foodie

Food by **FLIK**

Week of
10/6-10/10

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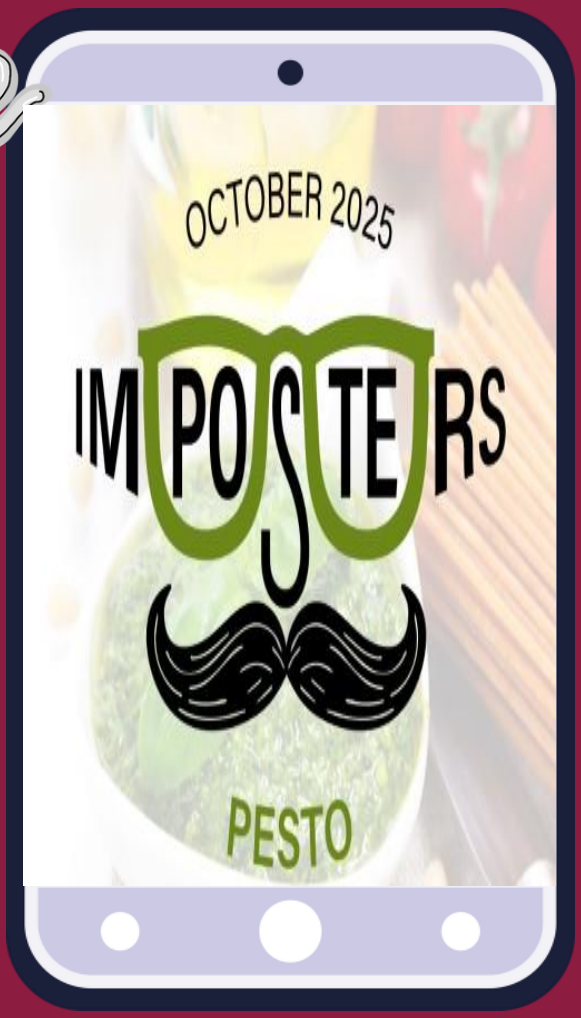

Squash and melons are related. Did you know that both summer and winter squashes are related to melons like honeydew and watermelon?

Butternut squashes (and most orange squashes) are loaded with vitamin A. A single cup provides more vitamin A than most people need daily (457% of the daily value, to be exact).

Contact Us:
Beth Coffey
Beth.coffey@compass-usa.com