

October Produce Guide

October means Fall is here which brings lots of fresh produce including:

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



Bell Pepper, Tomato, and Feta Salad

Makes 4 servings. Prep time: 15 minutes.

- 3 tomatoes, cored and chopped
- 1 red bell pepper, cored and sliced
- 1 yellow bell pepper, cored and sliced
- 1 green bell pepper, cored and sliced
- ½ onion, thinly sliced
- 3 ounces crumbled feta cheese

Dressing:

- 4 tablespoons canola oil
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- ½ teaspoon white sugar
- 1 pinch freshly ground black pepper to taste



Instructions:

- 1.) Combine tomatoes, all bell peppers, and onion in a large bowl. Crumble feta cheese on top.
- 2.) Stir together oil, vinegar, salt, sugar, and black pepper in a cup. Pour over salad and toss to combine.

[Adapted from [Allrecipes.com](https://www.allrecipes.com)]