

Ten's Perspective

2024



NOURISHING
NOVEMBER

Nourishing November

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A B O U T T H I S M A G A Z I N E

As the crisp days of November arrive, we enter a season that nourishes both body and soul. In this month's issue of *Jen's Perspective*, we embrace all that November has to offer, from gathering around a Thanksgiving table filled with love and gratitude to recognizing the importance of National Adoption Month. We honor Native American Heritage Month, paying tribute to the rich cultures and traditions that shaped our nation, and we salute our veterans and military families, whose sacrifices deserve recognition every day, especially during Military Family Month and Veterans Day.

November is also about nurturing other relationships—whether adopting a senior pet to bring joy to a new home, or reflecting on our health during World Diabetes Day. It's the perfect time to warm your kitchen with comfort foods, from succulent roasts for National Roasting Month to celebrating National Sandwich Day and Homemade Bread Day, reminding us that simple, wholesome meals can feed our hearts as well as our bodies.

As we welcome November, let's make room for gratitude and the many ways this month invites us to nourish, reflect, and care for those around us.

Nourish your body, feed your soul, and embrace the warmth of this season. In November I take this opportunity to recharge as we prepare for the hectic holiday season ahead.

With gratitude,

A handwritten signature in dark ink that reads "Jennifer" followed by a stylized vertical flourish.

Native American Heritage Month

November 2024



Explore More...

[SCOTTISH-AMERICAN HERITAGE](#)

[CARIBBEAN AMERICAN HERITAGE](#)

[ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE](#)

[GATHERING OF NATIONS](#)

[BLACK HISTORY MONTH](#)

[AFRICAN WORLD HERITAGE](#)

[ITALIAN-AMERICAN HERITAGE](#)

[JEWISH AMERICAN HERITAGE MONTH](#)

[IRISH AMERICAN HERITAGE](#)

[NATIVE AMERICAN HERITAGE](#)

[KOREAN AMERICAN DAY](#)

[FILIPINO AMERICAN HISTORY MONTH](#)

NATIONAL NATIVE AMERICAN HERITAGE MONTH DURING NOVEMBER CELEBRATES THE DIVERSE AND RICH CULTURE, HISTORY, AND TRADITIONS OF NATIVE PEOPLE. THE OBSERVANCE IS ALSO A TIME TO EDUCATE ANYONE AND EVERYONE ABOUT THE DIFFERENT TRIBES, RAISE AWARENESS ABOUT THE STRUGGLES NATIVE PEOPLE FACED AS WELL AS IN THE PRESENT. AMERICAN INDIAN PICTURES, WORDS, NAMES, AND STORIES ARE A CRUCIAL PART OF AMERICAN HISTORY AND HELP MOLD OUR LIFE TODAY.

THOUSANDS OF YEARS BEFORE CHRISTOPHER COLUMBUS AND HIS CREWS LANDED THEIR SHIPS IN THE BAHAMAS, THE NATIVE AMERICANS HAD CULTIVATED LIVES AND COMMUNITIES THERE. NATIVE AMERICAN HISTORY OVERFLOWS WITH A VARIETY OF DIVERSE GROUPS AND PROMINENT LEADERS AND FIGURES LIKE CRAZY HORSE, SITTING BULL, SAGAGAWEA, AND POCAHONTAS. NATIVE AMERICANS WERE ALWAYS KNOWN FOR HARD WORK AND QUICK INSTINCT. TODAY, THERE ARE ABOUT 4.5 MILLION NATIVE AMERICANS IN THE UNITED STATES, MAKING ABOUT 1.5 PERCENT OF OUR POPULATION. TAKE SOME TIME TO LEARN ABOUT AND CELEBRATE THEIR CULTURE THIS MONTH.

NATIVE AMERICAN HERITAGE MONTH HISTORY

IN 1990, PRESIDENT GEORGE H. W. BUSH APPROVED A JOINT RESOLUTION DESIGNATING NOVEMBER OF 1990 NATIONAL AMERICAN INDIAN HERITAGE MONTH.

HOW TO OBSERVE #NativeAmericanHeritageMonth

HERE ARE A FEW WAYS YOU CAN CELEBRATE THIS MONTH.

READ A NATIVE AMERICAN HISTORY BOOK, OR A NOVEL THAT DIVES INTO THE HISTORY AND TRADITIONS OF NATIVE PEOPLE. MOVIES LIKE POCAHONTAS TEND TO SENSATIONALIZE TRUTH ABOUT NATIVE AMERICAN HISTORY, SO READING A BOOK WILL LIKELY GIVE YOU A MORE REALISTIC VISION.

PLAY A GAME OF LACROSSE! BELIEVE IT OR NOT, LACROSS WAS ONE VARIETY OF INDIGENOUS STICKBALL GAMES THE AMERICAN INDIANS PLAYED AS EARLY AS THE 12TH CENTURY.

THERE ARE A FEW MOVIES MADE ABOUT NATIVE AMERICANS THAT AREN'T AS OVERSENSATIONALIZED AND ARE DEFINITELY WORTH A WATCH. TRY REEL INJUN, SMOKE SIGNALS, BURY MY HEART AT WOUNDED KNEE, AND WINTER IN THE BLOOD.

GET IN THE KITCHEN AND TRY A NATIVE RECIPE! THERE ARE TONS OF MOUTHWATERING RECIPES FROM NATIVE SOUPS, TO ROASTED DUCK, OR EVEN PUMPKIN BREAD FOR A TASTY FALL TREAT.

FINALLY, LEARN THE TRUE STORY ABOUT THE VERY FIRST THANKSGIVING. WHAT YOU WERE TAUGHT IN ELEMENTARY SCHOOL ISN'T QUITE ACCURATE.

Use #NativeAmericanHeritageMonth to post on social media. Keep Native American Heritage alive this November, and for all the months to follow!



NATIONAL LOVE YOUR RED HAIR DAY

And redheads do stand out in a crowd. So, each unique and impressively stunning redhead gets to show off their locks.

National Love Your Red Hair Day celebrates the beauty of those gorgeous red tresses annually on November 5th. There's no reason to be shy. Redheads get the spotlight to show off the unique qualities of red hair.

Many redheads feel like outcasts for having red hair. This celebration empowers redheads to feel confident, look amazing, and rock their beauty. Red hair is more than a color; it's a lifestyle. Besides, redheads are rare. Less than 2 percent of the population are crowned with red hair. And those that are may very well be left-handed too.

- Lucille Ball
- Queen Elizabeth I
- Ron Howard
- Vincent van Gogh
- Rupert Grint
- Mad Hatter
- Carol Burnett
- Bonnie Raitt
- Wynonna Judd
- Carrot Top

History

National Love Your Red Hair Day was submitted by Adrienne & Stephanie Vendetti, co-founders of How to be a Redhead in August of 2015. How to be a Redhead brand released its beauty book and subscription box in 2015. Each year on November 5th, redheads can celebrate their locks to the fullest.



This author and publisher celebrates her red hair!

National Authors Day

Every year on November 1, millions of people celebrate authors and the books that they write on National Author's Day.

Books have a mind of their own. They take time to develop, research, draft, edit, revise, and rewrite. The stories we devour and indulge in as we drift off to sleep, travel, or allow to collect dust on several flat surfaces in our homes may take years to reach a publisher. We may have only one favorite author or many collected works with which we cannot part. Whether we prefer fiction, non-fiction, or a mix of both, authors have been telling stories to fill our heads for thousands of years.

Authors keep a record of history through their stories. They mark time through their observations. Their tales create remarkable memories of place, sealing it between the pages of the binding. Their books allow us to keep coming back to visit again and again.

After her grandmother's death in 1968, Sue Cole promoted the observance of National Authors Day. She urged people to write a note to their favorite author on November 1, to "brighten up the sometimes lonely business of being a writer." She also suggested flying the American flag as another way of showing appreciation for the writers who have created American literature.



Some of my favorite Authors...

Suzanne Enoch

Julia Quinn

Teresa Medeiros

Patricia Cornwell

James Patterson

Karen Marie Moning

Janet Evanovich

David Balducci

Lisa Kleypas

Suzanne Brockmann

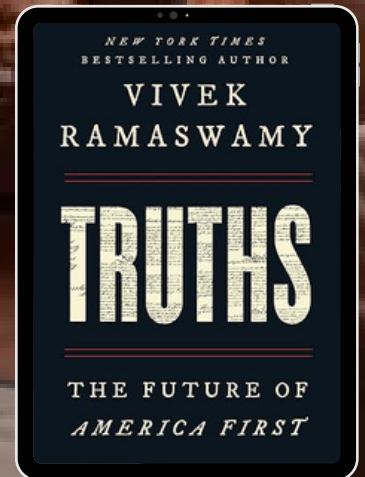
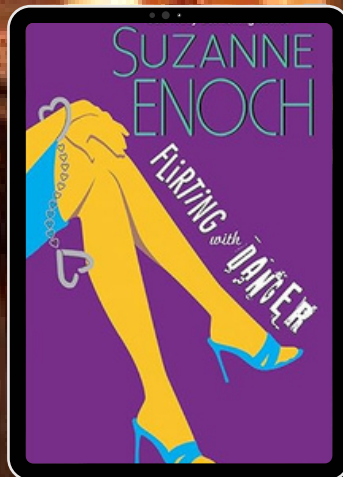
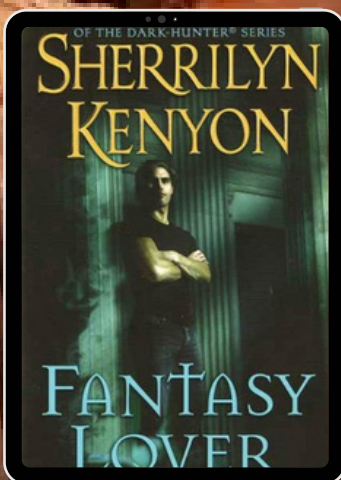
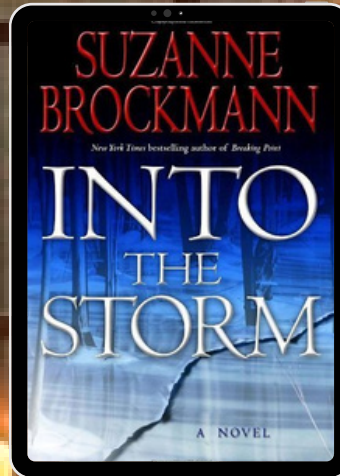
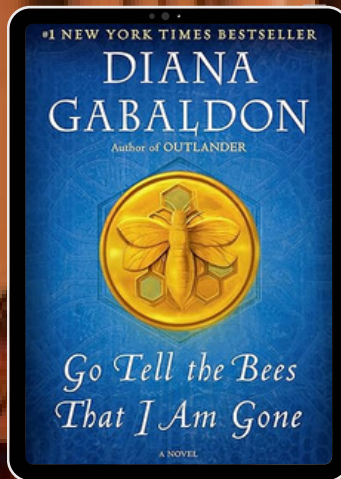
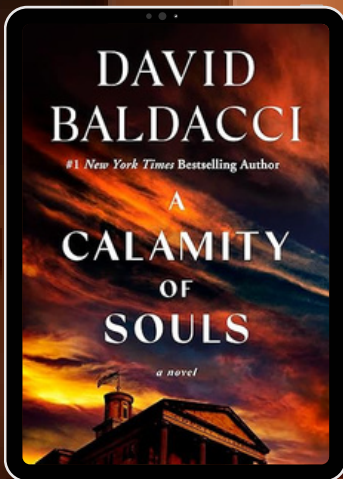
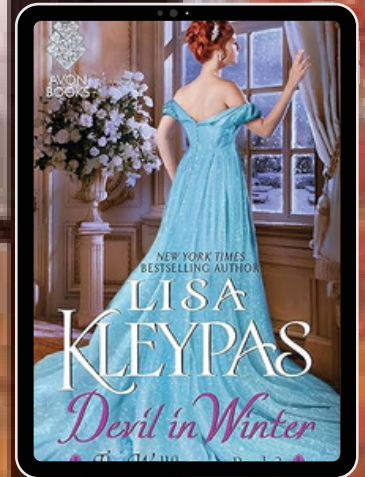
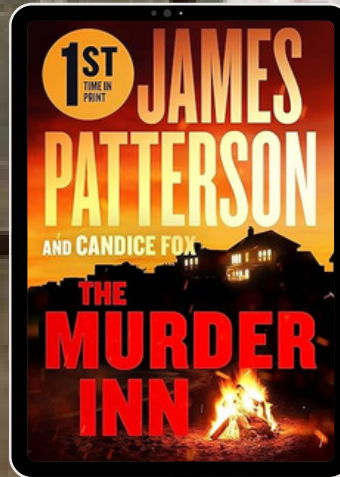
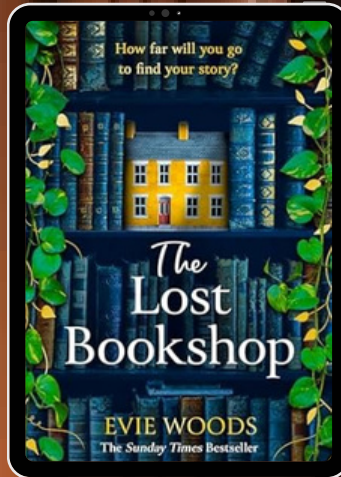
Diana Galbaldon

George R.R. Martin

Sherrilyn McQueen

While they are in no particular order and are only a fraction of authors I look for in a book store or library, it's a good place to start that is almost always a good read. Be sure to send us a comment with some of your favorites too. Use #NationalAuthorsDay to post on social networks.

Cozy up with a good book...



Tap to Shop More

NOVEMBER BIRTHSTONE: CITRINE

Citrine, a radiant golden-yellow variety of quartz, is the traditional birthstone for November. Its vibrant hue, reminiscent of the sun, has made it a popular gemstone for centuries. Found in countries like Brazil, Madagascar, and Russia, citrine's warm color ranges from pale yellow to deep amber, often mistaken for topaz due to its similarity in appearance. Unlike many gemstones, citrine is abundant and relatively affordable, making it accessible without sacrificing beauty. Its durability and striking color have made it a staple in jewelry collections across the world.

The name "citrine" comes from the French word for "lemon" (citron), reflecting its characteristic yellow tones. Historically, it has been associated with warmth and positive energy, believed to bring prosperity and abundance to those who wear it. In ancient times, citrine was used as a protective talisman against evil thoughts and snake venom. This connection with protection and success persists, with modern beliefs linking the stone to financial success, particularly in business and commerce. As a result, citrine is sometimes referred to as "The Merchant's Stone."



On a romantic level, citrine is seen as a symbol of joy, love, and new beginnings. It's often given as a gift to express hope for a happy and prosperous future, making it an ideal stone for celebrating new relationships or significant milestones. Its warm glow is said to enhance feelings of warmth and affection, encouraging open communication and emotional balance in relationships. The stone's ability to dispel negativity and encourage optimism makes it a popular choice for couples looking to strengthen their bond and foster a sense of harmony.

Citrine also carries metaphysical meanings connected to love and romance. According to crystal healers, the stone energizes the sacral chakra, which governs emotional expression and intimacy. Wearing citrine is believed to amplify self-confidence and open the heart to love, helping individuals manifest relationships based on mutual respect and understanding. Whether worn as a ring, necklace, or bracelet, citrine not only brings beauty but also inspires warmth and happiness in those who possess it, making it a cherished gemstone in both personal and romantic contexts.

#NovemberBirthstoneJewelry

NOVEMBER BIRTHSTONE CITRINE





After Sax's patent expired in 1866, several saxophonists and instrument manufacturers implemented their own improvements to the original design and key work.

Checkout some of these on our favorites Jazz Saxophone Playlist.



National Saxophone Day

National Saxophone Day commemorates the birth of the woodwind's inventor, Adolphe Sax, on November 6th. The saxophone is one of the main instruments in jazz music.

Born on November 6, 1814, Adolphe Sax invented many musical instruments including the saxophone. Sax constructed saxophones in several sizes in the early 1840s. On June 28, 1846, he received a 15-year patent for the instrument. The patent encompassed 14 different versions of the fundamental design, split into two categories of seven instruments each and ranging from sopranino to contrabass.

Over the years, many great saxophone masters have graced the world with their music.

- Stan Getz
- Sidney Bechet
- Sonny Rollins
- Lester Young
- Eric Dolphy
- Coleman Hawkins "Hawk"
- John Coltrane
- Charlie Parker "Bird"
- Kenny G.
- Steve Cole
- Jimmy Dorsey
- Julian Adderley "Cannonball"
- Grover Washington Jr.
- Wesley Magoogan
- Dick Parry
- Herbie Flowers
- Ronnie Ross

National Adoption Month



National Adoption Month in November raises awareness and increases outreach concerning the need for permanent families across the United States. Every year, there is a growing need for children of all ages to find secure and safe families. All month long, National Adoption Month events provide tools and resources to help individuals and families understand the process and learn more about adoption.

While the month sets out to raise awareness, it also recognizes those dedicated to impacting adoptive children and families in positive ways. From each family to organizations that make adoption possible, the month-long celebration acknowledges the commitment and rewards combined with an adoptive family.

Visit local adoption agencies or events. Learn more about adoption opportunities in your state. Share your adoption stories. Support adopted couples in their journey to start a family. It is often both a joyous and stressful time with many ups and downs. Visit www.childwarefare.gov for more information.

Use #NationalAdoptionMonth to post on social media.



National Veterans Day

Veterans Day on November 11th honors military veterans who served in the United States Armed Forces. The federal holiday coincides with Armistice Day and Remembrance Day, which marks World War I. These observances reflect the end of significant hostilities at the 11th hour on the 11th day of the 11th month of 1918 when the Armistice with Germany took effect. Initially, the United States observed Armistice Day as well. However, it evolved into the current Veterans Day in 1954.

Veterans Day is not to be confused with Memorial Day or Armed Forces Day. Veterans Day celebrates all United States military veterans. However, Memorial Day is set aside for remembering the men and women who died while serving. Additionally, Armed Forces Day recognizes the men and women currently serving in the United States military.



Non-essential federal government offices close on this holiday, including all United States Post Offices. As a result, postal workers make no deliveries. Additionally, all federal workers receive holiday pay on Veterans Day. However, those who are required to work sometimes receive holiday pay in addition to their wages.

Veterans Day Spelling

It is grammatically acceptable to write or print the holiday as Veteran's Day or Veterans' Day. However, the United States government declared the observance using the attributive (no apostrophe) rather than the possessive case in the official spelling.



Military Family Month dedicates November to military families around the world. The observance recognizes the commitment and dedication these families make to their service members. Their sacrifices make it possible for our military to remain organized and strong.

While their service men and women are actively serving, deployed or training, their families provide a vital foundation at home that allows confidence in the field. Spouses and children are often separated from their service member for long periods of time and over great distances. Communication can be patchy and under stressful conditions. And they frequently move, uprooting children and jobs. But, military families are adaptable.

During November, the country honors the military families who make the U.S. Armed Forces strong.

HISTORY

The Armed Services YMCA along with the U.S. Government established Military Family Month in 1996 by expanding Military Family Week. Each year, the President declares the month through a signed proclamation.

Explore More...

Armed Forces Day
Memorial Day
Army Birthday
Navy Birthday
Air Force Birthday
Marine Corps Birthday
4th of July
Independence Day
Patriot Day
V J Day
National Guard Birthday
Armistice Day
Labor Day
Veterans Day
Pearl Harbor Remembrance Day
Military Spouse Appreciation Day
Maritime Day
Gold Star Mothers Day
Flag Day
POW/MIA Recognition Day
National Airborne Day
Loyalty Day
Remembrance Day
National PTSD Awareness Day
USO Birthday
Coast Guard Reserve Birthday
Navy Reserve Birthday
National For get me not day
Hug a G. I. Day
Seabees Birthday
Rosie the Riveter Day
Medal of Honor Day
Vietnam War Veterans Day
Gold Star Spouces Day
Former POW Recognition Day
Airforce Reserve birthday
Purple Up For Military kids Day
Army Reserve Birthday
National Military Brat's Day
Military Appreciation Month
Silver Star Service Banner Day
V E Day
D Day
Freedoms Ring

ADOPT A SENIOR PET MONTH

When the weather turns chilly, Adopt a Senior Pet Month reminds us some four-legged friends need a family, too. In November, consider making a home for an older furry pet during Adopt a Senior Pet Month.

While the wriggly puppies and kittens make us smile with delight, you'd be surprised how well an older animal might fit into your lifestyle. Often, they have mellowed and lost some of their toddler energy. They don't need the extra attention a puppy or kitten would require. If they need training, it is only specific to your home and routine.

There may be some adjustment with an older animal. Like humans, they may be set in their ways. But, in most cases, their history is known, and they can be easily matched with the right family or individual. So, if you are looking for a new companion, don't overlook an older animal. You may be ignoring a loyal pet with a lot of life left in her.

Things to consider might be whether the fur baby has medical needs or requires a lot of space. Did he or she come from a home with children or other pets? If any of this information affects your adoption, you will need to reconsider.



Keep in mind the lifespan of many healthy dogs extends into their upper teens depending on their breed. When it comes to cats, it can be a little harder to predict. Since their lifespan ranges 10-15 years, those nine lives may not last as long as we thought. Even so, with good veterinarian care, you and your senior cat can enjoy many happy years together.

If you are looking for a new pet, adopt an older one. Use #AdoptASeniorPetMonth to post on social media.

The ASPCA and petfinder.com founded Adopt a Senior Pet Month to improve the perception of senior pets as quality animals for adoptions. They are just as, and sometimes, more adoptable than younger animals. Consider adopting an older animal when you look into adopting this year.



In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional, and social effects to the financial and damaging health consequences, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

- Get a physical. Regular checkups let us know where we stand and what changes we need to make. Ask questions, too!
- When we make small changes, we are more likely to stick with them. So, add one or two small changes at a time, instead of huge sweeping changes.
- Keep track of your goals. We are more likely to be honest if we write down our daily intake than if we just guess.
- Get a buddy. It's more fun when we make changes together than if we go it alone.
- Learn more from the American Diabetes Association.

My husband and I both deal with this ongoing condition. With advances in both medication and education this is a manageable process to a new lifestyle. Managing diet, exercise, and learning about how our bodies work, is the best defense and offense to something that changes the life of almost half of the American population.

I implore people to learn. There is a difference between type 1 and type 2. For years it has been ignored. Until recently both were treated in diet as the same often subjecting type 2 to higher carbohydrates that eventually lead to external insulin dependence. My body still makes insulin, that insulin cannot get onto my cells to reduce blood sugar numbers. A number of treatments like metformin unlock the doors to allow my insulin to control blood sugar levels as designed. That coupled with even 10% weight loss can make a huge difference in this fight.



HOW TO OBSERVE #NationalDiabetesMonth

Help prevent type 2 diabetes. Learn about the causes of type 1 diabetes and how to control it. Find out how new medications are making it easier to control blood sugar and insulin levels. Learn about a healthy diet, exercise, and how to control diabetes. Known your number and get involved. If you have questions about your diabetes, be sure to speak with your doctor. They are your best resource for staying in control. Use #NationalDiabetesMonth to post on social media.

National Gratitude Month

National Gratitude Month in November encourages us to embrace the power of gratitude.

Gratitude is more than simply saying “thank you.” Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us, and to our Creator.

What are you waiting for? Give gratitude a try! You’ll be happier you did.

To participate in the FREE 30 Day Global Gratitude Experiment, go to www.agratefulplanet.com



Everything in our lives has the ability to improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships, and will be better liked. Grateful kids are even more likely to get A’s in school.

If everyone practiced daily gratitude, we could change ourselves and the planet for the better. Everyone would be much happier. Love would grow and hate would decrease. And the world would know true peace.

Celebrating the month can be done in several ways.

Start a gratitude journal. Write about someone or something you’re thankful for every day. You’ll find your appreciation for those around you grows deeper and fonder the longer you keep it. When you read back on what you’ve written, you’ll be able to reflect on the relationships and their accomplishments.

Try this Gratitude playlist too.

Share your gratitude with others. Letting someone know you’re grateful for their care, service, or friendship often lifts their spirits or lifts a burden.

Show your appreciation by giving back to your community, neighborhood, or favorite organization.

Use #NationalGratitudeMonth to post on social media.



Tap to Shop



Personalized Gifts



Tap to Shop



All Gifts



All Toys



Fashion



Home & Kitchen



Electronics



Beauty



Sports & Outdoors



Top 100



Premium Gifts

Tap to Shop



White Elephant



Gift Cards



Trending Gifts



Tap to Shop



Calling all vegans! World Vegan Month is an annual designation observed in November. This month, plant-based eaters from across the globe come together to celebrate their 100% cruelty-free lifestyle. So, what exactly defines a vegan? Veganism is a way of life that excludes all forms of cruelty to animals for food, products, or any other purpose.

There are many different ways to embrace the vegan lifestyle, but the underlying “rule” is to eat a plant-based diet. Vegans also so a step further than just avoiding meat; they also avoid fish, dairy, eggs, and honey, as well as products like leather or fur. You might be thinking, “So, what can they eat?” Surprisingly, there are thousands of vegan recipes out there that are delicious, and exceptionally nutritious.

Another commonly asked question is, “Why would somebody choose to go vegan?” To which there are a handful of answers, according to vegan.org.

- To save the animals. Vegans do not appreciate the treatment of animals on farms, nor the killing of the animals as soon as their production rates decrease.
- For the environment. Animal agriculture takes a toll on the earth by contaminating aquatic ecosystems, soil, and more.
- For their own health. Research shows that consuming animal fats and proteins is linked to heart disease, colon and lung cancer, diabetes, obesity, and other debilitating conditions.

Want more reasons to go Vegan? These along with a ton of delicious recipes have made going vegan a tasty, healthy lifestyle choice that just might have you choosing this too. Don't forget World Vegan Day!

Going vegan treats/reverses health conditions you may already have. Many experts say a plant-based diet is often more effective than medication, or even medical procedures when it comes to treating diseases.

Sticking to a plant-based lifestyle helps you get slim, and stay that way. Vegans are the only group of people who average a normal and healthy BMI (body mass index) because they do not eat animal products that are calorie-dense.

Animal products usually contain bacteria, antibiotics, hormones, dioxins, and other toxins that can lead to health problems in humans. (This is one reason food poisoning is so common.)

You can try amazing new meals! There are more than 20,000 kinds of edible plants in the world. Believe it or not, prepared with the right spices and side dishes, these plant-based meals are delicious and satisfying.

It's never been so easy to be vegan. These days, most supermarkets have entire sections devoted to the vegan lifestyle, including meat replacement options and delectable desserts.





THANKSGIVING

MENU

Turkey

Homestyle Mashed Potatoes

Jen's Green Bean Casserole

Brown Butter Garlic

Parmesean Mushrooms

Mom's Homemade Pioneer Bread

Carmel Apple Sangria

Whiskey Cinnamon Infused Cranberry

Jen's Pumpkin Delight

As we look forward to the holiday season, Thanksgiving is coming up fast. If your cooking or not this is our Thanksgiving Menu. I learned some great tips and tricks to play host and do all the cooking. Even when getting up at 1 am for my retail job on Black Friday.

This year we're keeping our gathering intimate, but no less delicious. As we take the time to pause, and be thankful for all our blessings some easily seen, others more obscure.

These tricks not only allowed me to conjure a great meal but time to enjoy it and our family and friends. Shhh...don't tell... my secret to great food without slaving 20 hours in the kitchen. Feel free to take the credit for this delicious holiday meal.....

National Sandwich Day

Whether you stack it high or thin, National Sandwich Day on November 3rd recognizes one of America's favorite lunch items.

The sandwich is believed to be the namesake of John Montagu, 4th Earl of Sandwich, following the claim that he was the inventor of the sandwich. No matter who invented it, we celebrate every kind of sandwich.



While the modern sandwich is believed to be named after John Montagu, the exact circumstances of its invention and original use are the subject of debate. There is a rumor in a contemporary travel book titled *Tour to London*, by Pierre Jean Grosley, that formed the popular myth that bread and meat sustained Lord Sandwich at the gambling table. It is said that Lord Sandwich was a very conversant gambler and did not take the time to have a meal during his long hours playing at the card table. When hungry, he would ask his servants to bring him slices of meat between two slices of bread. This practice was a habit that was well known to his gambling friends who soon began to order “the same as Sandwich,” and from this, the sandwich was born.

N.A.M. Rodger, who wrote Sandwich's biography, suggests that because of Sandwich's commitment to the navy, politics, and the arts, the first sandwich was more likely to have been consumed at his work desk.

Before being known as sandwiches, the food seems just to have been called bread and meat or bread and cheese.

Types of Sandwiches

In the United States alone, we have some pretty delicious sandwich inventions. The cheesesteak and sloppy joe are American classics. Don't forget the muffuletta or the Monte Cristo. We love our Po boys and grilled cheese, pork tenderloins, and po'boys, too. However, we can't forget some of these other absolutely delicious options:

BLT
Club
Dagwood
French Dip
Peanut Butter and Jelly
Pilgrim

What ever kind you fancy be sure to post about it.
Use #NationalSandwichDay to post on social media.

National Roasting Month

National Roasting Month is an annual designation observed in November. As you plan your big holiday meals, making a roast is something that should undoubtedly be near the top of the list.

Roasting is a method of cooking that uses dry heat with hot air covering the food from all sides to cook evenly. This type of cooking can enhance flavor, and is a healthy alternative to frying food (depending on the seasonings you're using).

Some old fan-favorite foods to roast are steak, chicken, turkey, ham, beef, potatoes, and other vegetables. A classic pot roast contains some sort of meat, with potatoes, carrots, and onions roasted with it. All the flavors of meat, veggies, and spices simmering together for several hours makes for a mouth-watering supper for the family.

Use #NationalRoastingMonth to post on social media. Chances are that at LEAST one of the holiday parties you attend this year will have some sort of roast for everyone to enjoy. If not, be the host or hostess that provides this glorious meal for your guests! All you have to do for a simple, classic roast is:

1. Preheat your oven to 350 degrees.
2. Arrange the meat, veggies, and spices of your choice in a 13×9 inch baking dish.
3. Pour enough water in so your baking dish is around half full, and your food is slightly submerged.
4. Cover with foil.
5. Bake for around 2-3 hours until meat and veggies are tender.
6. Serve with the juice in the pan!



National Peanut Butter Lovers Month

National Peanut Butter Lovers Month is an annual designation observed in November. Excuse me as I get up from my desk and do my happy dance because I'm convinced peanut butter is one of the most heavenly things on the planet. Peanut Butter is so versatile, you can literally incorporate it into any and every meal of the day and not get sick of it. (Well, maybe you would, but I will not. Ever.)

For breakfast, smother it on some toast, waffles, or pancakes, OR put a spoonful in your smoothie. For lunch, dip veggies like carrots and celery in it... That may sound strange, but believe me, it will actually help you ENJOY eating those kinds of vegetables. If you're having a lazy dinner, slap together a quick PB & banana sandwich for a sweet and salty meal that will keep you full for the night.

For dessert, drizzle it over anything. LITERALLY anything. Apple slices, cookies, brownies, ice cream, you name it.

Explore More...

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[Peanut Butter Cookies](#)

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[National Peanut Butter Fudge Day](#)

[National Ants On A Log Day](#)

[Peanut Butter Haystacks](#)

[Chocolate Peanut Butter Pie](#)

[National Fluffernutter Day](#)

Use #PeanutButterLoversMonth to post on social media. This month, I challenge you to experiment a little bit. This recipe while not mine is so good! Try peanut butter on 5 foods that you normally wouldn't even think of. Here are a few ideas (besides the peanut butter pizza listed above.)

- Put it on your hamburger or cheeseburger bun. Much like the pizza, it's drool-worthy.
- Mixed into yogurt with different kinds of fruit.
- Scrambled eggs are delicious with a spoonful of peanut butter on top. It's that salty and sweet thing everybody loves.
- Whenever I'm out of salsa, I go-to peanut butter for my chip dip. Phenomenal.
- Frozen fruits like pears or mangos are great dipped in some PB.
- Say it with me, "Peanut Butter QUESADILLAS!" Spread peanut butter on a tortilla, fold it in half, pop it in the microwave for 25 seconds, and bam. You're ready for the couch and your favorite sitcom. Add some bananas if you're more on the hungry side.



NATIONAL HOMEMADE BREAD DAY



On November 17th, homes will fill with warm, comforting aromas reminding us to slow down and enjoy National Homemade Bread Day.

Yeast bread calls for us to slow down. We need to spend time with each other as we work the dough and let it rest and rise before baking. Quick breads allow a special treat to share and enjoy with coffee or tea. Other homemade breads, such as donuts, pretzels, muffins, and biscuits, add variety to our everyday meals. And making them with friends and family brings joy and an opportunity to exchange recipes.

Those who make homemade bread commit to using good ingredients and investing in the time. They make it not only because they love the flavor, but because they know the people they love to do also. Homemade bread enriches the flavors of our meals and the flavors of our conversations, too.

Bread is full of symbolism around the world, across cultures and religions. In our lives, bread is valuable. We consider our livelihood to be our daily bread. We are making it, breaking it, consuming it as part of our faith. Bread can be exciting if it's sliced or boring if it's white. There's a bonus bread, too. However, it seems a bit messy if it's buttered on both sides. Then again, when we roll in the dough, it's messy, too. Bake it, and it becomes heavy bread, but it means the same thing.



HISTORY

The National Homemade Bread Committee from Ann Arbor, Michigan, founded National Homemade Bread Day to encourage families to enjoy making homemade bread. The day has been celebrated since the early 1980s.

EXPLORE MORE . . .

[Homemade Bread Day](#)
[National Zucchini Bread Day](#)
[National Sourdough Bread Day](#)
[Sourdough September](#)
[National Crouton Day](#)
[National Raisin Bread Month](#)
[National Cinnamon Raisin Bread Day](#)
[National Banana Bread Day](#)
[National Toast Day](#)
[Mom's Pioneer Bread](#)
[National Croissant Day](#)
[National French Bread Day](#)

Jen's Pumpkin Delight

Nothing says Thanksgiving like Pumpkin Pie....unless like us it's not a favorite. I know pumpkin spice everything is popular this time of year. It's just not something we love. After many hours of online research and taste testing, this became the show stopper dessert. My brother the chef loves it as well! I found the basic recipe and have added my touches and time savers. The only warning I give is there will not be any leftovers. You may need 2 of these next year.



Ingredients

- 1/2 cup melted butter
- 3/4 cup pecans chopped
- 1 tub Philadelphia Cheesecake filling
- 3 cups whipped topping divided
- 2 1/2 cups milk
- 3 pkg white chocolate or vanilla instant pudding 3.4 oz size
- 15 oz can Pumpkin Puree-Pie filling
- 1 1/2 tsp pumpkin pie spice
- 2 tsp cinnamon sugar
- From their popularity I recommend making more than 1 pan. Even if it's just for you!

Directions

- Mix flour, butter and 1/2 c chopped pecans. You can also spice it up with gingersnap cookies.
- Use 1/2 c flour and 10 gingersnap cookies in food processor then add butter. Press crumbs down in bottom of 9 x 13 pan to form crust.
- Bake for 15 minutes at 350°. Cool completely before adding other layers.
- Fold 1 cup whipped topping into cheesecake filling. Spread mixture evenly, over cooled crust. Mix milk and pudding. Fold pumpkin and pumpkin spice together with 1 cup whipped cream.
- Spread remaining whipped topping on top. Sprinkle with chopped pecans and 2 tsp cinnamon sugar
- Chill 3 hours or until set.
- Serve chilled and enjoy



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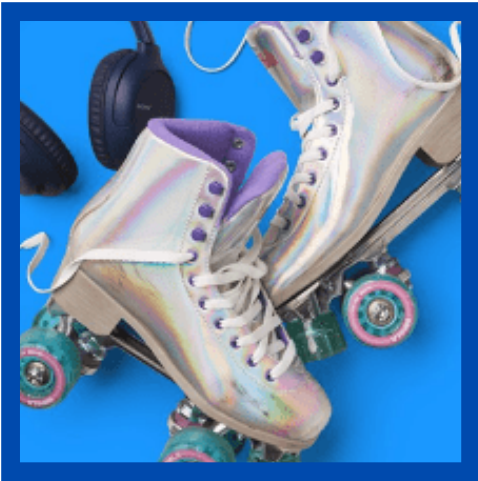
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November Playlist



For November's playlist, we've curated a collection of tracks that capture the essence of autumn as it deepens into winter. The days are shorter, the air is crisper, and the music reflects the shift in mood and atmosphere. From warm acoustic melodies that wrap you in nostalgia to more atmospheric sounds that mirror the quiet solitude of early sunsets, this playlist is designed to be the perfect companion for cozy evenings and introspective moments.

As we transition into the colder months, these songs blend a sense of comfort with introspection, creating a space for both reflection and relaxation. Whether you're enjoying a slow weekend at home, taking a brisk walk through fallen leaves, or simply unwinding after a long day, the playlist is a sonic journey through November's chill and calm, setting the tone for the approaching winter.

[Home](#)
[Be Thankful](#)
[Bewitched](#)
[Mood Indigo](#)
[Autumn Leaves](#)
[Washing Dishes](#)
[Stormy Weather](#)
[Penny Serenade](#)
[November Rain](#)
[Better Together](#)
[As Time Goes By](#)
[Sweet Tater Pie](#)
[Homeward Bound](#)
[Catch a Falling Star](#)
[Let's Turkey Trot](#)
[Give Thanks and Praise](#)
[Thanksgiving Theme](#)
[Come on-a My house](#)
[Autumn in New York](#)
[Bring it on Home to Me](#)
[It's Only A Paper Moon](#)
[Counting My Blessings](#)
[The Best is Yet To Come](#)
[Moonlight Becomes You](#)
[Apples, Peaches, Pumpkin Pie](#)
[I've Got Plenty to be Thankful For](#)



AMAZON BLACK FRIDAY

