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NOVEMBER 2029

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MARCH 2029

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JULY 2029

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NOVEMBER 2029

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DECEMBER 2029

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Non-NDSU food images are from istockphoto.com.



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# Welcome

to the eighth edition of a specialty crops calendar featuring fruits and vegetables that can be grown in North Dakota. We have appreciated the positive response to this annual educational publication made possible by grant funding. The calendar provides information and health tips about various specialty fruits and vegetables, along with recipes tested in the food laboratory at North Dakota State University.

This year, we added something new: a monthly challenge. Record your progress on the calendar. We hope you enjoy the many national food and/or health days throughout the calendar for some conversation starters at your dinner table. For more conversation starters, see the NDSU Extension Family Table website ([www.ag.ndsu.edu/familytable](http://www.ag.ndsu.edu/familytable)).

Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for more information about growing, preparing and preserving fruits and vegetables, educational opportunities, free subscriptions to monthly e-newsletters and access to dozens of archived Field to Fork webinars from specialists throughout the North Central Region of the U.S.

See [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) for a wide range of nutrition, food safety and health information.



Please provide us with feedback.

Visit [https://www.surveymonkey.com/r/2026\\_Calendar](https://www.surveymonkey.com/r/2026_Calendar) or use the QR code to take a short survey. You may even win a prize.

## Cooking Abbreviations

c. = cup  
tsp. = teaspoon  
Tbsp. = tablespoon  
g = gram  
mg = milligram  
F = degrees Fahrenheit

oz. = ounce  
lb. = pound  
pt. = pint  
qt. = quart  
pkg. = package







## Beet and Vegetable Beef Stew

- |  |   |
|--|---|
| 2 lb. stewing beef, trimmed and cubed (can use 2 lbs. pork tenderloin for a pork stew) | 2 cloves garlic, minced   |
| 32 oz. reduced-sodium beef broth   | 2 Tbsp. balsamic vinegar  |
| 2 medium red beets, peeled and chopped   | 3 Tbsp. tomato paste  |
| 2 medium onions, peeled and chopped  | 1 tsp. salt   |
| 2 large carrots, peeled and chopped (about 10 baby carrots, chopped)                   | 1 tsp. black pepper   |
| ¾ lb. golden potatoes, washed and cubed  | 1 tsp. dried thyme  |
|  | 1 bay leaf  |
|  | 3 Tbsp. all-purpose flour or cornstarch mixed with 2 Tbsp. cold water |
|  | 2 Tbsp. canola oil or your favorite oil                               |

Trim the beef and cut into cubes. Coat evenly in the salt and pepper. Heat oil in a large pot or Dutch oven over medium-high heat. Add stew meat and sear each side until beginning to brown, about 2-3 minutes per side. When browned, remove from the pot and set aside.

Add chopped carrots, onion, and beets to the same pot and sauté, stirring frequently until the vegetables begin to soften, about 8 minutes. Then, add the tomato paste, garlic and thyme and stir until well combined. Cook for about 1 minute, stirring constantly to prevent burning. Next, pour in balsamic vinegar, continuing to stir, loosening up the flavorful bits on the bottom of the pan. Add the flour/cornstarch and whisk until there are no clumps. Pour the beef broth into the pot, followed by the seared meat, potatoes, and bay leaf. Stir well. Turn the stove on high and bring the stew to a boil. When the stew begins to boil, immediately turn down the heat until the stew is just simmering. Place the lid on and allow the stew to simmer for 2 hours, stirring occasionally.

**Note:** This red-colored stew is packed with nutrition from the vegetables and meat.

Makes ten 1-cup servings. One serving has 305 calories, 13 g fat, 30 g protein, 15 g carbohydrate, 2 g fiber and 588 mg sodium.

**Sample Menu:** Serve this hearty stew in the height of winter with a loaf of fresh whole wheat bread to “beet” the cold.



# Root vegetables

## Challenge:

Make a New Year's resolution to incorporate root vegetables into your diet at least once a week this month. Mark your progress on this calendar..

## Nutrition:

Beets are a good source of dietary nitrates that get converted into nitric oxide in the body. This compound may lower blood pressure. Carrots are an excellent source of beta-carotene, an antioxidant compound that our bodies use to make vitamin A. Potatoes are a good source of potassium, a nutrient required for muscle contraction throughout the body.

## Stretch your dollar:

Tender cuts of meat tend to cost more. Consider less tender, leaner cuts. The long cooking time when making stew works to soften the meat.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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4  National Spaghetti Day	5	6  National Bean Day	7	8	9	 10  Third Quarter Moon
11	12	13	14	15	16	17
 18  New Moon	19	20  Martin Luther King Jr. Day	21	22	23	24  National Peanut Butter Day
 25  First Quarter Moon	26	27	28	29  Lunar New Year	30	31





## Strawberry and Garlic-Herb Ricotta Cheese Bruschetta\*

1 lb. hulled and chopped strawberries	2 tsp. chopped fresh basil (or 1 tsp. dried)
1 Tbsp. + 2 tsp. honey, divided	
1 c. + 1 tsp. balsamic vinegar, divided	2 tsp. chopped fresh chives (or 1 tsp. dried)
1 loaf French baguette, sliced into ¾-in. rounds	2 tsp. chopped fresh thyme (or 1 tsp. dried)
1 Tbsp. olive oil for drizzling (or your favorite oil)	2 clove garlic, minced (or ½ tsp. garlic powder)
¾ c. part-skim ricotta cheese	

Preheat the oven to 350 F. While the oven is preheating, make the balsamic reduction. In a small, heavy saucepan, add 1 c. balsamic vinegar and 1 Tbsp. honey and stir until combined. Turn on high heat and bring the mixture to a low boil. Quickly reduce heat to a low simmer. Simmer for approximately 20 minutes or until mixture is reduced by ⅓ volume, stirring constantly so that the mixture does not burn. Set aside to cool.

In a small bowl, combine strawberries, 2 tsp. honey and 1 tsp. balsamic vinegar and stir until the strawberries are coated. Set aside. Slice baguette into ¾-in. slices, not using the end pieces (heels) for this recipe. Place sliced bread on a sheet pan and drizzle with the oil. Place the pan in the oven and toast bread until golden brown, about 10-15 minutes. Once toasted, pull from the oven and set aside to cool.

In another small bowl, combine the ricotta cheese, basil, chives, thyme and garlic until fully incorporated and smooth. Spread ricotta cheese mixture on each slice of bread. Top each slice with strawberry mixture and drizzle with balsamic reduction. Store any unused balsamic reduction in the refrigerator for up to one week for use in other bruschetta recipes, a marinade or a salad dressing.

Makes 16 pieces. Each piece has 107 calories, 1 g fat, 3 g protein, 20 g carbohydrate, 1 g fiber and 154 mg sodium.

**Sample Menu:** \*Bruschetta is an Italian appetizer of toasted bread topped with olive oil, garlic, basil and other ingredients and is traditionally made with tomatoes. Pair this delicious bruschetta with a vinaigrette tossed salad topped with chicken or steak by candlelight for a refreshing and romantic dinner.



# Strawberries

### Challenge:

This month, cook a meal for someone you love and eat it together. Mark your progress on this calendar.

### Nutrition:


Strawberries are an excellent source of vitamin C, an antioxidant that protects cells from damage and helps maintain healthy skin. Strawberries also supply folate, a nutrient that helps promote cell repair and growth.

### Stretch your dollar:


Fresh herbs can be substituted with dried herbs, and fresh garlic can be substituted with garlic powder. Many bakeries sell day-old fresh bread at a discounted price. Use or freeze the bread within a few days of purchase.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>○1</div> <div>Full Moon</div>	2	3	4	5	6	7
8	<div>◐9</div> <div>National Pizza Day Third Quarter Moon</div>	10	11	12	13	14
15	16	<div>●17</div> <div>Presidents Day New Moon</div>	18	19	20	21
22	23	<div>◐24</div> <div>First Quarter Moon</div>	25	26	27	28

American Heart Month



SCAN ME



JANUARY 2026

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MARCH 2026

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### Creamy Spinach Pesto on Whole Grain Pasta

- |   |   |
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| 3 Tbsp. canola oil, olive oil or your favorite oil, divided | ½ c. Parmesan or Asiago cheese, grated or shredded                        |
| ¾ c. onion, medium diced                                    | 1 ½ tsp. salt, divided  |
| 4 cloves garlic, chopped (or ½ tsp. garlic powder)          | 1/8 tsp. white pepper (can use black pepper)                              |
| 4 c. raw spinach (or 2/3 c. frozen)                         | 1 tsp. apple cider vinegar or lemon juice                                 |
| 2 c. fresh basil (or 2 Tbsp. dried basil)                   | ½ c. pasta water, divided   |
| ½ c. cannellini beans (or other white bean)                 | 1 pkg. (16 oz.) dry whole grain rotini, macaroni or other pasta of choice |
| ⅓ c. pistachios   |   |
| ½ c. nonfat Greek yogurt                                    |   |

In a small frying pan, sauté onions and garlic in 1 Tbsp. oil until translucent. Set aside. Fill a large mixing bowl with ice water to create an ice bath and set aside. In a large pot, bring the water and 1 tsp. salt to a boil. Add the spinach and basil. Let the greens boil for one minute. Transfer greens to the previously prepared ice bath using tongs. Do not drain the water as it will be used to cook the pasta. Add dry pasta to the boiling water, following the cooking time listed on the package for that particular type of pasta. When pasta is finished cooking, strain from the water, remembering to save some pasta water. Prepare the sauce using a blender. Add the remaining 2 Tbsp. oil, the spinach, kale and basil, half of the ½ cup of pasta water and the sautéed onions and garlic. Blend the mixture. Next, add the white beans and nonfat Greek yogurt, blending again until smooth. Finally, add the pistachios, white pepper, apple cider vinegar or lemon juice, remaining ½ tsp. salt, Parmesan cheese and remaining pasta water and blend until smooth.

Add sauce to the cooked pasta. Additional pasta water can be added at this time to thin the sauce further if desired.

**Optional:** top with additional Parmesan cheese, Greek yogurt, your favorite oil, basil, salt or red chili flakes before serving.

Makes eight ¾-cup servings. One serving has 260 calories, 10 g fat, 11 g protein, 33 g carbohydrate, 6 g fiber and 373 mg sodium. and 490 mg sodium.

**Sample Menu:** Serve this deliciously creamy pasta as a side to your meat of choice, such as chicken or a savory steak.





# Spinach

**Challenge:** Try to have at least one green vegetable (kale, broccoli, lettuce, spinach, asparagus, arugula, green beans) every day. Mark your progress on this calendar.

**Nutrition:** Spinach is packed full of nutrients, such as vitamins A, C and K, as well as iron, folate, magnesium and potassium. Spinach is also a source of many beneficial plant compounds like kaempferol (an antioxidant), the natural pigments, lutein and zeaxanthin (which support eye health) and quercetin, which combats inflammation.

**Stretch your dollar:** Dried basil can be used in place of fresh basil and frozen spinach in place of fresh. Onion and garlic powder can be used in place of fresh.



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8 Daylight Saving Time begins	9	10	11 ●◐ Third Quarter Moon	12	13	14																																																																													
15	16	17 Saint Patrick's Day	18 ● New Moon	19	20	21																																																																													
22 World Water Day	23	24	25 ◐● First Quarter Moon	26 National Spinach Day	27	28																																																																													
29 Palm Sunday	30 Ramadan ends	<div>National Nutrition Month</div> <div>   <div> <div>FEBRUARY 2026</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> </table> </div> <div> <div>APRIL 2026</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> </div> </div>					S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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### Peter Piper's Pickled Pepper Relish with Garlic and Onion (Not for canning)

1 ¾ c. onions, finely chopped  
 2 Tbsp. + 2 tsp. garlic (about 8-10 cloves), chopped  
 ½ c. sweet red peppers, finely chopped  
 ½ c. sweet orange or yellow peppers, finely chopped  
 1 c. green peppers, finely chopped  
 ½ c. granulated sugar  
 2 c. 5% vinegar (preferably white distilled)  
 2 tsp. canning/pickling salt

Wash and chop the vegetables. Combine all ingredients into a large pot and boil gently until the mixture thickens and the volume is reduced by ½ (about 30 minutes). Heat jars in boiling water and fill jars with hot relish.

**Note:** This is not a shelf-stable recipe. Store in the refrigerator or give to friends to use within one month.

Makes forty-eight 2-Tbsp. servings. One serving has 45 calories, 0 g fat, 0 g protein, 11 g carbohydrate, 0 g fiber and 88 mg sodium.

**Sample Menu:** Get out the grill as the weather starts to warm. Add this homemade relish with your favorite toppings for a delicious tang to burgers, chicken or sausage. Pair with sides of fresh veggies and spring fruits.




# Garlic and onion

**Challenge:** Make meals an enjoyable occasion. Eat at least one meal each week with someone who makes you smile or laugh. Mark your progress on this calendar.

**Nutrition:** Onions and peppers are a source of vitamin C, enhancing the absorption of iron when paired with sources of iron. Garlic is rich in allicin, a compound known for its antioxidant and antimicrobial properties. Garlic also contains high levels of potassium, phosphorus and zinc. See the short garlic videos at [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) to learn more.

**Stretch your dollar:** You can reuse glass canning jars for many years for canning and storage. Be sure to use research-tested recipes for canning, along with vinegar that is 5% acetic acid according to the product label.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
  <p>Global Child Nutrition Month</p>			 1 Passover begins Full Moon	2 National Peanut Butter and Jelly Day	3 Good Friday	4																																																																																											
5 Easter	6	7 World Health Day	8	 9 Passover ends Third Quarter Moon	10	11																																																																																											
12 Palm Sunday	13	14	15	16	 17 New Moon	18																																																																																											
19 National Garlic Day	20	21	22 Earth Day	 23 First Quarter Moon	24	25																																																																																											
26	27	28	29	30 National Oatmeal Cookie Day	<div> <div>MARCH 2026</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div> <div>MAY 2026</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					S	M	T	W	T	F	S							1 2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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## Honey-Garlic Butter Lemon Walleye with Asparagus

3 Tbsp. unsalted butter	½ tsp. salt
2 Tbsp. honey	¼ tsp. black pepper
1 lemon, rinsed and cut in half	4 medium walleye fillets*
2 cloves garlic, minced	1 large bunch of asparagus
¼ c. cornstarch or flour	(¾-1 lb.), trimmed

In a small bowl, whisk together butter, honey, juice of ½ the lemon and minced garlic. Set aside. In a medium bowl, whisk together the cornstarch or flour, salt and pepper. Add the walleye fillets, tossing them in the mixture until they are evenly coated. In a large skillet over medium-high heat, add the butter mixture, allowing it to melt completely in the pan. Add the fish fillets, cooking for 2-3 minutes on each side until the fillets flake with a fork and have reached an internal temperature of 145 F. Remove from the skillet. In the same skillet, add the asparagus and cook until just fork-tender. Serve the asparagus and walleye with slices of the remaining half lemon.

**Optional:** Sear the remaining lemon slices in the skillet after the asparagus for presentation. \*You can substitute other white fish for walleye.

Makes four servings. Each serving has 269 calories, 10 g fat, 24 g protein, 22 g carbohydrate, 2 g fiber and 365 mg sodium.

**Sample Menu:** Consider pairing the recipe with wild rice or a cheesy risotto for a decadent evening meal worthy of a Mother's Day celebration.



# Asparagus

**Challenge:** When was the last time you had asparagus? Try a vegetable you haven't tasted/haven't had in a while each week. Try a different preparation method such as fresh, steamed, frozen, roasted, grilled or pickled. Mark your progress on this calendar.

**Nutrition:** Just like leafy greens, asparagus is an excellent source of vitamin K. It also provides B vitamins and vitamins A, C and E. Asparagus also contains minerals such as iron, calcium, phosphorus, magnesium, zinc and potassium.

**Stretch your dollar:** Check out all the options and compare price per ounce for the best deal at the store. Frozen or canned asparagus can be used in place of fresh.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>APRIL 2026</b></p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p> <p>First Quarter Moon</p>	<p><b>JUNE 2026</b></p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	 	<p>National Osteoporosis Awareness and Prevention Month</p>		 <p>1</p> <p>Full Moon</p>	<p>2</p>
3	4	5	6	7	8	 <p>9</p> <p>Third Quarter Moon</p>
10	11	12	13	14	15	 <p>16</p> <p>New Moon</p>
<p>Mother's Day</p> <p>National Shrimp Day</p>			<p>International Hummus Day</p>		<p>National Chocolate Chip Day</p>	
17	18	19	20	21	22	 <p>23</p> <p>First Quarter Moon</p>
<p>24</p> <p></p> <p>31</p> <p>Full Moon</p>	<p>25</p> <p>Memorial Day</p>	26	27	28	29	30



### Melon Raspberry Sorbet

3 c. ripe melon\*, cubed and frozen  
1 c. frozen raspberries  
2 Tbsp. honey, or to taste  
Juice of one lime or lemon  
½-1 c. warm water, as needed to help blend  
Optional: Add or top with fresh mint leaves to add a refreshing minty flavor.

At least 5 hours before you would like to make the sorbet, peel and cut the melon into ½-inch cubes and place on a sheet pan lined with parchment paper. Place the pan in the freezer. Freeze for 5 hours or overnight. Add frozen melon, frozen raspberries, honey and lime/lemon juice to a blender or food processor. Blend until smooth, adding warm water as needed to aid in blending.

\*Any melon can be used in this recipe, but cantaloupe or honeydew is recommended for the creamiest consistency.

Makes three ½-cup servings. One serving has 123 calories, 0 g fat, 2 g protein, 31 g carbohydrates, 4 g fiber and 28 mg sodium.

**Sample Menu:** This sorbet makes a light and refreshing summer treat to enjoy as a snack or after a balanced meal.



# Melon

**Challenge:** When you are craving a frozen treat this month, choose frozen berries in smoothies or sorbet instead of ice cream or popsicles. Mark your progress on this calendar.

**Nutrition:** Melons have a very high water content of about 90% water, making them a great choice for staying hydrated in the hot summer months. Melons are rich in antioxidants, such as vitamin C and lycopene and are a good source of potassium and fiber.

**Stretch your dollar:** Save money by buying a whole melon and cutting it at home. Be sure to wash the outside of melons under running water using a clean vegetable brush.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Alzheimer's and Brain Awareness Month</b>	1	2	3 National Egg Day	4 National Cheese Day	5	6
7	8 Third Quarter Moon	9	10 National Herb and Spice Day	11 National Corn on the Cob Day	12	13
14 Flag Day New Moon	15	16	17	18	19 Juneteenth	20
21 Father's Day First Quarter Moon	22	23	24	25	26	27
28	29 Full Moon	30	<div> <div> <b>MAY 2026</b>  S M T W T F S  1 2  3 4 5 6 7 8 9  10 11 12 13 14 15 16  17 18 19 20 21 22 23  24 25 26 27 28 29 30  31 </div> <div> <b>JULY 2026</b>  S M T W T F S  1 2 3 4  5 6 7 8 9 10 11  12 13 14 15 16 17 18  19 20 21 22 23 24 25  26 27 28 29 30 31 </div> </div>			



SCAN ME





### Strawberry Rhubarb Freezer Jam

4 c. strawberries, chopped  
1 c. rhubarb, chopped  
1 ½ c. granulated white sugar  
1 Tbsp. lemon juice

Add all ingredients into a large pot and stir together on high heat until mixture starts to bubble. Use a potato masher or a fork to mash the fruit to desired consistency. Next, use a thermometer to bring the temperature to 220 F, stirring every 30 seconds. Remove from heat and scoop or pour into a mason jar. Allow the mixture to completely cool before storing in the fridge or freezer. Jam can last 3-4 weeks in the refrigerator and up to 12 months in the freezer.

Makes fifty 1-Tbsp. servings. One serving has 30 calories, 0 g fat, 0 g protein, 7 g carbohydrates, 0 g fiber and 0 mg sodium.

**Sample Menu:** Drizzle on top of your favorite yogurt with berries and granola for a tasty breakfast or snack.




# Rhubarb

**Challenge:** Make breakfast a social event. Invite your family or friends over for a breakfast potluck this month. Mark your progress on this calendar.

**Nutrition:** One cup of rhubarb contains almost 45% of the recommended daily allowance of vitamin K. Vitamin K is important for blood clotting and bone health.

**Stretch Your Dollar:** Turn the last of your jam into homemade salad dressing. Save one heaping tablespoon of jam in the bottom of the jar and add two teaspoons of Dijon mustard, 2 teaspoons of vinegar and ¼ cup of olive oil, canola oil or your favorite oil. Mix and add to your favorite salad.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  <div> <div>JUNE 2026</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30</div> </div> <div> <div>AUGUST 2026</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30 31</div> </div>			1	2	3	4
5	6	 Third Quarter Moon	8	9	10	Independence Day
12	13	 New Moon	15	16	17	18
19	20	 First Quarter Moon	22	23	24	25
26	27	28	 Full Moon	30	31	National Sarcoma Awareness Month



## Roasted or Grilled Corn Salad with Dijon Vinaigrette

### For Salad

3 Tbsp. olive, canola or your favorite oil

½ tsp. cumin

¼ tsp. smoked or regular paprika

½ tsp. salt

½ tsp. black pepper

4 c. (6 ears) corn, grilled or roasted\*

5-6 c. romaine lettuce, chopped

½ c. scallions

¼ c. white onion, chopped

¼ c. feta cheese crumbles

¾ c. tomato, chopped

\*Search online for "A Pocket Guide to Preparing Fruits and Vegetables" from NDSU Extension for instructions on grilling and roasting vegetables.

### Dijon Vinaigrette

1 Tbsp. + 1 tsp. olive or your favorite oil

(\*olive oil will add a stronger taste)

1 ½ tsp. Dijon mustard

1 Tbsp. white wine vinegar

½ garlic clove, minced

**Mix Vinaigrette:** Combine oil, Dijon mustard, vinegar, garlic, salt and pepper in a small bowl or jar. Mix or shake to combine.

**Assemble salad:** Rinse and chop lettuce and tomato. Rinse and thinly slice the scallions. In a large bowl, add lettuce, tomato, feta, scallions, corn sliced from the cob and vinaigrette. Gently toss to combine and serve immediately.

**Optional additions:** roasted chickpeas, sunflower seeds, grilled steak slices

Makes eight 1-cup portions. One portion has 160 calories, 9 g fat, 4 g protein, 17 g carbohydrates, 3 g fiber and 230 mg sodium.

**Sample menu:** Pair this salad with hamburgers or chicken on the grill for an easy dinner night.



# Corn

**Challenge:** Eat a different color fruit or vegetable every day for a week. Mark your progress on this calendar (e.g., Monday — red apple, Tuesday — green spinach, Wednesday — pink watermelon, etc.).

**Nutrition:** Corn has an abundance of many vitamins such as B1, B2, B3, B6 and biotin. B vitamins are responsible for aiding with digestion and metabolism to produce energy. We cannot store B vitamins in our body except for B12, so we need to eat foods rich in B vitamins daily.

**Stretch Your Dollar:** Don't throw away your cut corn cobs. You can boil them to make corn stock or corn cob jelly, or you could put them over charcoal to add more flavor when smoking or grilling meat.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Kids Eat Right Month



SCAN ME



**JULY 2026**  
 S M T W T F S  
 1 2 3 4  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30 31

**SEPTEMBER 2026**  
 S M T W T F S  
 1 2 3 4 5  
 6 7 8 9 10 11 12  
 13 14 15 16 17 18 19  
 20 21 22 23 24 25 26  
 27 28 29 30

2

3

4



5

6

7

8

National Watermelon Day

Third Quarter Moon

National Zucchini Day

9

10

11



12

13

14

15

New Moon

16

17

18



19

20

21

22

National Fajita Day

National Potato Day  
First Quarter Moon

23

24

25

26



27

28

29

30

31

Full Moon



## Zucchini Cheddar Quick Bread

1 ½ c. zucchini, grated  
 2 c. all-purpose flour  
 2 tsp. baking powder  
 ½ tsp. baking soda  
 ½ tsp. salt  
 1 c. 2% milk  
 1 Tbsp. vinegar, white or apple cider  
 1 egg  
 3 Tbsp. unsalted butter, melted  
 1 ½ c. sharp cheddar cheese, grated

Preheat the oven to 350 F and spray a 9-by-5-inch bread pan with cooking spray. Wrap grated zucchini in a paper towel or dishcloth and squeeze over a bowl until about one Tbsp. of the liquid is removed. Discard liquid. In a large bowl, combine flour, baking powder, baking soda and salt. In a small bowl, combine milk and vinegar. Add in melted butter and egg to milk. Add wet mixture into dry mixture, being careful not to overmix. Add grated zucchini and cheese. Mix lightly until combined. Pour batter into the prepared pan and bake for 1 hour. Remove from the oven and let cool for 10 minutes; then, transfer to a wire rack.

Optional additions: jalapeños or 1-2 Tbsp. of minced garlic

Makes 16 slices. Each slice has 130 calories, 6 g fat, 5 g protein, 13 g carbohydrates, 0 g fiber and 190 mg sodium.

**Sample Menu:** Pair two slices of this bread with sliced turkey, avocado, romaine lettuce, tomatoes, mozzarella cheese and cranberry sauce to take to the park and enjoy a picnic.



# Zucchini







**Challenge:** Try eating a vegetable three different ways this month, such as fresh, steamed, frozen, roasted, grilled, air-fried or pickled. Mark your progress on this calendar.

**Nutrition:** Zucchini comprises 95% water and is rich in antioxidants. Consumption of antioxidant-rich foods may reduce your risk of cancer development.

**Stretch Your Dollar:** Make fritters. Combine your extra-grated zucchini with grated carrots, an egg, cheese, flour and spices until a sticky dough forms. Add spoonfuls of the mixture onto a greased frying pan and fry until golden brown on both sides.



## September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AUGUST 2026</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>OCTOBER 2026</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	 4	5
6	7 Labor Day National Acorn Squash Day	8	9	 10 New Moon	11 Rosh Hashanah begins	12
13 Rosh Hashanah ends	14	15	16 National Guacamole Day	17	 18 First Quarter Moon	19
20 Yom Kippur begins	21 Yom Kippur ends World Alzheimer's Day	22	23	24	25	 26 Full Moon
27	28	29	30	  National Food Safety Awareness Month		



## Crockpot Greek Stuffed Peppers

### For Peppers

6-8 whole bell peppers, tops and cores removed  
¾ lb. lean ground beef (or pulled pork)  
1 medium white onion, chopped (about 1 c.)  
3 garlic cloves, finely chopped (3 tsp.)  
1 large zucchini, diced (2-3 c.)  
3-4 Roma tomatoes, diced (2 c.)  
1 c. brown rice, cooked  
⅔ c. feta cheese  
⅓ c. kalamata olives, chopped

### For Sauce

14 oz. unsalted tomato puree	½ tsp. salt
½ tsp. oregano	¼ tsp. pepper
½ tsp. onion powder	½ tsp. basil
½ tsp. garlic powder	½ tsp. dill

In a frying pan, brown the ground beef. Drain excess grease and add beef to a large bowl. Mix in onion, garlic, zucchini, Roma tomatoes, brown rice, kalamata olives and feta cheese. In a medium bowl, mix together tomato puree, oregano, onion powder, garlic powder, salt, pepper, basil and dill. Add half of the sauce to the beef mixture and place mixture into cut peppers. Add the other half of the sauce into the bottom of a crockpot and add in stuffed peppers. Cook on low for 5-6 hours or high for 2-3 hours.

Optional substitutions: mozzarella cheese for feta cheese, black olives for kalamata olives

Makes eight stuffed peppers. One pepper has 280 calories, 12 g fat, 17 g protein, 26 g carbohydrates, 6 g fiber and 430 mg sodium.



# Peppers

**Challenge:** Exchange a recipe with a friend this month and make it at home. Mark your progress on this calendar.

**Nutrition:** Peppers are an excellent source of vitamin C, which aids the immune system and improves absorption of iron. They also contain vitamin A, B6, potassium and fiber. Vitamin B6 is crucial for brain development and proper nerve function.

**Stretch Your Dollar:** Try growing your own herbs at home. Herbs such as basil, mint, oregano and cilantro can be grown inside or outdoors depending on the season. They are a tasty addition to casseroles, desserts or drinks. Herbs such as dill and thyme are perennial in many planting zones, meaning you plant once and reap the benefits for years.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div></div> <div><div>SEPTEMBER 2026</div><div>SMTWTFS</div><div>123456789101112131415161718192021222324252627282930</div></div> <div><div>NOVEMBER 2026</div><div>SMTWTFS</div><div>123456789101112131415161718192021222324252627282930</div></div> <div>National Breast Cancer Awareness Month</div>				1	2	<div></div> 3 <div>Third Quarter Moon</div>
4	5	6 <div>National Taco Day</div>	7	8	9	<div></div> 10 <div>New Moon</div>
11	12	13	14 <div>Indigenous People's Day</div>	15 <div>National Mushroom Day</div>	16 <div>World Food Day</div>	17 <div>National Pasta Day</div>
<div></div> 18 <div>First Quarter Moon</div>	19 <div>Diwali</div>	20	21 <div>National Apple Day</div>	22	23	24
<div></div> 25 <div>Full Moon</div>	26 <div>National Pumpkin Day</div>	27	28	29	30	31 <div>Halloween</div>



## Pumpkin Scones

2 c. all-purpose flour	1/3 c. + 2 Tbsp. heavy cream, divided
2 1/2 tsp. baking powder	1 egg
1 tsp. cinnamon	1/2 c. pumpkin puree
1 1/2 tsp. pumpkin pie spice	1/2 c. brown sugar, packed
1/2 tsp. salt	1 tsp. vanilla extract
1/2 c. unsalted butter, frozen	1/2 c. golden raisins

### Maple glaze

1/2 Tbsp. unsalted butter  
1 Tbsp. + 1 tsp. maple syrup  
1/4 c. powdered sugar, sifted

Preheat the oven to 400 F. Line a baking sheet with parchment paper. Put pumpkin in a small bowl lined with towel or paper towel to absorb excess moisture. In a large bowl, whisk together flour, baking powder, cinnamon, pumpkin pie spice and salt. Grate frozen butter into dry mixture and combine with a pastry cutter, fork or hands until pea-sized pieces form. In a medium bowl, whisk 1/3 cup of heavy cream, an egg, pumpkin puree, brown sugar and vanilla extract until smooth. Add wet mixture to dry and mix until evenly combined. Work the dough into a ball and transfer to a floured surface. Press into an 8-inch circle and cut into 8 equal wedges, then cut each wedge in half. Place scones at least 2 inches apart on a baking sheet. Brush scones with remaining heavy cream and bake for 20-25 minutes or until lightly browned. While cooling, melt butter and maple syrup together in a small saucepan over low heat. Then, remove from heat and add powdered sugar. Drizzle over warm scones.

Optional substitutions: 1/2 cup applesauce for 1/2 cup pumpkin puree  
Makes 16 small scones. One scone has 200 calories, 9 g fat, 3 g protein, 27 g carbohydrates, 1 g fiber, and 160 mg sodium.

**Sample Menu:** Pair these scones with Greek yogurt and berries for extra protein and fiber to keep you full longer.



# Pumpkin





**Challenge:** Try adding three frozen vegetables into smoothies throughout the month. Mark your progress on this calendar. Try spinach with mixed berries, cauliflower with peanut butter and banana or avocado with pineapple and mango.

**Nutrition:** Pumpkin is rich in beta-carotene, which will become vitamin A in our bodies. Vitamin A is essential for our vision and maintaining a healthy immune system.

**Stretch Your Dollar:** Leftover pumpkin puree can be dried in a food processor or in the oven at the lowest temperature for 6-12 hours. Dried pumpkin can be broken into “chips” for a snack or ground into a powder to be added to pancakes, pasta, sauces or soups.



## November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1  Daylight Saving Time ends Third Quarter Moon	2	3	4	5	6	7
8  Diwali	 9  New Moon	10  Election Day National Sandwich Day	11  Veterans Day	12	13	14  National Pickle Day
15	16	 17  First Quarter Moon	18	19	20	21
22	23	 24  Full Moon	25	26  Thanksgiving Day	27	28
29	30	American Diabetes Month  <div> <div> <b>OCTOBER 2026</b>  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30 31 </div> <div> <b>DECEMBER 2026</b>  S M T W T F S  1 2 3 4 5  6 7 8 9 10 11 12  13 14 15 16 17 18 19  20 21 22 23 24 25 26  27 28 29 30 31 </div> </div>				



SCAN ME





### Cranberry White Chocolate Oatmeal Cookies

1 c. + 2 Tbsp. all-purpose flour  
1 c. rolled oats  
½ tsp. baking soda  
¼ c. brown sugar, packed  
¼ c. granulated white sugar  
½ c. dried unsweetened cranberries  
½ c. white chocolate chips  
½ c. unsalted butter, softened  
1 tsp. vanilla extract  
1 egg

In a large bowl, mix together flour, baking soda, brown sugar and white sugar. In a small bowl, mix butter, vanilla and egg together. Add wet mixture to dry ingredients and mix until fully incorporated. Mix in cranberries and white chocolate. Place spoonfuls onto a greased cookie sheet, push down with the back of a spoon or spatula, and bake for 8-10 minutes or until golden brown.

Optional substitutions: Try semi-sweet or dark chocolate chips, raisins or dried blueberries for unsweetened cranberries

Makes 16 cookies. Each cookie has 190 calories, 8 g fat, 2 g protein, 26 g carbohydrates, 1 g fiber and 10 mg sodium.



# Cranberries








**Challenge:** Try eating at least three meals a week without distractions (e.g., TV turned off, phone put away). Mark your progress on this calendar.

**Nutrition:** Cranberries are a good source of antioxidants, reducing your risk for certain chronic diseases. They also may help prevent urinary tract infections.

**Stretch Your Dollar:** Make a cookie mix to give as a gift. Layer dry ingredients into a clean, quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe. For best flavor, use the mix within nine months.



## December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOVEMBER 2026</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>JANUARY 2027</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	 1  Third Quarter Moon	2	3	4	5
6	7	 8  New Moon	9	10	11	12
13	14	15	 16  First Quarter Moon	17	18	19
20	21	22	 23  Full Moon	24	25	26
27	28	29	 30  Third Quarter Moon	31	  Month of Giving	
				New Year's Eve		



# Featured Recipes

NDSU

EXTENSION



**January**

Beet and Vegetable Beef Stew



**February**

Strawberry and Garlic-Herb  
Ricotta Cheese Bruschetta\*



**March**

Creamy Spinach Pesto on Whole Grain Pasta



**April**

Peter Piper's Pickled Pepper Relish  
with Garlic and Onion



**May**

Honey-Garlic Butter Lemon Walleye  
with Asparagus



**June**

Melon Raspberry Sorbet



**July**

Strawberry Rhubarb Freezer Jam



**August**

Roasted or Grilled Corn Salad with  
Dijon Vinaigrette



**September**

Zucchini Cheddar Quick Bread



**October**

Crockpot Greek Stuffed Peppers



**November**

Pumpkin Scones



**December**

Cranberry White Chocolate  
Oatmeal Cookies

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