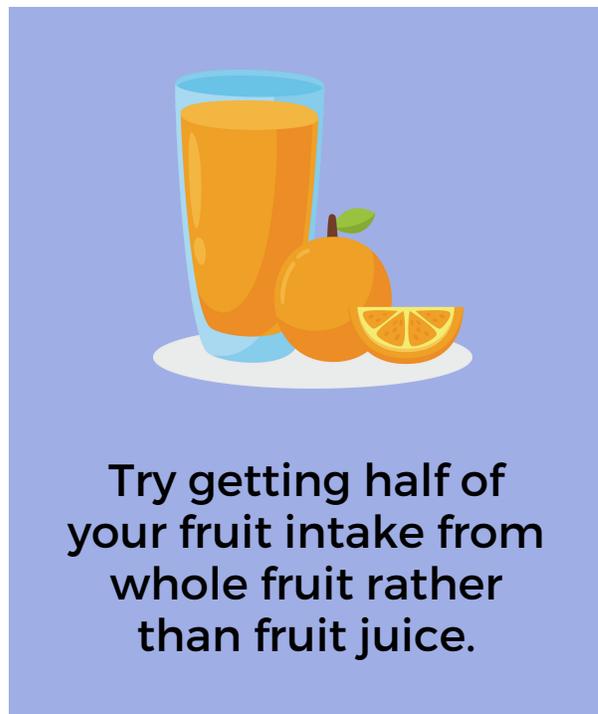


NOVEMBER 2022



Try getting half of your fruit intake from whole fruit rather than fruit juice.

## THE BENEFITS OF FRUIT

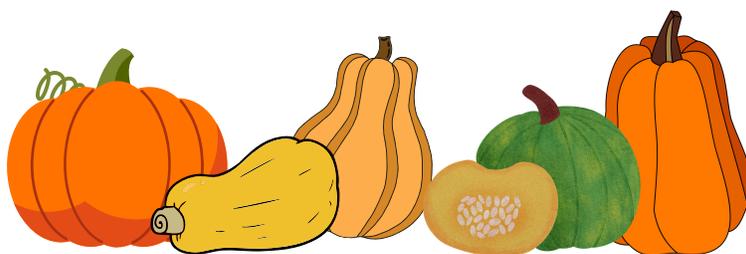
Fruits are naturally low in fat, sodium, and calories. They also offer a variety of nutrients from skin to seeds (those that are edible). Additionally, all fruits offer different vitamins and minerals from each other, so incorporating a variety of colors is important for our health. In general, eating fruit can be a great way to get fiber and potassium, which many people lack in their diet.



# PA Harvest of the Month

## November Feature: Winter Squash

There are many varieties of winter squash, including acorn, butternut, spaghetti, and pumpkin. Most are in season in Pennsylvania from July through December. Winter squash is rich in carotenoids, such as beta carotene and lutein, which act as antioxidants to protect you from disease. They are also great sources of Vitamin A and Vitamin C that help with eye health and immune function.



### Monthly Recipe

#### Squash Soup

Source: MyPlate Kitchen

Warm 1 Tablespoon olive oil in large saucepan over medium heat. Stir in 2 chopped onions, 2 chopped carrots, and 2 minced garlic cloves. Cover and cook 5 minutes. Stir in 1 cup tomato puree, 5 cups low-sodium chicken (or vegetable) broth, 4 cups cooked winter squash, 1.5 Tablespoons dried oregano, and 1.5 Tablespoons dried basil. Bring to a simmer. Cover and cook for 30 minutes.

### Stay Connected



Scan the QR code above to sign up for monthly newsletters and text messages with nutrition and physical activity tips.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

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