October Produce Guide
October means Fall is here which brings lots of fresh produce including;

- Cabbage
- Cauliflower
- Bell Peppers
- Leeks
- Parsnips
- Potatoes
- Pumpkins
- Radishes
- Winter squash
- Pictured we have leeks and cauliflower
- The recipe below highlights Bell peppers

Taco Stuffed Peppers

Ingredients:
1 pound Ground Beef
5-6 Bell Peppers (any color)
2 cups cooked Spanish rice
1 can diced tomatoes and green chilies (Rotel)
2 cups shredded cheese
1 small yellow onion chopped
1 packet taco seasoning

Optional toppings: sour cream, salsa, guacamole

Directions:
Preheat oven to 350. In a medium skillet cook ground beef and onion, until beef is cooked through. Then add the rice, canned diced tomatoes and green chilies (Rotel), taco seasoning and 1 1/2 cups shredded cheese. Mix well and set aside. Prepare peppers by cutting off the tops and taking out the seeds. Rinse and place in baking dish. Bake for 30-35 minutes. Take out of oven and top with remaining cheese and then place back in oven for 3-5 minutes until cheese is melted. Serve with any additional toppings.

* Taken from Easy Family Recipe Ideas website*
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Bell Peppers

- In season July through October
- High in antioxidants
- Provides double the daily recommended amount of vitamin C
- Look for bright colors, no bruises or soft spots
- Store in the refrigerator

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