



## September 22<sup>nd</sup> is the 1<sup>st</sup> day of fall.

What's in SEASON?

## **FRUITS**

Blood Oranges Grapefruit Mandarins Oranges Pineapple Red Papaya Cantaloupe Pears Tangelo

## VEGGIES

Acorn Squash
Avocados
Broccoli
Cabbage
Carrots
Garlic
Ginger
Green Beans
Sweet potatoes









Fire up the Grill Because National Cheeseburger Day is september 18th. There are several theories about the Origins of the Cheeseburger. One Story Claims that the Cheeseburger was created between 1924 & 1926 by a Chef named Lionel Sternberger. As the Story Goes, a Homeless man Dining at Sternberger's restaurant in Pasadena, California, Suggested the addition of a Slice of Cheese to His Hamburger order. Sternerger complied eventually adding it to His menu, & the rest is History.

TODAY, CHEESEBURGERS ARE A STAPLE AT RESTAURANTS AND BACKYARD CELEBRATIONS ALL ACROSS THE COUNTRY.

HUNGRY YET?

ENJOY A DELICIOUS CHEESEBURGER IN HONOR OF NATIONAL CHEESEBURGER DAY!







