

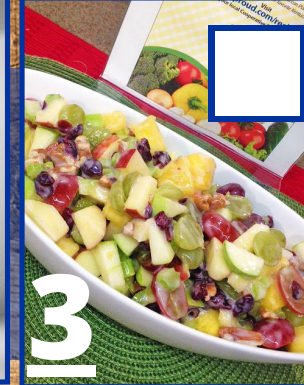
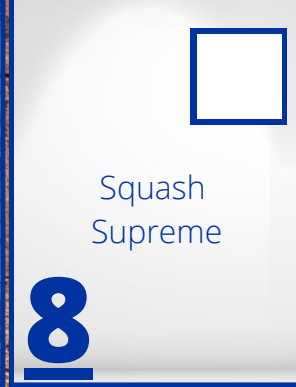
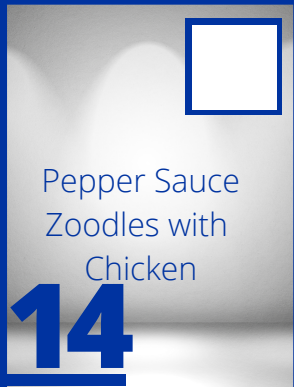
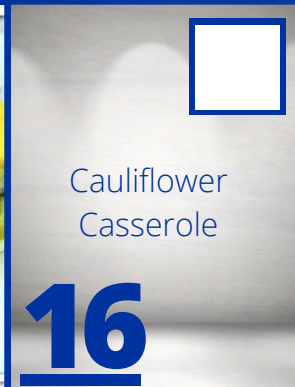
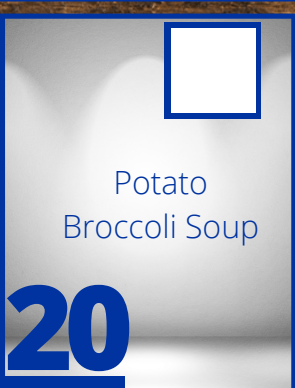
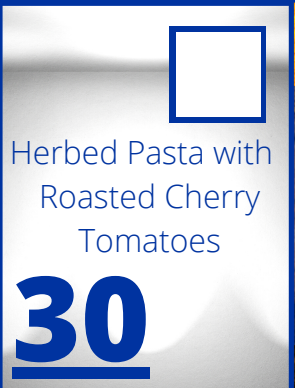
September

Recipe of the Day Calendar

AT THE FARMERS' MARKET

APPLES
 BROCCOLI
 BUTTERNUT SQUASH
 BRUSSELS SPROUTS
 CARROTS
 CAULIFLOWER
 CORN
 EGGPLANT
 KALE
 PEPPERS
 POTATOES
 PUMPKIN
 SPAGHETTI SQUASH
 SPINACH
 SWEET POTATOES
 TURNIPS

Place a check in the box by the recipes you try and like.

 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



 College of Agriculture,
 Food and Environment
 Family and Consumer
 Sciences Extension

Recipe Links and Demo Videos

Recipe

Link

1	Zippy Corn Chowder	1	https://bit.ly/PIUKP_ZippyCorn
2	Spinach Slaw	2	https://bit.ly/PIUKP_SpinachSlaw
3	Apple Cranberry Waldorf Salad	3	http://bit.ly/PIUKP_applecran
4	Greek Style Spaghetti Squash	4	https://bit.ly/PIUKP_GreekSpaghettiSquash
5	Balsamic Stir Fry Vegetables	5	http://bit.ly/PIUKP_eggplant1
6	Broccoli Salad with Creamy Feta Dressing	6	http://bit.ly/PIUKP_brocsalad
7	Confetti Chicken Quesadilla	7	https://bit.ly/PIUKP_ConfettiQuesadilla
8	Squash Supreme	8	http://bit.ly/PIUKP_squashup
9	Kale and Potato Soup	9	https://bit.ly/PIUKP_KaleSoup1
10	Pumpkin Apple Muffins	10	http://bit.ly/PIUKP_PumpkinApple
11	Ratatouille Soup	11	https://bit.ly/PIUKP_BeefEggplant
12	Glazed Butternut Squash with Carrots	12	http://bit.ly/PIUKP_GlazedVegetables
13	Nutty Sweet Potato Biscuits	13	https://bit.ly/PIUKP_NuttySweetPotatoBiscuits
14	Pepper Sauce Zoodles with Chicken	14	https://bit.ly/PIUKP_Zoodles
15	Country Ham and Broccoli Grits	15	https://bit.ly/PIUKP_BroccoliGrits
16	Cauliflower Casserole	16	https://bit.ly/PIUKP_CauliflowerCasserole
17	Sweet and Spicy Brussels Sprouts	17	https://bit.ly/PIUKP_BrusselsSprouts
18	Fall Spiced Pumpkin Bread	18	https://bit.ly/PIUKP_PumpkinBread
19	Roasted Root Vegetables	19	https://bit.ly/PIUKP_RoastedRoots
20	Potato Broccoli Soup	20	https://bit.ly/PIUKP_PotatoBroccoliSoup
21	Kale Pesto	21	https://bit.ly/PIUKP_kalepesto
22	Grilled Sweet Potatoes	22	http://bit.ly/PIUKP_GrilledSweetP
23	Honey Raisin Muffins	23	https://bit.ly/PIUKP_HoneyMuffins
24	Fall Harvest Salad	24	https://bit.ly/PIUKP_FallHarvestSalad
25	Beefy Stuffed Peppers	25	http://bit.ly/PIUKP_BeefyPeppers
26	Sweet Potato Crisp	26	https://bit.ly/PIUKP_SPotatoCrisp
27	Chicken and Fried Cauliflower Rice	27	https://bit.ly/PIUKP_CauliflowerRice
28	Eggplant Lasagna	28	https://bit.ly/PIUKP_eggplant3
29	Baked Apples and Sweet Potatoes	29	http://bit.ly/PIUKP_applesNsweetpotatoes
30	Herbed Pasta with Roast Cherry Tomatoes	30	https://bit.ly/PIUKP_CherryTomatoes

Tell us more:

Follow this link to answer a brief survey

about this calendar,

https://bit.ly/PIUKP_septsurvey

or scan the QR code below with your smart device.





 Plate it up! Kentucky Proud YouTube Channel bit.ly/PIUKP-videos

 Plate it up! Kentucky Proud Website bit.ly/PIUKP-recipes

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