

# NOVEMBER

S M T W T F S



				1	2	3	4
5	6	7	8	9	10	11	
Daylight Savings Ends		Election Day				Veterans Day	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
			Thanksgiving				
26	27	28	29	30			

## November Challenge:

Celebrate harvest and abundance by cooking with produce that is in season and grown locally. Perishable foods are more likely to spoil the longer they remain in storage and in transit. Sometimes food spoils before it even hits store shelves! Buying locally grown produce not only reduces the risk of food spoiling during transportation but it's also cheaper and helps reduce your carbon footprint. Foods that are in season also tend to be more flavorful and nutritious and often have fewer chemicals when harvested locally. For added benefits, buy your goods directly from farmers and small produce markets.

For more information on what produce is in season, visit:  
<https://findjerseyfresh.com/JerseyFresh/availability>

