

National Foods of the Month for November

By Lora Reynolds, Neighborhood News Staff Writer

Surprisingly, turkey is not named as one of the foods celebrated with a special month in November. Perhaps that's because it will be the star of the show on Thanksgiving Day, November 28, and needs no extra attention. We found a variety of other foods that made the awareness list for November, however.



Fun with Fondue Month

Dust off your fondue pot and explore all of the different types of fondue you can create and dip into for the perfect cold-weather meal. Melt cheese and sink cubes of chewy bread or crisp vegetables into it; melt chocolate for dipping fruit or cake; or heat some oil and cook cubes of beef, pork, or chicken. Here's a list of interesting recipes – <https://www.cdktichen.com/recipes/articles/view/317/1/National-Fun-with-Fondue-Month.html>



Georgia Pecan Month

While Georgia farmers are busy harvesting pecans in November, let's focus on Texas pecans, which had their celebratory month in October. Aggie Horticulture offers close to 100 recipes for pecan-laden goodies, including 35 variations on pecan pie at <https://aggie-horticulture.tamu.edu/plantanswers/recipes/pecanrecipes/recindex.html>



Peanut Butter Lover's Month

The National Peanut Board reminds you there are many ways to enjoy peanut butter—in sauces, snacks, smoothies, sandwiches, and more. Check out the recipes at <https://www.nationalpeanutboard.org/news/5-must-haves-for-national-peanut-butter-lovers-month.htm>



Pepper Month

From sweet and mild to super hot, chili peppers are but one group included in National Pepper Month. Bell, banana, and sweet Italian are other varieties in the pepper family, generally a great source of vitamin C. Whether dried, roasted, pickled, jellied, or raw, these flavorful fruits shine in the cuisine of many countries. Explore a collection of intriguing recipes featuring peppers at <https://www.pinterest.com/singingpines/peppers-recipes/>



Pomegranate Month

Among the healthiest fruits in the world because of their wide range of beneficial plant compounds, pomegranates have fiber, protein, vitamins C and K, folate, and potassium. You've probably had pomegranate juice, but how about combining spicy chicken with spaghetti squash, pistachios, and pomegranates? Epicurious has the instructions for that mouth-watering concoction, along with 48 additional recipes ranging from salads to sides to desserts. Check out the recipes at <https://www.epicurious.com/ingredients/beyond-juice-how-to-cook-with-pomegranate-recipes-gallery>



Raisin Bread Month

Full of fiber and potassium, free of fat and cholesterol, raisins are a beneficial and naturally sweet fruit. While November is raisin bread month, you can incorporate raisins into all kinds of dishes. The California Raisin Industry shows you how in their wide variety of recipes at <https://calraisins.org/recipe/>