AUTUMN HARVEST SALSA

INGREDIENTS
2 cups roasted butternut squash (sub sweet potato if desired)
½ cup green or red bell pepper, diced
½ cup onion, finely chopped
3 cups tomatoes, chopped and seeded
1 red apple, chopped
½ tsp of cinnamon
1 jalapeño, finely chopped
½ tsp of cumin
Juice of one lime
Salt to taste

DIRECTIONS
1. Preheat oven to 400 degrees.
2. Chop butternut squash into cubes, lay out on cookie sheet drizzle with olive oil and salt. Bake at 400 degrees for about 25-30 minutes.
3. Combine all ingredients into a food processor or blender and blend to desired texture (chunky or smooth).

NUTRITION INFORMATION
Per serving: 86 Calories, 3g Fat, 0mg Cholesterol, 155mg Sodium, 588mg Potassium, 2g protein, 21g Carbohydrates
LOOKING FOR LOCAL PRODUCE YEAR-ROUND?

The Duke Mobile Market is an ongoing program that connects the Duke Community to local farms through Community-Supported Agriculture (CSA). Participants can register for a share of produce from a trusted farmer, to be delivered in a weekly box to a convenient location at Duke.

What is included? A typical box in the fall season includes enough produce to feed 2 to 4 people and includes seasonal produce including salad greens, tomatoes, eggplant, lettuce mix, pac choi, garlic, onions, okra, sweet potatoes, kale, turnips, and squash.

What farms can I choose from? Fall 2017 farms include Bella Bean Organics, Coon Rock Farm, Duke Campus Farm, and Walking Fish Co-op.

When and where do I pick up my box? Boxes are delivered to the Duke Gardens on Tuesdays and Thursdays from 4:00 - 6:00pm, and Fridays at Smith Warehouse from 12:30 - 4:30pm.

How do I sign up? Browse participating farms and register for the one that best suits your needs online at hr.duke.edu/wellness/mobile-farmers-market OR Contact Cassandra Callas, Cassandra.callas@duke.edu or 919-681-0547 for more information.

DID YOU KNOW? Americans spend about $35 billion on food annually.

If each person spent 10 percent of their food budget locally, about $3.5 billion would be available in the local economy. This amounts to only about $1.05 per day per person!