

PESU NEWSLETTER

October 2026

PESUONLINE.COM

FROM THE PRESIDENT OF PESU

Despite navigating through some extremely challenging political and socio-economic times in our nation, we are filled with gratitude as we celebrate PESU's 30th Anniversary.

We Are Still Standing!

Throughout the years, we have diligently appeared at Commissioner meetings, fearlessly conducted Workplace Demonstrations and participated in a host of other social/political rallies which support our human rights and labor concerns.

Our ability to sustain would be impossible without PESU members volunteering for the following committees; Work Practice Committee, Treasury Committee, Trust Committee, Helping Hands Committee, Inaugural Scholarship (Eze Brooks) Committee, Negotiations Committee, Holiday Party Committee, Nominations Committee, Election Committee and Bylaws Committee.

Y'all are the real rockstars and we are thankful for your service!

In closing, I'm extremely humbled to work alongside so many fearless advocates and PESU's future shines brightly! You are encouraged to remain engaged and have your voices heard as we collectively "Demand seats at the table" (Shirley Chisholm) while causing "Good Trouble" (John R. Lewis).

Let's continue to fight for our labor rights while moving PESU Forward!

Yours In solidarity,
Lisa Maddox Douglas
PESU President



Interested in union business, benefits, or concerns?

Email pesuprez@pesuonline.com



Proclamation



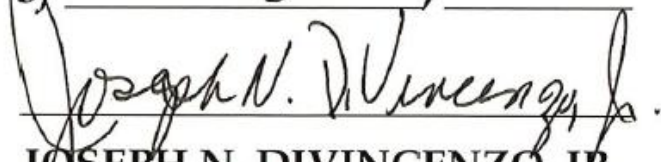
Office of the County Executive

- WHEREAS,** The **PUBLIC EMPLOYEES' SUPERVISOR UNION** was formed in 1996 to represent the supervisory employees who worked in the Division of Welfare, now named the Division of Family Assistance and Benefits; and
- WHEREAS,** The **PUBLIC EMPLOYEES' SUPERVISOR UNION** was initially led by PESU President Nicholas Nicoletta and then his successor Carol Perkins, who laid the groundwork for the creation of PESU and provided steady leadership; and
- WHEREAS,** The **PUBLIC EMPLOYEES' SUPERVISOR UNION** are responsible for overseeing a multitude of programs, including New Jersey Family Care/ABD Medicaid programs, Supplemental Nutrition Assistance Plan (NJ-SNAP), Work First New Jersey/Temporary Assistance for Needy Families, General Assistance, Housing Assistance and other associated benefits; and
- WHEREAS,** The **PUBLIC EMPLOYEES' SUPERVISOR UNION** members are seasoned professionals who mentor, teach, guide, support and monitor the work activities of DFAB employees to ensure first-class, high-quality customer service and response is provided to the clients who come seeking aid from Essex County; and
- WHEREAS,** The **PUBLIC EMPLOYEES' SUPERVISOR UNION** is celebrating the 30th anniversary of its inauguration.

NOW, THEREFORE, BE IT RESOLVED by Essex County Executive Joseph N. DiVincenzo, Jr. and the Government of Essex County that the **PUBLIC EMPLOYEES' SUPERVISOR UNION** and its members be commended for providing three decades of exemplary service, positively impacting generations of lives in Essex County and creating an unbreakable safety net to assist vulnerable residents



Presented this 28th day
of August, 2026


JOSEPH N. DIVINCENZO, JR.
ESSEX COUNTY EXECUTIVE



NAACP

Newark Branch

National Association for the Advancement
of Colored People

NAACP Newark Branch est. 1914

*Serving the Greater Newark community for 112
years.*

**Our work is rooted in advocacy for racial equity, civic
engagement and supportive policies and institutions that
benefit our communities for the greater good.**

Greetings!

NAACP has a long history of cooperation and collaboration with labor unions. Our collective fight for social justice and civil rights have made a positive difference in our communities.

Unions have changed the landscape of working America for the better. Prior to unions, people including children were used in any manner employers mandated. Dangerous work conditions, little to no health benefits, no paid vacation and long hours without break were commonplace.

Today, You are needed more than ever as employers erode gains made and institute arbitrary policies that benefit the boss but not the worker.

We look forward to our continued collaboration with our Union Brothers and Sisters.

In Unity,

Deborah Smith Gregory, President



**Lisa Maddox Douglas,
President**

Happy Labor Day!

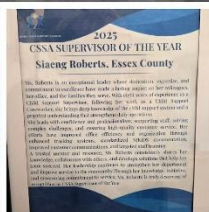
Labor unions are the backbone of our working society.

NAACP Newark congratulates the Public Employees' Supervisor Union (PESU) on your 30th anniversary. which services the Division of Family Assistance and Benefits in Essex County.

NAACP Newark especially congratulates one of our branch leaders, Lisa Maddox Douglas who also currently serves as the president of the Public Employees Supervisors' Union (PESU).

Her dedication and commitment to making a positive difference both in the lives of the workers and their clients are to be commended. We thank her for leadership and service. We also thank the members of the union.

CELEBRATING PESU's 30th ANNIVERSARY!!







PESU HOLIDAY PARTY 30th ANNIVERSARY

THEME:
Black Dripped in Gold



DECEMBER 11, 2026
7-11 PM

Costa del Sol

2443 VAUXHALL ROAD
UNION, NJ 07083



TICKETS ON SALE
OCTOBER 1, 2026 - NOVEMBER 20, 2026
OR UNTIL TICKETS SELL OUT

MEMBERS
\$40

NON MEMBERS
\$95



DJ-TAH



COMEDIAN
MONIQUE LATISE



FUN 4 ALL
PHOTOBOOTH

TICKETS ARE NON TRANSFERABLE AND NO REFUNDS.

DID YOU KNOW??

On September 23rd, the Essex County Surrogates Office presented information on Wills, Trusts, Estates, and More.



Alturrick Kenney
Surrogate



Devero McDougal, Esq., CPA (inactive)
Deputy Surrogate

The webinar was led by Surrogate, the Honorable Alturrick Kenney, with support by Deputy Surrogate Devero McDougal, Esq, and guest speaker Dr. Willie L. Parker, Attorney at Law.

Highlights include:

- The use of a durable power of attorney to take actions on behalf of an elderly parent while they are alive, such as applying for benefits or dealing with government offices such as tax authorities or the MVC.
- The necessity of a medical power of attorney to make medical decisions for someone who may be unable to. See also advanced medical directives.
- The importance of reviewing assets, such as life insurance policies, pensions, and investments, every three to five years to keep beneficiary information up to date as the family changes.
- The purpose of creating a will so a person can decide who gets how much, of what asset or who gets a particular family heirloom.
- Having an inventory of assets and contacts within easy reach should the need arise, such as a fridge envelope.

The Surrogate's office also has information available, as well as document envelopes to prepare yourself or a loved one.

DID YOU ALSO KNOW??

On October 6th, the Public Employees Supervisors' Union hosted an online meeting with the honorable Patricia Guerra-Frazier, the Township of Union, New Jersey's first Latina Mayor!



Patricia Guerra-Frazier is a loving wife, proud mother of two young adult children, dedicated educator, community leader, and public servant whose life has been defined by service, advocacy, and a commitment to empowering others.

An educator with 26 years of experience and Doctoral Candidate.

Sister of the Emerge NJ program

– geared towards moving women toward elected office.

<https://nj.emergeamerica.org/>

Founder and Director at H.O.P.E. Inc.

(Hispanic Organization for People's Empowerment)

Featured speaker at the 2026 Institute of Public Policy & Diplomacy Research Keynote

<https://www.ippdr.org/awards/program>

COMMEMORATING THE 25TH ANNIVERSARY OF SEPTEMBER 11TH 2001

“At 8:46 in the morning of September 11, 2001, the United States became a nation transformed. [...] More than 2600 people died at the World Trade Center; 125 people died at the Pentagon; 256 people died on the four planes. The death toll surpassed that at Pearl Harbor in December 1941.”

– From The 9/11 Commission Report’s Executive Summary
https://govinfo.library.unt.edu/911/report/911Report_Exec.pdf

November 2001 – Aviation and Transportation Security Act
“President Bush signed the Aviation and Transportation Security Act into law requiring screening conducted by federal officials, 100 percent checked baggage screening, expansion of the Federal Air Marshal Service and reinforced cockpit doors. TSA is created to oversee security in all modes of transportation.”

– From the Transportation Safety Administration website
<https://www.tsa.gov/timeline>

“As of May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.”

– From the NJ Motor Vehicles Commission website
<https://www.nj.gov/mvc/realid/>

“Twenty-four years after September 11th, a startling truth remains: the CDC estimates that 400,000 to 500,000 people were exposed to toxic 9/11 dust.”

– From the WTC Victim Compensation Fund website
<https://www.wtcvictimfund.com/news/wall-streets-forgotten-9-11-victims-cdc-data-shows-hundreds-of-thousands-havent-filed-claims>

“A quarter century after the September 11, 2001 attacks, 100 million Americans are too young to remember the day that changed our city and nation forever. It is our shared promise — made 25 years ago — to never forget so those born after 9/11 learn its significance and enduring legacy.”

– From the 9/11 memorial & museum website, 25 years later
<https://www.911memorial.org/markings-25th-anniversary>



PESU AND THE EZE BROOKS SCHOLARSHIP COMMITTEE WISHES TO CONGRATULATE OUR SCHOLARSHIP RECIPIENTS AND OUR OWN SCHOLARS IN THE WORKPLACE!



EZE BROOKS SCHOLARSHIP RECIPIENT
Ade McCoy child of Roslyn Patterson



BOOKS FOR BROOKS SCHOLARSHIP RECIPIENT
Chidinma Chikezie child of Sylvia Prince



MASTER'S DEGREE IN SOCIAL WORK FROM SETON HALL UNIVERSITY
Tanya Robinson, Family Service Supervisor



DOCTORATE'S IN DEVELOPMENTAL PSYCHOLOGY FROM LIBERTY UNIVERSITY
Keisha Clark, Family Service Supervisor



MONEY MOVES



 Gov. Mikie Sherrill and 17 unions agreed to freeze state workers' health contribution rates for 2027 while a new reform effort begins.

 The relief doesn't stop rising costs: Aon recommends a 15.1% premium increase for active state workers in 2027.

 Years of attempted fixes have failed to stabilize NJ's public health plans, with one portion officially described as being in a "death spiral."

<https://nj1015.com/new-jersey-public-employee-health-costs/>

The filing deadline for the ANCHOR, SENIOR FREEZE, and STAY NJ tax relief programs is November 2, 2026. See more below.

<https://nj.gov/treasury/taxation/relief.shtml>

<https://nj1015.com/nj-anchor-benefit-payments/>

Travelers without compliant ID can face a \$45 charge at airport security if they lack another accepted ID. New Jersey is still expanding REAL ID capacity months after travelers began facing consequences for not having one. More than 350,000 REAL IDs have been issued since expanded access started in April.

<https://nj1015.com/njmvc-real-id-locations-expand/>

Do you have a child born 2025 through 2028, who is a US citizen, with a valid social security number,? Do you want a \$1000 check from the Federal Government to help set your child up for their future?

The Working Families Tax Cuts have created Trump Accounts as a part of the One Big Beautiful Bill Act (OBBBA). The Federal Government will contribute \$1000 to each eligible child's account. Employers and individuals can contribute to these accounts as well.

Talk with your tax professional and HR representative for more info.

<https://trumpaccounts.gov/>

<https://www.irs.gov/trumpaccounts>

<https://www.axios.com/2026/01/02/trump-accounts-signup-big-beautiful-bill>

<https://www.fool.com/money/buying-stocks/guides-tools/trump-accounts-for-kids/?msoclid=1d95629ac8da60bf28bd77bfc9bd61d0>

<https://www.forbes.com/sites/kristinmckenna/2026/08/19/what-parents-need-to-know-about-trump-accounts-for-kids/>



Voluntary Benefit Contacts

DEFERRED COMPENSATION COMPANIES

- EQUITABLE – FRANK PETRELLI (973)617-0808
- LINCOLN FINANCIAL – EAMONN GAFFNEY (973)-901-1767
- METLIFE – ERIC MURTHA (732)-623-7881

DISABILITY INSURANCE COMPANIES

- WINSTON BENEFITS REPRESENTATIVE KAREN BOTZENHART (908)208-3839
- TRANSAMERICA (ACCIDENTAL*WELLNESS*LIFE INS*DISABILITY)
CUSTOMER SERVICE (877)970-4315 ** CLAIMS (800)251-7254
- AFLAC CLAIMS (800)992-3522

MEDICAL BENEFITS

- AETNA DMO/PPO MAX (877) 238-6200
- VITAL SAVINGS (AETNA) (888) 238-4825
- AETNA/HORIZON 2035 PLAN (888) 343-2110 (DIFFERENCE CARD INQUIRIES)
 - AETNA (877) 782-8365
 - HORIZON (800) 414-7427
 - OPTUM RX (844) 368-8740

LEGAL SHIELD – JILLETТА RILEY (908) 821-7678 jillett@riley@legalshieldassociate.com

OFFICE OF LGBTQ AFFAIRS (973) 530-9577 LGBTQ@essexcountynj.org

EMPLOYEE ASSISTANCE PROGRAM OFFICE- JOYCE MAUER (973) 395-8470

ABSENCE RESOURCES/FORMERLY FMLASOURCE (888) 228-5157





America's 250th Anniversary

Revolutionary War Word Search



S	D	B	E	L	R	T	R	S	E	C	N	A	V	E	I	R	G
C	E	H	R	S	A	E	A	T	H	G	A	D	M	S	E	R	X
R	L	M	A	I	T	S	V	U	R	Y	S	T	N	C	E	Y	I
A	E	A	I	R	T	I	F	E	D	A	K	C	O	L	B	T	Y
N	G	D	O	Q	K	F	T	U	T	X	D	N	I	I	R	R	N
C	A	I	N	D	Y	E	I	E	S	M	C	R	L	N	A	U	O
H	T	P	O	E	E	E	D	N	N	I	E	A	A	G	C	N	T
T	E	N	R	L	Q	W	N	G	L	O	L	N	T	I	L	N	H
K	S	L	A	O	H	S	U	I	E	Q	Y	Z	T	E	L	I	G
R	I	A	C	I	N	D	A	P	E	N	D	A	A	R	E	O	I
O	V	S	T	O	L	T	N	I	E	Y	O	T	B	E	T	N	N
W	P	A	R	L	I	A	M	E	N	T	Y	A	I	V	Y	S	R
T	R	E	V	O	L	L	E	Y	O	R	I	E	G	O	A	A	E
S	O	S	N	E	F	F	E	J	A	E	R	T	W	S	R	T	T
A	A	U	N	A	L	I	E	N	A	B	L	E	I	N	P	E	S
E	A	M	S	M	O	O	N	S	H	I	N	E	G	O	I	Q	E
R	N	O	T	O	P	Y	E	M	I	L	I	T	I	A	N	A	Y
B	A	S	T	I	O	N	H	I	L	A	Y	S	I	T	A	B	A

Abatis
Apron
Bastion
Battalion
Bayonet
Bigwig
Blockade
Breastwork

Chuffy
Delegate
Fusil
Grievances
Hark
Kedge
Liberty
Militia

Moonshine
Parliament
Petition
Pray tell
Reconciliation
Revetment
Scranch
Shoals

Sovereign
Trunnions
Tyranny
Unalienable
Volley
Yesternight



America's 250th Anniversary

Revolutionary War Word Definitions



- Abatis** - A line of trees, chopped down and placed with their branches facing the enemy, used to strengthen fortifications.
- Apron** - Stone or gabions used to prevent erosion of earthworks.
- Bastion** - A structure projecting outward from the curtain wall of a fortification
- Battalion** - A military unit of 200 to 400 soldiers.
- Bayonet** - A metal blade that could be attached to the end of a musket.
- Bigwig** - A person of importance, often referring to those wearing large wigs.
- Blockade** - Isolation of a place preventing goods or people entering or leaving.
- Breastwork** - Barriers about breast-high protecting soldiers from enemy fire.
- Chuffy** - Surly or impolite.
- Delegate** - Representative chosen by American colonial governments
- Fusil** - A light flintlock musket used by infantrymen.
- Grievances** - A real or imagined wrong or other cause for complaint or protest.
- Hark** - A call to focus on a crucial message or sound,
- Kedge** - In good health, brisk, or lively.
- Liberty** - Centered on defending chartered rights, promoting self-governance.
- Militia** - Males 16-60 years old who were citizen soldiers. Militiamen drilled a few times a year, used their own equipment, and generally received no pay or support from the government.
- Moonshine** - Originally meant moonlight or a trivial thing.
- Parliament** - two-house legislative body (Commons and Lords).
- Petition** - A formal written request appealing to authority.
- Pray tell** - Sarcastic expression that means "please explain" or "do tell me,
- Reconciliation** - The restoration of friendly relations.
- Revetment** - Support for the embankment to protect against erosion, often made of wood, sandbags, gabion, or masonry.
- Scranch** - To crack or crunch something between the teeth.
- Shoals** - A place where a sea, lake, or river is shallow.
- Sovereign** - Shifting from a unitary, monarchical authority (the Crown) to popular sovereignty, where power resides with the people.
- Trunnions** - Cylindrical protrusions on either side of a cannon or mortar used to mount the weapon and as a pivoting point.
- Tyranny** - Corrupted, arbitrary government operating for the ruler's benefit.
- Unalienable** - Unable to be taken away from or given away by the possessor.
- Volley** - A number of bullets or other projectiles discharged at the same time.
- Yesternight** - Last night.

UPCOMING EVENTS

OCTOBER

13th HOUR HAUNTED HOUSE

Starting September 25th through November 1st
105 West Dewey Ave, Wharton NJ 07885

ESCAPE ROOMS & HATCHETS ARE OPEN YEAR ROUND!

13th Hour hosts the most entertaining and original events in the country. We feature 3 Haunted House attractions complete with special effects and movie quality sets. We also feature 10 award winning Escape Rooms and our Haunted Hatchets attraction!

<https://13thhour.com/>



BRIGHTON ASYLUM & ESCAPE ROOMS

Starting September 25th through November 1st
2 Brighton Ave, Passaic, NJ 07055 (border of Clifton)

Once home to the most disturbed minds, Brighton Asylum has lain in decay for nearly 60 years. Now, its doors have reopened, revealing the horrors that have festered in the shadows since 1952. Uncover the dark secrets within—if you dare. Do you have what it takes to survive?

<https://brightonasylum.com/>



LUNAR FAIRE – DARK CARNIVAL

Friday, October 16th , 5PM – 10 PM

\$18.11 incl. \$1.99 Fee/incl. \$1.12 Sales Tax EventBright
East Freehold Showgrounds

1500 Kozloski Road, Freehold, NJ 07728

Come one, come all to our penultimate faire: Dark Carnival! Come clown around with your pals in Freehold. It's a freakshow out here.

Shopping, potions, attractions, food, mayhem, & the best Friday night out you've had in at least a moon!

<https://www.lunarfaire.com/>



MONTCLAIR ZOMBIE WALK

Saturday, October 17, festivities from 2 to 6 p.m.

East Side Mags, in association with Indie Arts

Montclair, brings back the annual ZOMBIE WALK

2026! Get your makeup done, enjoy festivities and good food, and then join a group of zombies of all ages to walk through town.

Make-up is \$5 per person (all ages) and consists of basic zombie make up including face paint and some "blood" (no prosthetics or latex).

<https://eastsidemags.com/pages/signings-more>



JERSEY DEVIL NIGHT MARKET

October 17th , 3PM – 11PM

\$20 General Admission, under 12 free with adult admission

NJ Expo Center, 97 Sunfield Ave, Edison, NJ

Bizarro Stage Acts & Live Music,

A Dozen Tattoo & Piercing Shops

Best “Evil” Costume Contest

Hell Night Film Fest

Pop Up Art Show

Tarot Readings & Taxidermy

<https://www.punkmarket.com/>



Demon Slayers Halloween Bash

Sunday, October 18th 11:30AM-2 PM & 3PM-5:30 PM

\$30 child over two, adults \$15, children under 2 free

Porta Montclair, 499 Bloomfield Ave, Montclair, NJ 07042

Get ready for a Halloween party like no other! 🧛‍♀️ ✨ Essex County Moms & Downtown Montclair are bringing our Demon Hunters Halloween Bash to Porta in Montclair for an afternoon packed with dancing, music, Halloween fun, and activities your kids will LOVE!

Come dressed in your favorite Halloween costume and get ready to dance, sing, create, and celebrate with us!

<https://www.eventbrite.com/e/demon-slayers-halloween-bash-tickets-2002095377168?aff=erelpanelorg>



LUNAR FAIRE - HALLOWEEN SPECTACLE

Saturday, October 24th, 3PM – 10PM

\$29.30 incl. \$2.48 Fee/incl. \$1.82 Sales Tax on EventBright

Sussex County Fairgrounds,

37 Plains Road, Augusta, NJ 07822

We're ending the season with our biggest and weirdest night market yet. 7 hours of spooky and kooky chaos for the whole family to enjoy!

info@lunarfaire.com

<https://www.lunarfaire.com/>

<https://sussexcountyfairgrounds.org/>



Halloween Disco Party

Saturday, October 31st,

\$20 Entertainment Charge

7pm: A La Carte Dinner:

9pm: Showtime

Reservations Recommended - Call (973) 226-8889 Opt. 1

Il Vecchio Café, 234 Bloomfield Ave, Caldwell, NJ 07006

<https://ilvecchiocafe.com/upcoming-events/>

<https://discounlimitedband.com/>



NOVEMBER

DAYLIGHT SAVINGS TIME!

November 1st

Clocks are still scheduled to fall back on Nov. 1.

<https://www.congress.gov/bill/119th-congress/house-bill/139>

<https://www.nj.com/news/2026/08/when-do-clocks-fall-back-in-2026-the-latest-on-daylight-saving-time.html>



WICKED GLUTEN FREE EXPO

November 7th & 8th

Meadowland's Expo Center, Secaucus, NJ

Be ready to buy! 100+ booths of GF brands, bakeries, & eateries, plus celiac nonprofits and other related businesses. They'll be sampling AND selling everything from cookies, cake mixes, waffles, brownies and breads to pasta, pizza crusts, pierogi and more. Samples, Food Trucks, Presentations & demos, Kids play area and crafts, Photo area

<https://wickedglutenfree.com/>



The HORROR RAD MALL MARKET!

November 14th, 10-4

Iron Peak Sports & Events

137 Mountain View Rd, Hillsborough Township, NJ

Focusing on Horror, Jewelry, Pop Toys, Pop Culture, Vintage, Toys, Collectibles and artists and much more!

Also Disney Pin Trading and Card Trading!

Come back to the way the mall used to be!

Shop amazing vendors!

<http://www.newjerseyhorrorcon.com/>



FRIDAY THE 13th DARK MARKET

November 13th 4PM – 11PM

NJ Expo Center, 97 Sunfield Ave, Edison NJ 08837

<https://www.darksidenj.com/>



30th ANNIVERSARY NJ WOMEN'S EXPO & GREAT FOOD EXPO

November 14th Saturday: 10am-5pm

November 15th Sunday: 11am-5pm

NJ Expo Center, 97 Sunfield Ave, Edison, NJ

<https://newjerseywomensexpo.com/>



COLLECT – A – CON

The Nation's Largest Trading Card, Anime, & Pop Culture Convention

Nov 21 Sat: 10am – 6pm & 22 Sun: 10am – 5pm

FREE Admission for Children 7 and under

NJ Expo Center, 97 Sunfield Ave. Edison, NJ

<https://collectaconusa.com/new-jersey-2/>



NEW JERSEY FALL INTERNATIONAL OPEN IBJJF JIU-JITSU CHAMPIONSHIP

November 21 - November 22

Meadowlands Expo Center At Harmon Meadows

355 Plaza Drive Secaucus, NJ 07094

Phone :201-330-7773

<https://ibjjf.com/>



DECEMBER

GERMAN CHRISTMAS MARKET OF NJ

December 4th, 5th, & 6th
Sussex County Fairgrounds
37 Plains Road, Augusta, NJ 07822
Pony rides, petting zoo, carousel spins, Sleigh Rides,
German food, Food Trucks, Train Displays

<https://www.gcmnj.org/>

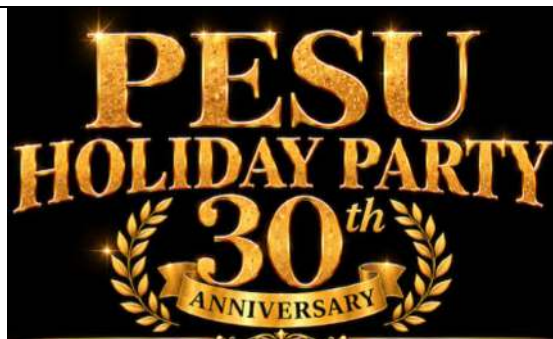


PESU ANNUAL HOLIDAY & 30th ANNIVERSARY PARTY

December 11th, 7-11pm

Costa del Sol,

2443 Vauxhall Rd, Union, NJ 07083



14TH ANNUAL WRECK THE HALLS HOLIDAY SHOPPING EXTRAVAGANZA!

December 12th 10-7 & December 13th 10-4
Meadowlands Expo Center At Harmon Meadows
"A HOLIDAY SHOPPING FEVER DREAM PACKED W/
BIZARRE TREASURES, OFFBEAT ART; ONE-OF-A-KIND
GIFTS; RARE FINDS; ORIGINAL CLOTHING, ON-SITE
TATTOOING AND ABSOLUTELY ZERO BIG BOX STORE
ENERGY!"

<https://www.punkmarket.com/>





Maple-Glazed Butternut Squash with Crispy Sage

This AutoImmune Protocol (AIP)-approved Maple-Glazed Butternut Squash with Crispy Sage recipe is packed with cozy fall flavors and free of common allergens like gluten, dairy, and nightshades. Perfect for a festive fall dinner!



Directions

1. Preheat the oven:

Heat your oven to 400°F (200°C) and line a baking sheet with parchment paper.

2. Prepare the butternut squash:

In a large bowl, toss the cubed butternut squash with coconut oil, maple syrup, cinnamon, ginger, turmeric, and sea salt until evenly coated.

3. Roast the squash: Spread the squash cubes in a single layer on the prepared baking sheet. Roast in the oven for 25-30 minutes, tossing halfway through, until the squash is golden and tender.

4. Crisp the sage: While the squash is roasting, heat a small skillet over medium heat and add a drizzle of coconut or olive oil. Once hot, add the chopped sage leaves and fry for 1-2 minutes until they become crispy but not burnt. Remove from the pan and set aside.

5. Assemble and serve: Once the squash is finished roasting, transfer it to a serving dish. Drizzle with any remaining maple syrup from the pan, then top with the crispy sage leaves. Garnish with pomegranate seeds if desired for a pop of color and extra fall flavor.

Ingredients

- 1 large butternut squash, peeled and cubed
- 2 tbsp coconut oil (or olive oil)
- 2 tbsp pure maple syrup (AIP-compliant, no additives)
- 1 tbsp fresh sage leaves, roughly chopped
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground turmeric (optional for extra flavor and anti-inflammatory benefits)
- Sea salt to taste
- Pomegranate seeds (optional garnish for color and crunch)

<https://curearthritis.org/recipes/maple-glazed-butternut-squash-with-crispy-sage/>