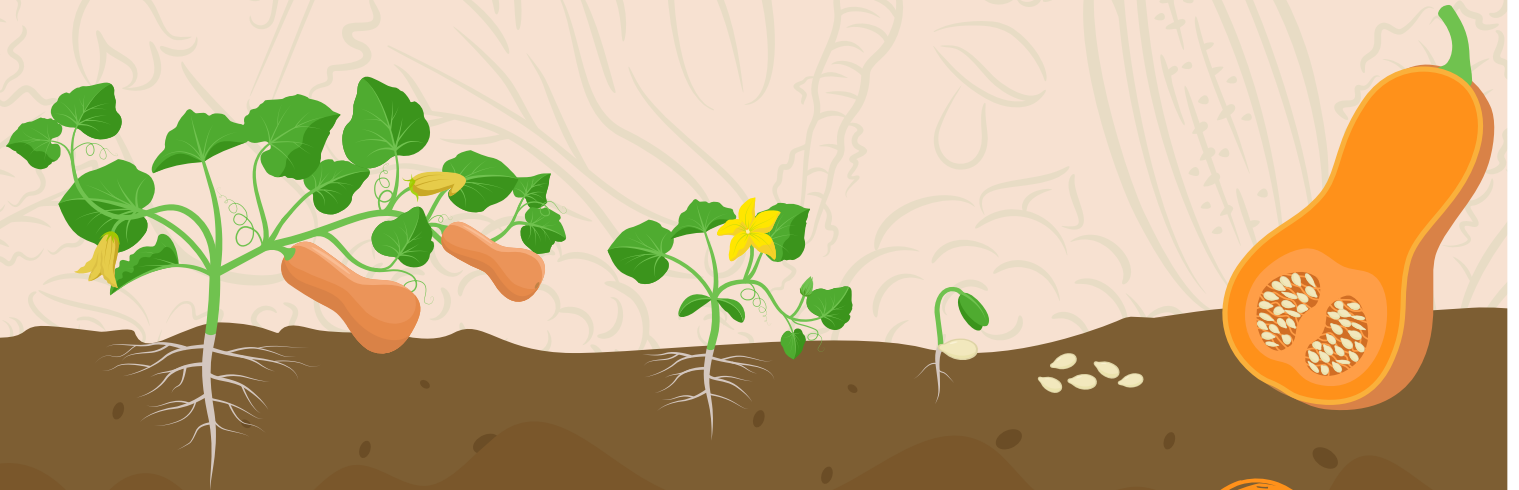


# THE FRESH LITTLE ALLOTMENT

SEASONALLY FRESH, PERFECTLY PICKED



WHAT'S GROWN THIS MONTH?

# OCTOBER SQUASH

## FARMER'S FACT

Did you know when butternut squash grows, the seeds can send out vines up to 15 feet long!



LOOK OUT FOR OUR RECIPE OF THE MONTH  
SQUASH BUNDT CAKE WITH  
BUTTERSCOTCH SAUCE AND DATES