



### Food With Purpose Highlight: Sustainable Seafood

Our marketplaces purchase seafood from sustainable sources. Learn more about shopping for sustainable seafood by visiting the [seafoodwatch.org](http://seafoodwatch.org) website or downloading the Monterey Bay Aquarium Seafood Watch app. When dining out ask your server if your seafood selection is sustainably sourced. Remember, wild caught doesn't always mean the product is better for the environment. Aquaculture, or fish farming could be a great solution to increase supply on the ever-growing pressures on our ocean resources. Do your part and get educated!

### This Month's Feature: National Seafood Month

October is National Seafood Month and a great way to intake some of your omega fatty acids. Most baked, broiled, grilled or boiled seafood should be noted for its nutritional profile since seafood is a lean protein source that provides nutrients like B vitamins, vitamin D, iron, and more. Two to three servings of seafood a week is recommended and has been associated with a decreased risk of heart disease.



### Superfood: Pumpkin and Sweet Potato

The Fall season brings some great produce, like this month's superfoods. Pumpkins provide the antioxidant beta-carotene and their seeds make a great protein snack. Sweet potatoes provide nutrients like vitamin A, vitamin C, potassium and magnesium. Leave the skin on your potatoes to get added fiber and nutrients. Stop by the marketplace for pumpkin and sweet potato features all month long!



### Tip of the Month

Picking the best pumpkin to eat is a little different than picking a great jack 'o lantern. Now, if you're just going after the seeds, the type of pumpkin doesn't matter, but if you're looking for a delicious pumpkin mash it is best to pick up a Sugar or Pie Pumpkin. They're a bit smaller than the carving pumpkins you see all over every fall and they actually have a thicker flesh and lower water quantity. This means less work and more pumpkin for you. Win-win. If you're roasting more than one pumpkin at a time, try to get similar sizes so the baking time is the same for both.