



NDSU | EXTENSION

2025

field to fork





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Project Team

Project Director/Writer:

Julie Garden-Robinson, Ph.D., R.D., L.R.D.,
Food and Nutrition Specialist

Content Research/Writing and Recipe Testing:

Ryan Farley, Dietetic Intern – NDSU Extension
Jenna Sufka, Dietetic Intern – NDSU Extension

Recipe photography:

Ada Erlandson, Extension Associate

Editing: **Elizabeth Cronin**, Information Specialist

Design: **Deb Tanner**, Graphic Designer

Non-NDSU food images are from istockphoto.com.



Funding for this publication was made possible by the U.S. Department of Agriculture's Agricultural Marketing Service through grant 21SCBPND1069. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Welcome

to the seventh edition of the North Dakota specialty crops calendar featuring fruits and vegetables that can be grown in North Dakota. This year, along with recipes and health tips, the calendar provides a few tidbits about avoiding food waste. The recipes were tested in the food laboratory at North Dakota State University. Start some conversations around your dinner table by checking out the many national food and/or health days throughout the year.

These annual calendars are made possible with funding from the North Dakota Department of Agriculture through the U.S. Department of Agriculture's Specialty Crop Block Grant program.

Visit www.ag.ndsu.edu/food for more information about growing, preparing and preserving fruits and vegetables. For educational opportunities, including free monthly e-newsletters, see the dozens of archived Field to Fork webinars from Extension agents, researchers and specialists throughout the North Central Region at www.ag.ndsu.edu/fieldtofork. The Nourish program at www.ag.ndsu.edu/nourish, for example, provides face-to-face and/or online classes about nutrition and health throughout the year.



Please provide us with feedback. Visit www.surveymonkey.com/r/2025_Field_to_Fork_Calendar or use the QR code to take a short survey. You may win a prize.

Cooking Abbreviations

c. = cup
tsp. = teaspoon
Tbsp. = tablespoon
g = gram
mg = milligram
F = degrees Fahrenheit

oz. = ounce
lb. = pound
pt. = pint
qt. = quart
pkg. = package





Baked Black Bean Taquitos

2 (15-oz.) cans black beans, drained and rinsed
1 medium onion, diced
3 tsp. minced garlic
1 c. vegetable broth
1 tsp. paprika
½ tsp. cumin
Salt and pepper to taste
1 Tbsp. butter
1 ½ Tbsp. lime juice
¼ c. fresh cilantro, chopped
10 (6-inch) flour tortillas
2 Tbsp. oil, such as canola, sunflower or olive, for brushing

In a medium saucepan, simmer the beans, onion, garlic, vegetable broth and spices for 15 minutes, until the onion softens and the liquid has almost evaporated. Add the butter, lime juice and cilantro, and mash everything together with a potato masher or fork. Lay out the tortillas on a flat surface and divide the bean mixture among the 10 tortillas (about 3 tablespoons for each). Roll each tortilla tightly and place seam side down on a large baking tray lined with parchment paper, leaving at least ½ inch of space between each one. Using a pastry brush, brush a thin layer of oil on each taquito. Bake at 400 F for 15-20 minutes, until the tortillas start to brown.

Optional sides:

Mexican fried rice
Chips with guacamole and/or salsa

Makes 10 taquitos. Each taquito has 220 calories, 7 g fat, 7 g protein, 31 g carbohydrate, 3 g fiber and 510 mg sodium.



Black Beans

Nutrition: Black beans are a good source of protein and fiber. They contain prebiotic fiber that is essential in feeding the microbiome (“good germs”) in the gut.

Avoid wasting food: Store canned black beans in a cool, dry place. Canned beans last three to five years in the cupboard. Leftover canned beans may be placed in a covered container and stored refrigerated up to four days or frozen in freezer bags or containers.

Health tip: Canned black beans are nutritious but can be fairly high in sodium. To reduce sodium content, use a strainer and rinse the beans with water to remove the excess sodium. As much as 40% of sodium can be removed by rinsing.

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DECEMBER 2024 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p> <p>FEBRUARY 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28</p>  			1 New Year's Day	2	3	4 National Spaghetti Day
5	6 National Bean Day First Quarter Moon	7	8	9	10	11
12	13 Full Moon	14	15	16	17	18
19 National Popcorn Day	20 Martin Luther King Jr. Day	21 Third Quarter Moon	22	23	24 National Peanut Butter Day	25
26	27	28	29 Lunar New Year New Moon	30	31	Family Fit Lifestyle Month



Pulled Pork Stuffed Peppers

2 large bell peppers, any color
1/3 c. barbeque sauce (your choice)
1 1/2 c. shredded mozzarella cheese, divided
12 oz. pulled pork, warmed (about 2 cups)
2 Tbsp. fresh cilantro, chopped

Preheat oven to 375 F with the oven rack in the middle position. While oven is preheating, rinse peppers then cut them in half and remove the insides. Place the cut peppers in a microwave-safe baking dish and cover with a microwave-safe plate or microwave-safe plastic wrap. Microwave for 3-4 minutes or until softened. Pour out any liquid. Stir the barbecue sauce and 1 cup of cheese into the pulled pork. Divide the mixture evenly among the peppers. Bake for 20-30 minutes or until the peppers are hot and bubbly. Top the peppers with remaining cheese and return to the oven until the cheese has melted. Garnish with cilantro.

Makes four stuffed peppers. Each stuffed pepper has 270 calories, 10 g fat, 29 g protein, 16 g carbohydrate, 1 g fiber and 490 mg sodium.





Peppers

Nutrition: Peppers are high in antioxidants including vitamins C and E, which can help with immune health.

Avoid wasting food: Store peppers in the fridge in the low-humidity drawer. Rinse and cut them right before using to ensure highest quality.

Health tip: Peppers are different colors based on their ripeness. Red peppers are among the best sources of vitamin C among all fruits and vegetables.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>American Heart Month</div> <div><div>SCAN ME</div></div> <div></div> <div><div>JANUARY 2025</div><div>SMTWTFS</div><div>1234</div><div>567891011</div><div>12131415161718</div><div>19202122232425</div><div>262728293031</div></div> <div><div>MARCH 2025</div><div>SMTWTFS</div><div>1</div><div>2345678</div><div>9101112131415</div><div>16171819202122</div><div>23242526272829</div><div>3031</div></div>						1
2	3	4 <div>World Cancer Day</div>	5 <div>First Quarter Moon</div>	6	7 <div>Wear Red Day</div>	8
9 <div>National Pizza Day</div>	10	11	12 <div>Full Moon</div>	13	14 <div>Valentine's Day</div>	15
16 <div>National Almond Day</div>	17 <div>Presidents Day</div>	18	19	20 <div>Third Quarter Moon</div>	21	22
23	24	25	26 <div>National Pistachio Day</div>	27 <div>National Strawberry Day New Moon</div>	28 <div>Ramadan Begins</div>	



Vegetable Chowder

1 c. onion diced
 1 c. celery, diced
 ¼ c. butter or margarine
 1 c. carrots, cubed or cut into buttons
 4 large potatoes (Yukon Gold, Russet or Red),
 rinsed and cubed
 4 chicken bouillon cubes
 5 c. reduced-sodium chicken stock
 2 c. frozen corn, thawed and drained
 12 strips bacon, cooked, drained and crumbled
 1 (13-oz.) can evaporated milk
 Salt and pepper to taste

In a large pot, over medium high heat, cook onion and celery in butter or margarine, stirring often until onion is translucent and beginning to brown. Add carrots, potatoes, bouillon cubes and stock or water. Bring to a boil, then reduce heat and simmer, stirring occasionally to blend flavors. When vegetables are tender, add the corn, bacon, and evaporated milk. Let simmer for a few minutes, then serve.

Optional: sprinkle shredded cheddar cheese over the top.

Makes 14 servings. Each serving has 290 calories, 16 g fat, 9 g protein, 28 g carbohydrate, 3 g fiber and 490 mg sodium.



Vegetables

Nutrition: Vegetable soups are rich in fiber, vitamins and minerals while being low in calories. Soup is often high in liquid, which can help with weight management and decrease your risk for chronic diseases.

Avoid wasting food: Vegetable soups are an excellent way to empty your refrigerator while making a delicious and nutritious meal. Use leftover meat and vegetables to create a soup. See the “Pinchin’ Pennies in the Kitchen” series of handouts from NDSU Extension under the Food Preparation tab at www.ag.ndsu.edu/food for ideas about creating soups, casseroles and other foods with what you have on hand.

Health tip: Vegetable soups are a blank canvas, allowing you to add anything you want, such as protein foods for additional nutrients and flavor or a variety of other vegetables for other nutrients. For example, add a can of drained, rinsed kidney or black beans to boost protein and fiber.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

National Nutrition Month



SCAN ME



FEBRUARY 2025

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Ash Wednesday

First Quarter Moon

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Daylight Saving Time Begins

Full Moon

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21



22

Saint Patrick's Day

World Water Day
Third Quarter Moon

23

24

25

26

27

28



29

Ramadan
Ends

30

31

National Spinach Day

New Moon



Breakfast Potatoes

1 ½ lb. russet potatoes
2 Tbsp. butter, melted
2 Tbsp. oil, such as canola, sunflower or olive
1 tsp. minced garlic
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. paprika
1 Tbsp. Italian seasoning
Salt and pepper to taste
½ red pepper, diced
½ green pepper, diced

Preheat oven to 400 F. Soak potatoes in cold water for 10 minutes to loosen soil. Use a vegetable brush to clean the potatoes, then peel if desired. Dice potatoes into ½-to-1-inch pieces. Add butter, oil and spices to a bowl. Add potatoes to bowl. Stir to coat potatoes with mixture. Place coated potatoes on a sheet pan and bake for 25 minutes at 400 F. While potatoes are in the oven, heat oil in a pan. Add peppers to pan, sautéing until soft. Combine with potatoes.

Optional additions include sauteed onions, shredded cheese, chives, rosemary or thyme.




Makes six servings. Without added salt, each serving has 160 calories, 8 g fat, 4 g protein, 23 g carbohydrate, 4 g fiber and 15 mg sodium.

Potatoes

Nutrition: Potatoes provide a variety of vitamins and minerals that may benefit your health. Potatoes contain fiber (especially if you eat the skin), potassium, vitamin C and vitamin B6.

Avoid wasting food: Store potatoes in a cool, dry place away from sunlight, which may cause greening. Potatoes can be frozen or canned to last longer. See the food preservation information at www.ag.ndsu.edu/food for details.

Health tip: Potato skins are rich in potassium and fiber. Try different types of potatoes and various preparation methods.

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<div><div>SCAN ME</div></div>		1	2	3	 4	5																																																																																																			
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National Fresh Tomato Day	World Health Day					Passover begins Full Moon																																																																																																			
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Palm Sunday					Good Friday	National Garlic Day																																																																																																			
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Easter Passover ends Third Quarter Moon		Earth Day																																																																																																							
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No-bake Strawberry Almond Energy Bites

1 c. dates, such as Medjool
1 c. fresh strawberries, sliced
¾ c. sliced almonds
1 c. rolled oats
1 Tbsp. chia seeds, ground flaxseed or sesame seeds
1 Tbsp. honey
1 c. shredded coconut flakes

Remove pits from dates, and slice each date in half or smaller. Remove stems from strawberries, rinse and slice into quarters. Combine all ingredients, except the coconut flakes, in a food processor. Pulse until the almonds are mostly broken up. Avoid making a paste. Cover and chill in the refrigerator for an hour. After an hour, remove from the refrigerator and roll into ping-pong-sized balls. Place the coconut in a small bowl. Roll the balls in the shredded coconut to coat. Store in the refrigerator.







Makes 14 bites. Each bite has 150 calories, 5 g fat, 2 g protein, 25 g carbohydrate, 4 g fiber and 10 mg sodium.

Strawberries

Nutrition: Strawberries are an excellent source of vitamin C. Vitamin C is an antioxidant, protecting cells from damage and aiding in immune health.

Avoid wasting food: To keep strawberries fresh longer, store them unwashed and with the stems. Storing strawberries in the refrigerator (at 40 F) helps them last longer. Strawberries usually last about a week, but they can be frozen for longer storage.

Fun fact: One serving (8 strawberries) has 100% of your daily vitamin C.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>APRIL 2025</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>JUNE 2025</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	 	<p>National Osteoporosis Awareness and Prevention Month</p>	1	2	3
 <p>4</p> <p>First Quarter Moon</p>	5	6	7	8	9	10
11	 <p>12</p> <p>Full Moon</p>	13	14	15	16	17
<p>Mother's Day</p>		<p>International Hummus Day</p>		<p>National Chocolate Chip Day</p>		
18	19	 <p>20</p> <p>Third Quarter Moon</p>	21	22	23	24
25	 <p>26</p> <p>Memorial Day New Moon</p>	27	28	29	30	31



Spinach and Cheese Egg Muffins

12 large eggs
1 ½ c. cottage cheese
6 to 8 strips bacon, chopped
½ large yellow onion, chopped
2-3 c. fresh spinach

Preheat oven to 350 F and spray cooking spray in pans to make 18 muffins. Set aside. In a large bowl, use a whisk to beat the eggs. Add the cottage cheese and stir to combine. In a frying pan, cook the onion and bacon over medium heat for about 10 minutes. Drain most of the bacon fat, then add spinach and stir to combine. Cook for about 3 minutes or until spinach is wilted. Remove from heat and let cool for five minutes. Add spinach mixture to the egg mixture and stir until thoroughly combined. Place the egg mixture into muffin pans, being careful to not overfill the muffin cups. Place a sheet pan under the muffin pan to avoid dripping in the oven. Bake for 15-25 minutes, until the eggs are set. Remove from the oven and let cool for 5 minutes. To remove the muffins from the pan, use a knife and glide around each muffin until you can gently remove them.

Optional sides: fresh fruit, wheat toast, yogurt parfait and/or Breakfast Potatoes (see April recipe)
Makes 18 egg muffins. Each egg muffin has 120 calories, 8 g fat, 8 g protein, 2 g carbohydrate, 0 g fiber and 200 mg sodium.



Spinach

Nutrition: Spinach is rich in many nutrients, including vitamins A, C and K, as well as iron, folate, magnesium and potassium.

Avoid wasting food: To help fresh spinach last longer, keep it in the crisper drawer of your refrigerator in a tight storage container or zip-top bag. Spinach can typically last up to 10 days. Spinach can be frozen for use in soups and smoothies.

Health tip: Calcium and iron from spinach is absorbed better if you eat it cooked versus raw. Enjoy sautéed spinach as a side dish or in omelets, soups or stir-fry. Raw spinach is tasty in salads and smoothies.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<div><div></div><div>2</div><div>First Quarter Moon</div></div>	<div><div></div><div>3</div><div>National Egg Day</div></div>	<div><div></div><div>4</div><div>National Cheese Day</div></div>	<div><div></div><div>5</div></div>	<div><div></div><div>6</div></div>	<div><div></div><div>7</div></div>
8	<div><div></div><div>9</div></div>	<div><div></div><div>10</div><div>National Herb and Spice Day</div></div>	<div><div></div><div>11</div><div>National Corn on the Cob Day Full Moon</div></div>	<div><div></div><div>12</div></div>	<div><div></div><div>13</div></div>	<div><div></div><div>14</div><div>Flag Day</div></div>
15	<div><div></div><div>16</div></div>	<div><div></div><div>17</div></div>	<div><div></div><div>18</div><div>Third Quarter Moon</div></div>	<div><div></div><div>19</div><div>Juneteenth</div></div>	<div><div></div><div>20</div></div>	<div><div></div><div>21</div></div>
22	<div><div></div><div>23</div></div>	<div><div></div><div>24</div></div>	<div><div></div><div>25</div><div>New Moon</div></div>	<div><div></div><div>26</div></div>	<div><div></div><div>27</div></div>	<div><div></div><div>28</div></div>
29	30	<div><div><div><div>National Alzheimer's and Brain Awareness Month</div></div></div><div><div><div><div>MAY 2025</div><div>SMTWTFSS</div><div>123</div><div>45678910</div><div>11121314151617</div><div>18192021222324</div><div>25262728293031</div></div><div><div><div><div>JULY 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Cantaloupe and Grilled Chicken Skewers

1 cantaloupe melon, rinsed then peeled and cubed into 1-inch pieces
4 (8-oz.) chicken breasts
32 mozzarella pearls (small balls of fresh mozzarella cheese)
32 fresh basil leaves
Balsamic glaze (your choice)
16 (6-inch) skewers

Chicken:

2 Tbsp. oil, such as canola, sunflower or olive
½ tsp. salt
¼ tsp. pepper
½ tsp. paprika
½ tsp. onion powder

Drizzle oil onto chicken breast and coat. Mix seasonings and sprinkle over chicken breast, covering front and back of breast. Heat grill to medium heat. Grill chicken breast for 6-7 minutes per side. Cook chicken breast to an internal temperature of 165 F, as measured by a food thermometer. Let chicken breasts cool and cut into 1-inch cubes.

Skewers: Arrange all ingredients in a line for assembly on skewers. Thread ingredients in the following order: cantaloupe, basil (folded), chicken, mozzarella pearl, cantaloupe, basil, chicken, mozzarella pearl. Drizzle skewers with balsamic glaze.

Makes 16 skewers. Each skewer has 110 calories, 3.5 g fat, 16 g protein, 3 g carbohydrate, 0 g fiber and 85 mg sodium.

Optional substitutions: watermelon cubes, colby jack cheese cubes









Melon

Nutrition: Cantaloupe is rich in vitamins A and C, both of which play a role in skin health. A cup of cantaloupe has 100% of the daily recommendation for both vitamins A and C.

Avoid wasting food: After cantaloupe is picked, it is done ripening. Rinse cantaloupe and use a vegetable brush if necessary. Sliced cantaloupe can be stored in the refrigerator in a covered container for up to a week.

Health tip: Cantaloupe seeds are healthful snacks. They can be eaten raw or roasted with your choice of seasonings. Cantaloupe seeds provide vitamins A, E, K and C as well as magnesium, potassium, fiber and protein.

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Frozen Fruit and Yogurt Cups

½ c. granola plus more for topping

1 ½ c. vanilla yogurt of choice

¾ c. berries, larger pieces diced

Topping:

¾ c. fresh fruit: berries, kiwi, peaches, banana, etc.

¼ c. granola: smaller pieces work better

Line a 12-cup muffin pan with paper liners. Sprinkle about 2 teaspoons of granola into the bottom of each cup. Set aside. In a medium bowl, add yogurt and fresh fruit. Using a dough blender or fork, mash fruit into yogurt, until mostly mixed in, with just a few chunks remaining. Using a rubber spatula or wooden spoon, stir until well mixed. Spoon 2 tablespoons of the fruit and yogurt mixture into each cup, creating an even layer. Tap the pan to smooth out each layer. Press about 1 tablespoon of fresh fruit into the top of each cup. Sprinkle about 1 teaspoon granola over the fruit. Place the pan in the freezer and chill until firm, about 2-4 hours.

Makes 12 parfait cups. Each parfait cup has 50 calories, 1.5 g fat, 1 g protein, 9 g carbohydrate, 1 g fiber and 10 mg sodium.






Berries

Nutrition: All berries are high in fiber, vitamin C and other antioxidants that promote health.

Avoid wasting food: Berries can be preserved by freezing or used to make fruit spread or jelly. Fruit spreads are a tasty addition to toast or muffins and as ice cream topping. See www.ag.ndsu.edu/food to learn about freezing, canning and other methods of food preservation.

Food safety: Rinse berries under cool, running water right before you use them. Moisture speeds up spoilage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Kids Eat Right Month</div> <div>   </div> <div> <div> JULY 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> <div> SEPTEMBER 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div> </div>					 1 First Quarter Moon	2
3 National Watermelon Day	4	5	6	7	8 National Zucchini Day	9 Full Moon
10	11	12	13	14	15	16 Third Quarter Moon
17	18 National Fajita Day	19 National Potato Day	20	21	22	23 New Moon
24 First Quarter Moon	25	26	27	28	29	30
31						



Fajita Veggies with Steak Bites

Fajita Vegetables:

3 peppers (1 each red, green, yellow)

1 yellow onion

Cooking oil of choice

1 Tbsp. garlic powder

1 Tbsp. onion powder

8 whole wheat tortillas

Toppings:

Sour cream

Cilantro

Steak Bites:

2 lb. steak, cut into bite-size pieces

2 tsp. salt

½ tsp. freshly ground black pepper

½ tsp. red pepper flakes (optional)

1 ½ tsp. avocado oil,
canola oil or other oil

2 Tbsp. butter

6 cloves minced garlic

¼ c. chopped parsley

Chopped green onion, for garnish
(optional)

Fajita Vegetables: Cut peppers and onion into strips and add a small amount of oil to coat lightly. Add garlic and onion powders, then place on sheet tray in oven at 400 F for 7-10 minutes.

Steak Bites: Season the steak bites with salt, pepper, and red pepper flakes then stir until well coated. Heat a large skillet over medium-high heat. Add the oil to the hot skillet, then add the steak in a single layer. Cook the steak bites for 3-4 minutes until brown, stirring occasionally. You may have to do this in batches depending on the size of your skillet. When the steak is brown, remove it from the pan. Remove any excess liquid from the skillet, then add the butter to the pan. Add the garlic and sauté for 1 minute. Add the steak back to the pan and cook for 1-2 minutes, stirring to coat it in the butter sauce. Remove the pan from the heat and stir in the chopped parsley. Garnish with green onion and serve immediately with fajita vegetables.

Makes eight servings. Without tortillas and added toppings, one serving has 360 calories, 12 g fat, 30 g protein, 30 g carbohydrates, 2 g fiber and 220 mg sodium.





Onion, Garlic, Parsley

Nutrition: Iron from animal sources is better absorbed when paired with a vitamin C source, such as bell peppers. Save money by using flat iron steaks or other tender value cuts. Beef is rich in essential nutrients such as zinc and iron. Zinc helps maintain a healthy immune system and supports wound healing and muscle health.

Avoid wasting food: Fajitas are an excellent way to limit food waste at the end of the week. Try sautéing other vegetables as toppings for these tasty Fajitas with Steak Bites.

Health tip: Eating a variety of vegetables may reduce your risk for cancer, heart disease and other chronic illnesses.

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Food Safety Awareness Month	1 <small>Labor Day</small>	2	3	4	5	6
○ 7 <small>National Acorn Squash Day Full Moon</small>	8	9	10	11	12	13
◐ 14 <small>Third Quarter Moon</small>	15	16 <small>National Guacamole Day</small>	17	18	19	20
● 21 <small>World Alzheimer's Day New Moon</small>	22 <small>Rosh Hashanah begins</small>	23	24 <small>Rosh Hashanah ends</small>	25	26	27
28	◐ 29 <small>First Quarter Moon</small>	30	<div>   <div> AUGUST 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> <div> OCTOBER 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div> </div>			



Butternut Squash, Pumpkin and Apple Soup

Soup:

1 lb. peeled and cubed butternut squash (about 4 heaping cups)
1 yellow onion, finely chopped
1 medium apple, cored and roughly chopped (such as Honeycrisp or Gala)
2 Tbsp. olive oil, canola oil or favorite oil
1 tsp. pumpkin pie spice (to taste preference)
1 tsp. grated fresh ginger (or 1/4 tsp. ground ginger)
1 tsp. salt
1 (14.5-oz.) can pumpkin puree
4 c. low-sodium vegetable broth

Cube butternut squash, onions and apple. Lightly coat them with oil then roast in oven for 8-10 minutes. Stir in pumpkin pie spice, ginger and salt; cook 1 minute. Add pumpkin puree and broth; stir well to combine. Bring the soup to a boil, reduce heat, and simmer, covered, for 30 minutes. Squash should be fork-tender. Carefully transfer soup to a blender using a ladle, or use an immersion blender. (If blender isn't large enough to hold the entire batch of soup, blend in two separate batches.) Secure lid on blender. Remove center piece of blender lid and place a clean kitchen towel over the opening to avoid splatters. Process soup until smooth, about 45 to 60 seconds. Divide soup evenly among bowls and top with garnishes of choice.

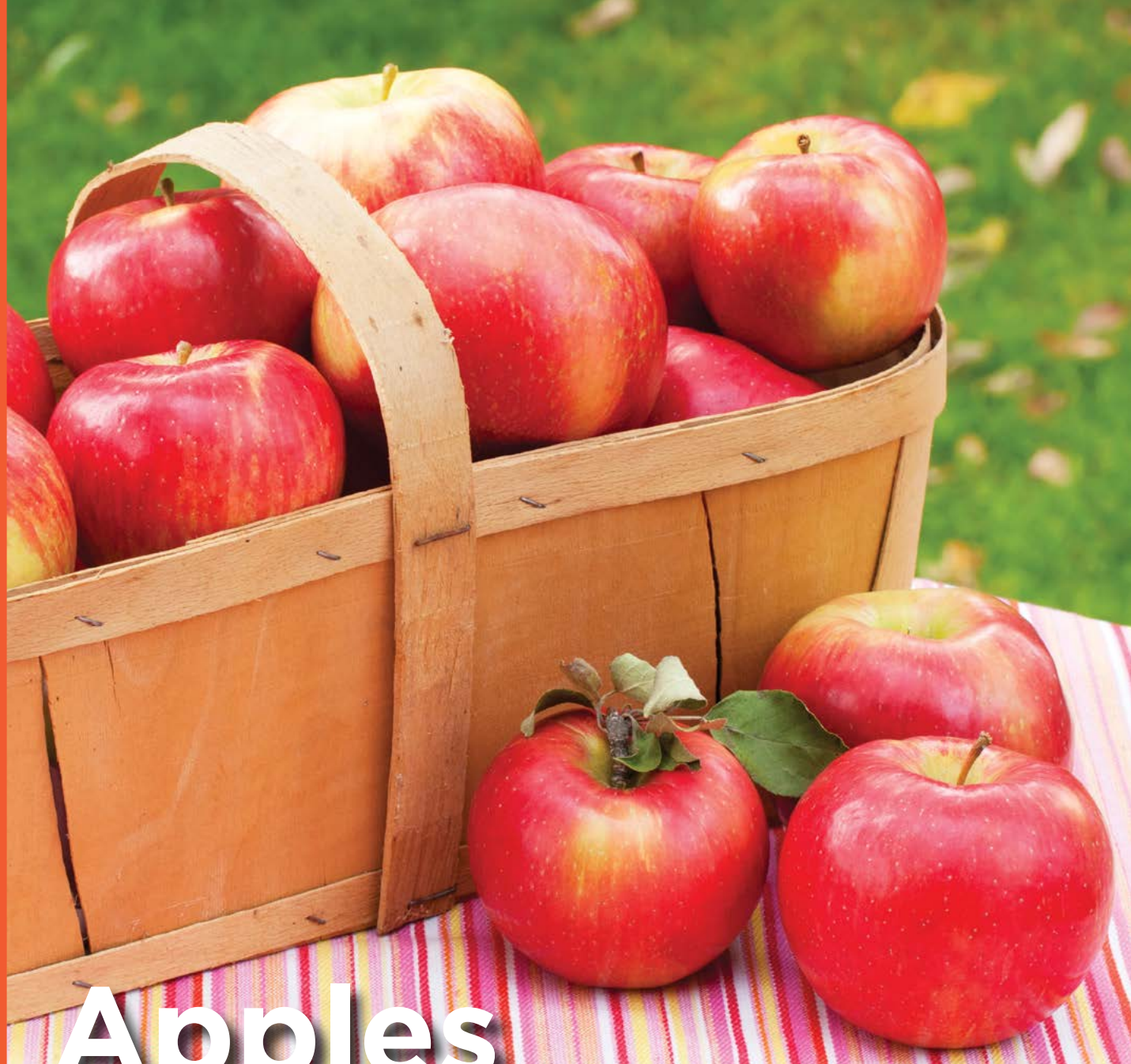
Croutons (prepare while soup simmers):

1 loaf sourdough or plain sandwich bread

Preheat oven to 400 F. Cut bread into 1-inch squares and coat lightly with oil. Place on sheet tray and bake until golden brown (5-7 minutes). Top soup with croutons.

Optional toppings: sour cream, pumpkin seeds, chopped pecans, fresh herbs (rosemary, thyme sage or basil)

Makes 12 servings. With croutons, each serving has 110 calories, 3 g fat, 2 g protein, 22 g carbohydrate, 5 g fiber and 390 mg sodium.




Apples

Nutrition: Apples assist in weight management because they are high in water and fiber. Fiber helps slow digestion, making you feel full longer.

Avoid wasting food: To limit your apples from spoiling, store them away from bananas and avocados, which can increase the rate of ripening.

Health tip: Fiber-rich apples are a healthful snack to enjoy with peanut butter or other nut butter.

October 2025

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National Pumpkin Day			First Quarter Moon		Halloween																																																																																										



Chive-Cheese Cornbread

1 c. cornmeal
1 c. all-purpose flour
¼ c. sugar
4 tsp. baking powder
2 large eggs, room temperature
1 c. 2% milk
¼ c. butter, melted
1 c. shredded sharp cheddar cheese
3 Tbsp. minced chives
½ c. frozen corn, thawed and drained if needed

Preheat oven to 400 F. In a large bowl, combine cornmeal, flour, sugar and baking powder. In another bowl, whisk the eggs, milk and butter. Stir wet ingredients into dry ingredients just until moistened. Gently fold in cheese, chives and corn. Pour mixture into a greased 13-by 9-inch baking pan. Bake at 400 F until golden brown, about 18 minutes. Cut into pieces and serve warm.

Makes 12 servings. Each serving has 200 calories, 8 g fat, 6 g protein, 27 g carbohydrate, 1 g fiber and 135 mg sodium.





Corn

Nutrition: Many people eat too little fiber. Eating enough dietary fiber is linked to lowering your risk for several diseases, including heart disease and some cancers.

Stretch Your Dollar: Making cornbread and corn muffins is a great way to use up extra herbs and vegetables. Try adding chopped peppers and onions to make savory accompaniments.

Health tip: Corn is slowly digested and typically does not cause an unhealthy spike in blood sugar.

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Daylight Saving Time Ends	National Sandwich Day	Election Day	Full Moon			
9	10	●◐	11	12	13	14
		Veterans Day Third Quarter Moon			National Pickle Day	15
16	17	18	19	●	20	21
				New Moon		22
23	24	25	26	27	●◐	28
30				Thanksgiving Day	First Quarter Moon	29



Tomato Salad with Feta Cheese, Candied Walnuts and Greens

Candied Walnuts:

1 c. walnut halves/pieces (or substitute pecans)
 ¼ c. granulated sugar (not coarse sugar)
 1 Tbsp. unsalted butter

Tomato Salad:

1 small red onion, peeled and thinly sliced (about 1 c.)	2 packages grape or cherry tomatoes
1 Tbsp. red wine vinegar	¼ c. feta cheese crumbles (or substitute mozzarella)
2 tsp. honey	1/8 c. fresh parsley
½ tsp. Dijon mustard	1/8 c. fresh mint
3 Tbsp. oil, preferably olive	
Salt and pepper to taste	

For Candied Walnuts: Heat a medium nonstick skillet over medium heat, and add walnuts, sugar and butter. Cook for 5 minutes, stirring frequently with a heat-proof non-plastic spatula so the mixture doesn't burn, especially toward the end. When the sugar mixture starts melting, stir constantly until all sugar is melted and nuts are coated. Transfer immediately onto a sheet of parchment paper and separate the nuts right away. Using two spatulas will make this task faster.

For Tomato Salad: Rinse, peel and thinly slice the onion. In a medium bowl, cover onion with ice water. Let stand, stirring occasionally, until flavor is mellowed, about 10 minutes. Drain, pat dry and set aside.

In a separate large bowl, whisk vinegar, honey and mustard until combined. Whisking constantly, slowly add oil until combined; season with salt and pepper. Add tomatoes, gently stirring to coat. Let marinate at room temperature for 5 minutes. Add feta, herbs and onion to salad and gently toss to combine. Serve immediately.

Makes eight servings. Each serving has 220 calories, 18 g fat, 4 g protein 14 g carbohydrate, 2 g fiber and 70 mg sodium.





Tomatoes

Nutrition: Tomatoes provide lycopene, which is responsible for the red color. Lycopene is linked to improving heart health and may help prevent certain types of cancer. Lycopene from cooked tomatoes is better absorbed.

Avoid wasting food: Tomatoes are versatile, especially when limiting food waste. You can use leftover fresh tomatoes in tomato sauce to top pasta, or make fresh salsa to serve with chips and tacos. Tomatoes may be frozen or canned following current recommendations.

Health tip: Try growing fresh culinary herbs on a sunny window sill indoors. Herbs add flavor to sauces and salads—and a touch of greenery to your home. See the herb information on the Field to Fork website.

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Month of Giving	1	2	3	○ 4 Full Moon	5	6
7	8	9	10	◐ 11 Third Quarter Moon	12	13
14 Hanukkah begins	15	16	17 National Maple Syrup Day	18	● 19 New Moon	20
21	22 Hanukkah ends	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa begins	◐ 27 First Quarter Moon
28	29	30	31 New Year's Eve	  <div> NOVEMBER 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div> <div> JANUARY 2026 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 </div>		



Featured Recipes

NDSU

EXTENSION



January

Baked Black Bean Taquitos



February

Pulled Pork Stuffed Peppers



March

Vegetable Chowder



April

Breakfast Potatoes



May

No-bake Strawberry Almond Energy Bites



June

Spinach and Cheese Egg Muffins



July

Cantaloupe and Grilled Chicken Skewers



August

Frozen Fruit and Yogurt Cups



September

Fajita Veggies with Steak Bites



October

Butternut Squash, Pumpkin and Apple Soup



November

Chive-Cheese Cornbread



December

Tomato Salad with Feta Cheese,
Candied Walnuts and Greens

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