

## Pumpkin and Squash

Store in the refrigerator and use within 1 month.

### Ways to eat more

Add cooked, pureed pumpkin to pancake, waffle, or muffin batter to boost nutrition and flavor.

Roast squash to bring out its sweet flavor. Serve with roasted meats or baked fish.



## Cabbage, Broccoli, Cauliflower

Store in the refrigerator and use within 2 weeks.

### Ways to eat more

Add shredded cabbage, in place of lettuce, to tacos, salads, and soups.

Roast broccoli and cauliflower in the oven with a drizzle of olive oil.

Serve raw broccoli and cauliflower with hummus or low-fat dip for a healthy, crunchy snack.



## Carrots and Beets

Store in the refrigerator and use within 3 weeks.

### Ways to eat more

Dip carrots in hummus for a healthy snack.

Blend cooked root vegetables like carrots, beets, turnips, and parsnips with vegetable or chicken stock to make a hearty soup.

Slice raw or cooked beets and carrots on top of a green salad, or mix with fresh or canned orange segments and light salad dressing.



## Apples

Store apples in the refrigerator and use within 3 weeks.

## Pears

Ripen pears at room temperature, then refrigerate and use within 2 weeks.

### Ways to eat more

Bake diced apples and pears with sweet potatoes for a tasty side dish.

Slice apples and serve with peanut butter or low-fat yogurt dip for a healthy on-the-go snack.

Top a green salad with chopped apples and pears.

Cook peeled, diced pears and apples on the stove with water or 100% fruit juice to make fruit sauce.



Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

## The Family Corner

Take the whole family to choose apples at a local farm, farmers' market, or grocery store. Many varieties of apples are available in the fall, let kids choose their favorite kind for lunches and snacks.

Squash and root veggies taste naturally sweet when roasted in the oven. Let kids help to prepare them by sprinkling cinnamon on top to add flavor without adding fat or salt.

### Get everyone into the kitchen!

Kids can help with meals and snacks.

#### Let them help:

- Scoop seeds from squash and pumpkin with a spoon.
- Break raw broccoli and cauliflower into bite-sized pieces.
- Sprinkle sliced apples or pears on top of a green salad.
- Mash cooked sweet potatoes or squash.
- Peel carrots or parsnips with a child-safe veggie peeler.

For healthy recipes using fall fruits and vegetables, and ways to include more healthy foods in meals and snacks, visit our recipe section at:

[www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

To find a farmers' market near you visit our "Locally Grown" section at [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)



## MARKET TO MEALTIME!

# Fall Harvest at the Market

Enjoy the flavors of fall. Apples, pears, squash, potatoes, cabbage, broccoli, and beets are some of the vegetables in season at this time of year.

- Add fall vegetables like turnips, pumpkin, and carrots to soups and casseroles.
- In the oven, roast vegetables like squash, parsnips, and sweet potatoes to bring out their naturally sweet flavor.

Look inside for tips to add fresh fall flavors to meals and snacks!

