

Dear Parents,

Coming in from Dagele Brothers Produce, Orange County, New York, **Butternut Squash** is the local Vegetable of the Month. This 500-acre diversified vegetable operation, run by brothers Frank, Robert and Randy, grows a large variety of vegetables; pretty much any vegetable that grows in the Northeast can be found growing at the Dagele Brothers' farm. Butternut squash is one of the most common varieties of winter squash. Contrary to the name, winter squash is grown in the summer and harvested in the fall. Its thick, tough exterior and firm flesh make it suitable for storing over several months. This means it can be eaten during the winter season. It is a good source of fiber, potassium, vitamin E, thiamin, niacin, vitamin B-6, folate, pantothenic acid, and manganese. One cup of butternut squash provides 582 mg of potassium, more than the amount available in a banana.

The local Fruit of the Month, **McIntosh Apples**, are from Yonder Fruit Farms. The 600-acre fruit farm is in Valetie, New York. As the name suggests, Yonder Fruit Farms specializes in fruit. They love visitors, offering pick-your-own seasonally. McIntosh apples are low in calories, high in water content and offer a fair amount of vitamins A, C, and B. They also contain a dietary fiber known as pectin, which has been shown to lower cholesterol levels, and trace amounts of boron, which has been touted for its ability to help build strong bones.

December lunch menus are available online. Please visit <http://glenrock.pomptonianmenus.com/order> to place an order by credit card no later than 8:00 AM the same day.

Pomptonian is pleased to be Glen Rock School District's food service provider, and we appreciate your comments and suggestions. You can reach us at [cafeteria@glenrocknj.org](mailto:cafeteria@glenrocknj.org) or 201-445-7700 ext. 8965.

