





# October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				

## October Challenge:

This month, we challenge you to reuse your pumpkin when carving your Halloween decorations! Did you know that pumpkin seeds are high in fiber, antioxidants, and magnesium, which is great for maintaining a healthy heart?

Roast the seeds with oil, salt, and spices to make a healthy and delicious snack! And you can use the leaves in place of lettuce, spinach, or kale in a salad, soup, or stir fry. After your old jack-o'-lantern has served its purpose, it can be turned into a pumpkin planter! At the end of the season when your pumpkin begins to decompose, it can be planted in the ground for a GOURDgeous garden!

