



# NEWS RELEASE

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For immediate release

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Fall is the perfect time to enjoy all of the fruits and veggies of the season!

Everything pumpkin is upon us! It's easy to buy canned pumpkin, but consider making your own pumpkin puree with a many nutritional benefits, it's richer and creamier than the canned, and the taste can't be beat. Look for easy recipes on the Fruit and Veggies More Matter website.

Use up many of those garden tomatoes in soups like chili or vegetable stews or, if you have an abundance, consider blanching and freezing for later use. Nothing beats a quick and easy soup in the slow cooker; add in beans for a hearty and budget-friendly choice!

Various squash like butternut, spaghetti, and acorn can look intimidating but are easy to prepare and are rich in antioxidants and Vitamins A and C.

Butternut squash is easy to oven roast with a little olive oil, salt, and pepper and is a beautiful side dish – ready in about 25 minutes. Spaghetti squash can be used just like pasta. Wash and cut an acorn squash and bake it in the oven. Check out all sorts of ways to jazz it up, it's not just about butter and brown sugar anymore!

If you haven't tried a honeycrisp apple, add that to your list. Just wash and go for an easy snack on the go for kiddos and adults alike. Pears are an easy and delicious treat but if you haven't tried them in a salad, you are sure to add a yummy crunch and sweetness.

Check out your local Farmer's Markets, grocers, and fresh food coops for a variety of fruits and veggies referenced. An excellent website for fruit and veggie food preparation can be found at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) or by visiting [www.pphd.org](http://www.pphd.org).

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.