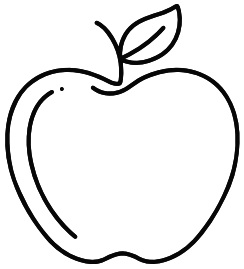
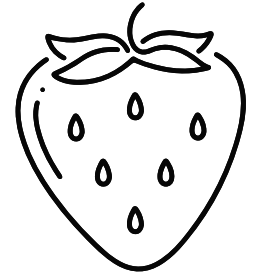




# Nutrition News



## Happy fall!

This time of year comes with plenty of seasonal fruits and vegetables. Many types of berries, apples, and melons are in the local groceries stores ready to be purchased and eaten. One issue though is that by the time produce has been harvested, packaged, sent to the store, and then purchased by you, these tasty fruits and vegetables are close to their expiration date.

Also, as this season ends, and we start to enter colder weather, it becomes more challenging to purchase fresh produce.

This can be annoying and more importantly, a waste of money. Here are some tips to help keep perishable items longer and your wallet happy.

## Tips for keeping fruits and vegetables fresh longer.

- Choose vibrant, dense, and even unripe produce.
- Consider conditions of where the produce is being kept: Many fruits and vegetables do well in the refrigerator, but vegetables like potatoes, onions, and squash prefer a cool, dark, dry area.
- Ethylene gas: Certain produce items release this gas that can prematurely ripen the other fruits and vegetables around them. Apples and bananas are both notorious for this, so keeping them away from the other produce will help to manage food turning bad before being able to use.
- Keep lettuce and other leafy vegetables unwashed until ready to use. This keeps the crispness of the leaves.

Recipe by [budgetbytes.com](http://budgetbytes.com)

# Curried Red Lentil and Pumpkin Soup

Prep Time: 10 minutes

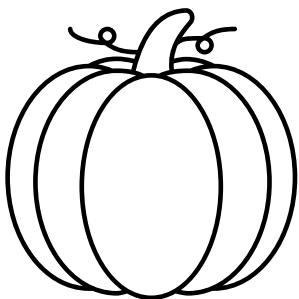
Cook time: 30 minutes

Serves 6



## Ingredients:

- 1 yellow onion
- 2 cloves garlic
- 1 tsp ginger
- 1 Tbsp olive oil
- 1 Tbsp curry powder
- 1 15oz can of pumpkin puree
- 1 cup dry lentils
- 6 cups vegetable broth
- 1/2 tsp salt



## Directions:

- Dice the onion, mince the garlic, and grate the ginger. Add the onion, garlic, and ginger to a large pot with the olive oil and sauté over medium heat until the onions are soft (about 5 minutes).
- Add the curry powder and continue to sauté for about a minute more.
- Next, add the pumpkin purée, lentils, and vegetable broth. Stir to combine.
- Place a lid on the pot and bring the soup up to a boil over medium-high heat. Once boiling, turn the heat down to medium-low. Simmer the soup, stirring occasionally, for 20 minutes.
- Finally, taste the soup and add salt to taste (about 1/2 tsp). Serve hot with bread for dipping!