Welcome to the second edition of a North Dakota specialty crops calendar featuring fruits, vegetables, herbs and legumes that can be grown in North Dakota. This year we are exploring cultural recipes from around the world, including a few from North Dakota’s cultural heritage.

This educational calendar provides information about health benefits, and preparation and storage of various specialty fruits and vegetables. Visit www.ag.ndsu.edu/fieldtofork for more information about all of these topics and for educational opportunities. Visit www.ag.ndsu.edu/food for a wide range of nutrition, food safety and health information.

Please provide us with feedback. Visit www.surveymonkey.com/r/2020FieldtoFork to take a short survey and you may win a prize.

Cooking Abbreviations

- tsp. = teaspoon
- g = gram
- oz. = ounce
- Tbsp. = tablespoon
- mg = milligram
- lb. = pound
- c. = cup
- qt. = quart
- pkg. = package

Funding for this publication was made possible by the U.S. Department of Agriculture’s Agricultural Marketing Service through grant AM170100XXXXG005. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.
Potatoes may be white, yellow, red, brown, orange and purple. Red, Russet and Yukon are among the many types of potatoes available.

A 5½-ounce potato has about 100 calories, no fat, 26 grams of carbohydrate and 3 grams of fiber. Potatoes are a great source of potassium, fiber and vitamin C.

Knoephla (pronounced “nef-la”) soup is a traditional soup made with potatoes and dumplings that Germans from Russia brought to the North Dakota region. This recipe was adapted to be lower in sodium and fat and higher in fiber with the addition of whole-wheat flour.

**Knoephla Soup**

<table>
<thead>
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<th>¼ c. butter, unsalted</th>
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<tr>
<td>6 c. baking potatoes (about 3 large), peeled and cubed</td>
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<td>½ c. onion (about 1 small onion), diced</td>
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<td>¼ c. celery, diced</td>
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<td>½ tsp. pepper (or to taste)</td>
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<td>3 c. whole milk</td>
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<td>6 c. chicken broth, lower-sodium</td>
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**Knoephla (dumpling) recipe**

| ¾ c. whole-wheat flour (or all-purpose flour) |
| ¼ c. white flour |
| 7 Tbsp. whole milk (or more as needed) |
| 1 egg |
| 2 tsp. dill weed |
| 2 tsp. parsley |
| ½ tsp. ground black pepper (or to taste) |
| ½ tsp. salt |

1. Melt butter in large skillet over medium heat. Sauté potatoes, carrot, celery, onion and pepper until vegetables are tender, about 20 minutes.

2. Stir 3 cups milk into potato mixture and heat until almost boiling, about five minutes. Remove skillet from heat.

3. In separate pot, bring chicken broth to a boil.

To make knoephla (dumplings)

1. Combine whole-wheat and white flour, 7 tablespoons milk, egg, dill, parsley, salt and pepper. Add more milk a tablespoon at a time until dough is stiff.

2. Roll dough into ½-inch-thick ropes. Cut ropes into ¼-inch pieces with a knife or kitchen shears.

3. Drop pieces into boiling broth. Cover pot and reduce heat to simmer until knoephla begin to float, about 10 minutes.

4. Stir potato mixture into broth and knoephla. Simmer until potatoes are tender.

Makes 10 (1-cup) servings. Each serving has 260 calories, 8 g fat, 9 g protein, 39 g carbohydrate, 3 g fiber and 480 mg sodium.
January 2020

January is Family Fit Lifestyle Month

DECEMBER 2019

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FEBRUARY 2020

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New Year’s Day

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Bean Day

Apricot Day

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Martin Luther King Jr. Day

Peanut Butter Day

Chocolate Cake Day

Spaghetti Day
Beans are a staple food in the diets of people around the world. In Central and South American countries, beans often are served on breakfast, lunch and dinner menus.

**Traditional Brazilian Beans**

- 9 oz. pinto beans, uncooked
- 2 bay leaves
- 3½ oz. bacon, chopped
- 4 garlic cloves, chopped
- 5 oz. Kielbasa sausage, sliced
- 1 onion (small), chopped
- Salt (to taste)

After sorting and rinsing the beans, soak them in water for 24 hours in the fridge (traditional method) or follow the quick-soak method (see the “Dry Beans” section at www.ag.ndsu.edu/fieldtofork). Drain and cook beans on the stove until softened. Add more water if necessary to keep them covered. In a pan, sauté garlic, onion, bacon and sausage. Drain fat. Mix together all ingredients and simmer for 15 minutes.

Makes 10 servings. Without added salt, each serving (about 1 cup) has 180 calories, 8 g fat, 8 g protein, 18 g carbohydrate, 4 g fiber and 200 mg sodium.

**Nutrition and Health**

- Dry beans and other legumes provide plant-based protein, fiber, folate, iron and zinc.
- Eating more fiber-rich foods, such as beans, may reduce the risk for heart disease, cancer, diabetes and other diseases.

**Selection, Preparation and Storage**

- Beans are available in dry or canned forms.
- Dry beans have negligible sodium, but salt often is added in the canning process. To reduce sodium in your recipes, use low-sodium or no-salt-added canned beans. Rinse and drain canned beans (the type without sauce) to remove up to 40% of the sodium.
- To rehydrate beans, rinse, briefly boil in water for two to three minutes, cover and let sit overnight. One cup of dry beans will make 3 cups of cooked beans.
- Dry beans have a long shelf life when stored in a cool, dry place.
- See www.ag.ndsu.edu/fieldtofork for more information about beans.
February 2020

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February is American Heart Health Month

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World Cancer Day

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National Pizza Day

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Presidents Day
National Cabbage Day

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National Pistachio Day
National Strawberry Day
**Nutrition and Health**
- Beets are a root vegetable with vibrant purple-red pigments called “betalains.”
- Beets are an excellent source of antioxidants, vitamin C, folate (a B vitamin), potassium and fiber.
- The entire beet plant, including the leaves and the roots, is edible.
- One-half cup of fresh beets has about 35 calories, no fat, 1 g protein, 8 g carbohydrate and 2 g fiber.

**Selection, Preparation and Storage**
- Look for beets that are smooth and round with no cuts or bruises. The greens should be attached and look green.
- Beets can be fresh, frozen or canned. Choose low-sodium or no-salt-added canned beets.
- For best quality, store fresh beets for up to two weeks.
- Learn how to can and pickle beets following the food preservation guidance at www.ag.ndsu.edu/food.

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**German-Russian Borscht Soup**

3 medium beets with leaves or substitute 2 c. spinach (remove stems) for the beet leaves
1 Tbsp. olive oil
1 lb. beef, cut into small cubes (stew meat or short ribs recommended)
2 Tbsp. butter
1 onion, diced
2 c. celery, chopped
1¾ c. fresh tomato, diced
1 tsp. fresh dill
5 c. beef broth, low sodium
(to make broth, you can use beef short ribs; simmer in 2 qt. water for three hours)
1 tsp. salt
½ tsp. black pepper
2 c. cabbage
2 Tbsp. vinegar
1 Tbsp. sugar

Trim leaves from the beets and leave an inch of stem attached. Rinse the beet leaves (or spinach).

In a 6-quart kettle, add water to beets until they are covered with water. Bring to a boil, then lower the heat to simmer. Cover and cook for about 45 minutes or until beets are tender. Drain and slip the skins off the beets. Cut beets in small pieces to measure 4 cups.

Meanwhile, heat 1 tablespoon of oil in a large skillet over high heat. Add the beef and sear for about five minutes, stirring frequently, until browned. Transfer the meat and any juices to a bowl. In the same 6-quart kettle, melt butter, add onion and celery and cook for five minutes. Add the tomatoes, dill, broth, salt and pepper. Bring to boil; lower the heat to simmer and cook, covered, for five to 10 minutes or until beet greens are tender. Stir in beet tops or spinach, cabbage, beef, vinegar and sugar. Carefully stir in cooked beets. Simmer covered for five to seven minutes more to heat through. Serve with sour cream and fresh dill garnish.

Makes eight servings. Each serving has 120 calories, 6 g fat, 7 g protein, 10 g carbohydrate, 2 g fiber and 420 mg sodium.

Adapted from Schott (Jurke), A. (2012). Alma’s Favorite Recipes: Cooking & Memories from a German-Russian Farm Kitchen. Germans from Russia Heritage Collection.
### March 2020

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- **March 15**: St. Patrick’s Day
- **March 16**: World Water Day
- **March 17**: National Ag Week (22-28)
- **March 20**: National Ag Day
- **March 21**: National Ag Week (22-28)
- **March 22**: National Spinach Day
- **March 29**: March is National Nutrition Month
Barbecue is a traditional “American food,” but the word barbecue is derived from a West Indies tribe. This recipe combines protein-rich chickpeas with a variety of vegetables to create a unique, flavorful salad.

**Barbecue Chickpea Salad**

1 (15-oz.) can chickpeas, drained and rinsed
¼ c. barbecue sauce (your choice)
4 c. romaine lettuce, chopped
1 (14.5-oz.) can corn, drained
2 c. carrots, grated
¼ c. red onion, diced
¼ c. green onion, chopped
½ c. fresh cilantro, chopped
Salad dressing, your choice

In a skillet, combine the chickpeas and barbecue sauce over low heat for 10 minutes, stirring occasionally. In a large bowl, toss together the lettuce, corn, carrots, onions and cilantro. Top with chickpeas and your favorite ranch-style dressing, if desired.

Makes nine (1-cup) servings. Each serving has 130 calories, 2 g fat, 8 g protein, 24 g carbohydrate, 5 g fiber and 270 mg sodium.

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**Chickpeas**

**Nutrition and Health**

- Chickpeas are a type of legume and an excellent source of plant-based protein. One-fourth cup of cooked chickpeas counts as 1 ounce of protein.
- Legumes are high in soluble and insoluble fiber. Eating fiber-containing foods creates a feeling of fullness and improves digestion. Eating foods high in soluble fiber may reduce blood cholesterol levels.

**Selection, Preparation and Storage**

- Chickpeas can be found dried, canned or pureed.
- As with most leftovers, recipes containing chickpeas can be stored in the refrigerator for three to four days.
- Hummus is a popular Middle Eastern recipe made from chickpeas and comes in many flavors. Try it as a dip with vegetable sticks and whole-wheat crackers.
Nutrition and Health

- Vitamins A, C, E and K are abundant in cabbage and leafy greens.
- Their natural antioxidants protect cells in the body and may lower the risk of cancer.
- Leafy greens are for more than just salads. Try adding some spinach or kale to casseroles, soups and smoothies.

Selection, Preparation and Storage

- Select greens that are bright and crisp. Avoid vegetables that are wilted or brown.
- Before eating, rinse greens in cold water, being mindful of soil in ridges and stems. Pat dry with a paper towel or use a salad spinner. Always rinse greens from the store unless the bag is marked “prewashed.”
- Wrap leafy greens in paper towels and store in a plastic bag for three to five days.

Thai Peanut and Cilantro Quinoa Salad on a Bed of Romaine Lettuce

1 c. uncooked quinoa
1½ c. water
2 c. shredded purple (or green) cabbage
1 c. grated carrots
1 c. snow peas
½ c. cilantro, chopped
¼ c. green onions, finely sliced
¼ c. dry roasted peanuts, chopped
1 bunch romaine lettuce

Peanut Sauce
¼ c. smooth, reduced-fat peanut butter
3 Tbsp. low-sodium soy sauce
1 Tbsp. honey
1 Tbsp. rice vinegar
1 tsp. toasted sesame oil
1 tsp. fresh ginger root, grated
½ lime, juiced (about 1½ Tbsp.)

Rinse the quinoa with water in a fine-mesh strainer. In a medium-sized pot, combine the quinoa and water and bring mixture to a boil. Reduce the heat, cover and simmer for 15 to 20 minutes or until all water is absorbed. Fluff quinoa with a fork and set aside. Prepare the peanut sauce by whisking together the peanut butter and soy sauce until smooth. Add the remaining sauce ingredients and whisk until smooth. If the mixture seems too thick, add a little water to thin it out. In a large serving bowl, combine the cooked quinoa, cabbage, carrots, snow peas, cilantro and green onions; toss to combine. Top with peanut sauce and toss to combine. Rinse romaine lettuce and tear into servings. Layer serving dishes with romaine lettuce and place chickpea mixture on top. Garnish with peanuts, if desired.

Makes 11 (½-cup) servings. Each serving has 100 calories, 4.5 g fat, 4 g protein, 11 g carbohydrate, 1 g fiber and 200 mg sodium.
May is Nutrition Research Month

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- National Teachers Day
- Mother's Day
- National Shrimp Day
- National Hummus Day
- National Empanada Day
- Memorial Day
- National Brown Bag Lunch Day

APRIL 2020

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Italian ice is a frozen dessert similar to sorbet. It is made with fruit, such as strawberries, and juice.

**Strawberry Italian Ice**

¾ c. thawed 100% apple juice from concentrate
1-3 Tbsp. lemon juice
2 pt. fresh strawberries, hulled and halved
Fresh mint, optional

1. In a blender, combine the apple juice concentrate, lemon juice and strawberries; cover and process until blended. Pour into an ungreased 8-inch-square dish. Cover and freeze for 1½ to two hours or until partially set.
2. Spoon into a large bowl; beat on medium speed for one to two minutes. Return to dish; freeze for two to three hours or until firm.
3. Remove from the freezer 10 minutes before serving. Garnish with mint if desired.

Makes 10 (½-cup) servings. Each serving has 45 calories, 0 g fat, 0 g protein, 12 g carbohydrate, 1 g fiber and 0 mg sodium.

**Strawberries**

**Nutrition and Health**
- Strawberries are a low-calorie, nutrient-rich snack. They are packed with antioxidants to support a healthy immune system.
- One cup of strawberries has about 50 calories and 3 grams of fiber. They also are rich in vitamin C, potassium and folate.
- Did you know the green tops of strawberries are edible?

**Selection, Preparation and Storage**
- When shopping, look for strawberries that are firm and free from moisture or mold. The tops should be bright and green.
- Strawberries can be added to breakfast cereals, salads and baked goods to add color and nutrition.
- Clean strawberries thoroughly right before eating to remove dirt from seed pockets and leaves. Washing and then storing will leave excess moisture, causing the strawberries to spoil faster.
- Based on ripeness when purchased, strawberries should be stored in the refrigerator for up to seven days.
June 2020

1. National Cheese Day
2. National Herb and Spice Day
3. National Corn on the Cob Day
4. National Get Outdoors Day
5. National Eat Your Vegetables Day
6. Father’s Day
7. National Onion Day

June is Alzheimer’s and Brain Awareness Month
Tomatoes

Selection, Preparation and Storage

- For the best-quality tomatoes, eat them two to three days after purchasing.
- Store tomatoes in a cool, dry place away from heat. Keep overly ripe tomatoes in the refrigerator; however, this can cause them to lose flavor and change texture.
- To learn different ways to preserve tomatoes, visit www.ag.ndsu.edu/food.

Nutrition and Health

- Tomatoes are rich in lycopene, which gives them their red color. This antioxidant may help prevent certain cancers. They also are high in vitamins A and C.
- A medium-sized tomato has 22 calories, no fat and 1.5 g of fiber.

Gazpacho Soup

- Gazpacho (“guh-spah-choh”) is a classic soup that originated in Spain. This refreshing dish is made from raw, blended vegetables, served chilled, and is perfect for a hot July day.

Gazpacho Soup

Ingredients:

- 4 large tomatoes, peeled and diced
- ½ English cucumber, peeled and finely diced
- ½ c. finely diced red bell pepper
- ¼ c. minced green onion
- 1 large jalapeno pepper, seeded and minced
- 2 cloves garlic
- 1 tsp. salt
- ½ tsp. ground cumin
- 1 pinch dried oregano
- 1 pinch cayenne pepper, or to taste
- Freshly ground black pepper to taste
- 1 pt. cherry tomatoes
- ¼ c. olive oil
- 1 lime, juiced
- 1 Tbsp. balsamic vinegar
- 1 tsp. Worcestershire sauce
- Salt and black pepper to taste
- 2 Tbsp. thinly sliced fresh basil

Instructions:

1. Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeno and garlic in a large bowl. Stir in salt, cumin, oregano, cayenne pepper and black pepper.
2. Place cherry tomatoes, olive oil, lime juice, balsamic vinegar and Worcestershire sauce in a blender. Cover and puree until smooth. Pour pureed mixture through a strainer into the tomato-cucumber mixture; stir to combine.
3. Place one-third of the tomato mixture into the blender. Cover, turn blender on and puree until smooth. Return pureed mixture to the remaining tomato-cucumber mixture. Stir to combine. Cover and chill in the refrigerator for two hours.
4. Season cold soup with salt and black pepper to taste. Ladle into bowls and top with basil.

Makes about four (1-cup) servings. Each serving has 190 calories, 15 g fat, 3 g protein, 15 g carbohydrate, 4 g fiber and 610 mg sodium.
July 2020

July is UV Safety Month

Independence Day

July is UV Safety Month
Sesame and ginger are common flavors appearing on Asian-inspired menus.

**Sesame Ginger Green Beans**

1 lb. green beans  
1 Tbsp. olive oil  
1 Tbsp. freshly grated ginger root  
2 Tbsp. honey  
1 tsp. low-sodium soy sauce  
1 tsp. sesame oil  
1 tsp. sriracha sauce*  
1 c. frozen peas, thawed  
2 tsp. sesame seeds

Blanch green beans in a large pot until tender. Combine olive oil, ginger, honey, soy sauce, sesame oil and sriracha sauce in a small bowl; set aside. Place beans in a large sauté pan over medium heat. Add the glaze and stir continuously for one to two minutes or until sauce is bubbly and starts to thicken. Add the peas and gently mix to combine. Season with salt and pepper and sprinkle with sesame seeds.

*Sriracha sauce is a chili sauce made from chili peppers, distilled vinegar, garlic, sugar and salt.

Makes 10 (½-cup) servings. Each serving has 60 calories, 2.5 g fat, 2 g protein, 9 g carbohydrate, 2 g fiber and 35 mg sodium.

**Nutrition and Health**

- Snap beans, or green beans, are an excellent source of vitamins A and K.
- Vitamin K plays a role in bone health and preventing inflammation.
- Eat raw green beans as a delicious, quick and low-calorie snack.

**Selection, Preparation and Storage**

- Harvest green beans when they are young and firm so they “snap” when bent.
- Wash green beans right before eating or preparing to prevent spoiling.
- Blanching green beans will help keep their vibrant green color. Do this by boiling in water for two to three minutes and submerge in ice water.
August 2020

August is National Breastfeeding Month/
Children’s Eye Health and Safety Month

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**National Zucchini Day**

**National Ice Cream and Pie Day**

**National Potato Day**
Kuchen (usually pronounced “koo-khun”) is the German word for “cake.” It usually is made in round pans with a custard filling and various toppings.

**Apple Kuchen Bars**

⅞ c. canola oil (1 cup – 2 Tbsp.)
1 c. sugar
2 eggs
2 c. flour
1 tsp. baking powder
¼ tsp. salt
5 fresh apples, peeled and thinly sliced

Beat well with mixer. Put in a greased 9- by 13-inch jellyroll pan. Put a layer of fresh apple on dough layer and then top with the filling.

**Filling**

1½ c. half and half
1 c. sugar
3 eggs
Cinnamon - sprinkle on after baking (optional)

Bake at 350 F for approximately 45 minutes until custard is set and crust is brown. Allow time to cool before serving. Store leftovers in refrigerator.

Makes 28 servings. Each serving has 190 calories, 8 g fat, 2 g protein, 26 g carbohydrate, 1 g fiber and 40 mg sodium.

---

**Nutrition and Health**

- Apples may be red, green or yellow, or a combination of the three.
- Apples may help with weight maintenance and glucose control, and reduce the risk of heart disease and cancer.
- One medium apple (3 inches) has about 100 calories, 25 g carbohydrate and 4 g fiber.
- For the most fiber possible, eat the apple peel, too. It will keep you full. An apple also is packed with antioxidants to help fight disease.

**Selection, Preparation and Storage**

- Pick apples that are bright, shiny and smooth. Avoid purchasing apples that are soft or punctured.
- Apples ripen faster when left at room temperature. Store them in the refrigerator to keep them crisp and juicy.
### September 2020

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- **September is National Food Safety Education Month**
- **Labor Day**
- **World Alzheimer’s Day**
- **Yom Kippur begins**
- **National Coffee Day**
- **Rosh Hashana begins**

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**August 2020**

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Salsa means “sauce.” Salsa typically is made from tomatoes, onions and hot or mild peppers. Salsa often is featured in Mexican restaurants as an appetizer. This recipe can be used as a dip for tortilla chips or as a topping for fish, poultry or meat.

**Fresh Corn Salsa**

4 ears fresh corn, kernels removed  
1 c. green bell pepper, chopped  
½ c. red onion, chopped  
2 tomatoes, chopped  
2 garlic cloves, chopped  
2 tablespoons lemon juice or vinegar  
½ tsp. black pepper  
¼ tsp. salt

Prepare ingredients as directed. Combine all ingredients in a large bowl. Refrigerate for at least one hour before serving.

Makes 10 (¼-cup) servings. Each serving has 60 calories, 0 g fat, 2 g protein, 14 g carbohydrate, 2 g fiber and 60 mg sodium.

---

**Sweet Corn**

**Nutrition and Health**

- One-half cup of sweet corn has about 55 calories, 2 g protein, 14 g carbohydrate and 10% of the recommended daily amount of vitamin C. Sweet corn provides B vitamins and potassium.

**Selection, Preparation and Storage**

- When selecting sweet corn, look for green husks, developed kernels and dried tassels. These characteristics show that the corn is ripe.
- Prepare sweet corn right before eating. Shuck the corn by removing the husk and brushing the silks off.
- Store in the refrigerator with the husks on for three to four days.
- Corn can be eaten raw, cooked, frozen and canned. For more information on food preservation, visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food).
October 2020

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October is National Breast Cancer Awareness Month

October 4
- National Taco Day

October 6
- National Noodle Day

October 11
- Columbus Day

October 13
- National Dessert Day

October 14
- National Mushroom Day

October 18
- National Apple Day

October 20
- National Nut Day

October 25
- National Pumpkin Day

October 27

October 28

October 29

October 30

October 31
- Halloween

World Vegetarian Day

National Nut Day

National Mushroom Day

Columbus Day

National Dessert Day

National Pumpkin Day
Nutrition and Health

- Beta-carotene, or vitamin A, gives pumpkin its orange color, which helps maintain eye and bone health.
- Vitamin A in pumpkins also can improve the immune system, which fights off illness.
- One-half cup of mashed pumpkin has 24 calories, no fat, 6 g carbohydrate and 1 g fiber.

Selection, Preparation and Storage

- Select pumpkins that are appropriate for cooking. Sugar pumpkins are small and round and great for baking.
- Squash and pumpkin can be used in place of one another because they belong to the same family and have similar nutrition.
- To prepare pumpkin, rinse it with water and cut in half. Scoop out the stringy pulp and seeds. Spray a cooking sheet with cooking spray. Lay both halves with the insides down on the cooking sheet and cover with foil. Bake at 375 F for 1½ hours, or until tender.
- The pumpkin seeds can be saved, washed and roasted for a delicious snack.
- After cooking the pumpkin, it can be cut into chunks or pureed and stored in the freezer.

Pumpkin Chickpea Curry

2 Tbsp. canola oil
1 red onion, diced
½ pumpkin or squash, chopped into chunks
2-3 garlic cloves, minced
1 small piece of fresh ginger, minced
2 Tbsp. yellow curry powder
5 oz. spinach
1 (14-oz.) can chickpeas, rinsed and drained
1 (13-oz.) can low-fat coconut milk
Lemon juice, if desired
Sea salt, pepper to taste

Topping (optional)
4 Tbsp. cashew nuts
1-2 Tbsp. sesame seeds

Heat the coconut oil in a pan or wok. Sauté the pumpkin and onion for about three minutes, stirring occasionally. Add garlic, ginger and curry powder and cook for about one to two minutes longer. Then add coconut milk, bring to a boil and simmer 10 minutes over medium heat, stirring occasionally. Add spinach and chickpeas and simmer for five minutes until the spinach has wilted. Add a little water, as needed. Season with salt and pepper to taste. Add a squeeze of fresh lemon juice, if you like. Serve with rice (or other grain of your choice) and top with cashews and sesame seeds.

Makes five (1-cup) servings. Each serving has 250 calories, 11 g fat, 8 g protein, 35 g carbohydrate, 8 g fiber and 210 mg sodium.
November 2020

Daylight Saving Time ends

Election Day
National Sandwich Day

Veterans Day

National Pickle Day

Thanksgiving Day

November is American Diabetes Month
Chow mein (pronounced “chou meyn”) is a Chinese-style dish of steamed or stir-fried vegetables, and sometimes meat, and traditionally is served with fried noodles. Spaghetti squash makes a tasty low-calorie substitute for the noodles.

**Spaghetti Squash Chow Mein**

1 large spaghetti squash  
¼ c. soy sauce  
3 cloves garlic, minced  
2 tsp. brown sugar  
2 tsp. freshly grated ginger  
½ tsp. white pepper (or black pepper)  
2 Tbsp. olive oil  
1 onion, diced  
3 stalks celery, sliced diagonally  
2 c. coleslaw mix (shredded cabbage and carrots)  

1. Cut a spaghetti squash lengthwise and scoop out seeds. Lay skin side up in a 9- by 13-inch glass baking dish, with ½ inch of water in the bottom of the pan. Bake at 400 F for 30 to 40 minutes, until flesh is very tender. Scoop out the flesh with a fork so it breaks apart into strings; set aside.  
2. In a small bowl, whisk together soy sauce, brown sugar, ginger and pepper; set aside.  
3. Heat olive oil in a large skillet over medium high heat. Add onion and celery, and cook, stirring often, until tender, about three to four minutes. Stir in cabbage until heated through, about one minute.  
4. Stir in spaghetti squash and sauce mixture until well combined, about two minutes.  
5. Serve immediately.  

Makes seven (1-cup) servings. Each serving has 120 calories, 4.5 g fat, 3 g protein, 19 g carbohydrate, 4 g fiber and 390 mg sodium.

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**Spaghetti Squash**

**Nutrition and Health**

- Spaghetti squash is a type of winter squash. This oblong vegetable is up to 1 foot long, weighs 2 to 3 pounds and is pale yellow.
- Many types of winter squash are available, and the dark orange fleshed types are especially rich in vitamin A. Squash is an excellent source of fiber.
- One-half cup serving of mashed squash has about 42 calories, no fat, 11 g carbohydrate and 3 g fiber. The fiber will help with weight management by creating a feeling of fullness.

**Selection, Preparation and Storage**

- Choose squash that is heavy for its size with a firm, intact stem and the color characteristic of the variety. Avoid squash with cuts, cracks and soft spots.
- The buttercup squash was released by North Dakota State University (then NDAC) in 1932, and it remains a popular squash variety. Other varieties include butternut, acorn, spaghetti and delicata.
- Squash can be preserved by freezing, pressure canning (in chunks) or drying. For instructions and safety information, visit www.ag.ndsu.edu/food (click on “Food Preservation”).
- Different styles of squash have varying storage lengths in cool, dry areas:  
  - Acorn – one to two months  
  - Buttercup – three to six months  
  - Butternut – two to three months
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- **December 2020**
- **National Cocoa Day**
- **National Maple Syrup Day**
- **Hanukkah begins**
- **Christmas Eve**
- **Christmas Day**
- **Kwanzaa begins**
- **New Year’s Eve**
Featured Recipes

January
Knoephla Soup

February
Traditional Brazilian Beans

March
German-Russian Borscht Soup

April
Barbecue Chickpea Salad

May
Thai Peanut and Cilantro Quinoa Salad on a Bed of Romaine Lettuce

June
Strawberry Italian Ice

July
Gazpacho Soup

August
Sesame Ginger Green Beans

September
Apple Kuchen Bars

October
Fresh Corn Salsa

November
Pumpkin Chickpea Curry

December
Spaghetti Squash Chow Mein

See more information at www.ag.ndsu.edu/fieldtofork

For more information on this and other topics, see www.ag.ndsu.edu/fieldtofork

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