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The Gersky Gazette

**Tips, hints, and other fun stuff from Gersky's
Catering and Event Planning**

**November
2005**

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Greetings!

The leaves are starting to fall off the trees and it gets colder and colder each morning when you leave for work.. that can only mean one thing: it's November!

And for Joel and his staff nothing says November like preparing tons of stuffings, bazillions of turkeys, and stacks of pumpkin pies for our hungry and anxious patrons awaiting their Thanksgiving meals.

Be sure to click below to see our mouth watering Thanksgiving menu!!

We have a great supply of articles this month, from how to eat healthier this season to how to carve your bird like a pro.

We need your input too, and we can't wait to hear from you.

Happy Holidays from Howie, Joel, and Michelle

Enjoy The
Holidays
Without Gaining
Weight



Nutritionist Allison Stowell has contributed

• Fall Veggie Spotlight - Pumpkin

For all of our readers that only come close to pumpkin when it is in pie form, these facts are for you.



- Pumpkins are an excellent source of potassium and Vitamin A.
- Pumpkins are 90 percent water.
- Pumpkins are actually classified as a

this fantastic article to us this month, and should be a great help for anyone who has been concerned in the past about putting on a few extra pounds this time of year.

We thank Allison greatly for this piece, and also for submitting this month's recipe.

[Click here to read the article...](#)

fruit, not a vegetable.

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- Native Americans used the seeds from the pumpkins as a food source as well as in medicine.
- Pumpkins were once thought to be a remedy for removing freckles, and for curing snake bites.

In addition to pie of course, you can also use pumpkin in bread mixes, as well as soups, just like the delicious recipe we have included this month.

• Turkey Carving Tips

With all the planning and preparation that goes into Thanksgiving, the last thing you want to worry about is freezing up with the carving knife in your hand and a table full of hungry family members awaiting your first slice.



We found some great tips from eatturkey.com for you to use to slice and dice your bird to please everyone at your table.

Click [here](#) to start carving like a professional.

• Recipe of the Month - Creamy Pumpkin Soup

This month's recipe came to us from Nutritionist Allison Stowell along with her article on how to eat healthier this holiday season.



We here at Gersky's are more than happy to post this recipe for her, and hope that we can get more great recipes from her in the future.

[Get the recipe here...](#)

• We Want To Hear From You!

Last month we posted some Thanksgiving memories and favorite foods from the Gersky staff. And now it's your turn. We want you to email in your favorite Thanksgiving memories and we'll be



posting the best ones in next month's issue.

Send your emails to:

thanksgivingfeedback@gerskys.com

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