

Subject: November Newsletter

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In November (and year-round if you get it canned), you can find pumpkin in the grocery store. Pumpkins come in a few different varieties but the sugar variety are best for cooking and eating their seeds.

Pumpkins are high in fiber and an excellent source of vitamin A which is good for your vision.

Eating!

- Pumpkin can be roasted and prepared to be sweet or savory
- Boiled and pureed into soups or sauces
- Seeds can be roasted and added as toppings or a snack
- Added into baked goods

Check out these recipe links that highlight Pumpkin:

- <https://snapedny.org/recipes/pumpkin-pudding/>
- mainesnap-ed.org/recipes/sweet-potato-pumpkin-soup/
- <https://www.mainesnap-ed.org/recipes/pumpkin-ricotta-stuffed-shells/>
- <https://masnaped.org/recipes/perfect-pumpkin-pancakes/>
- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!