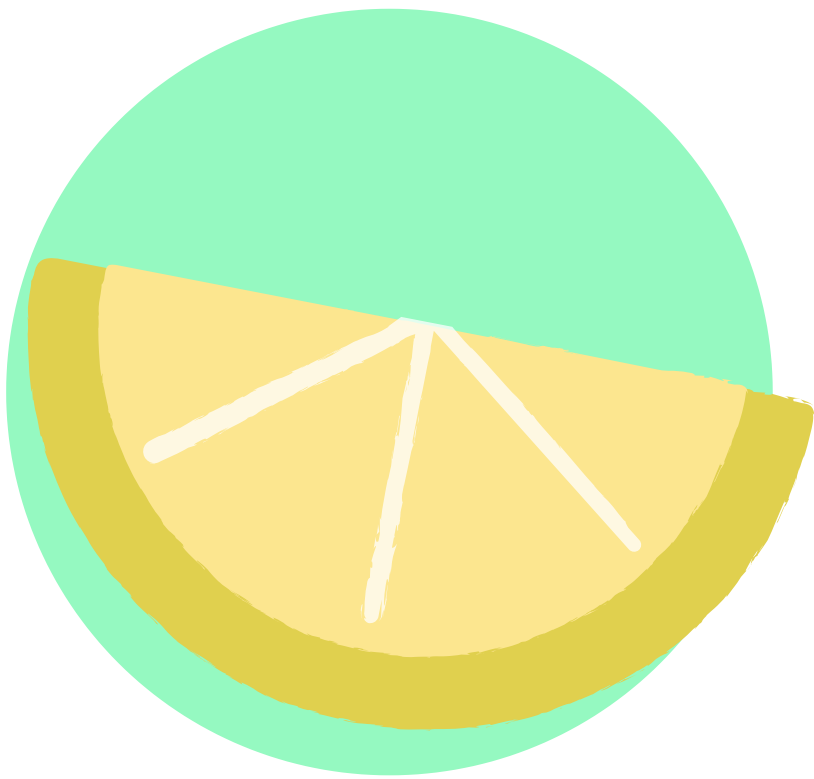
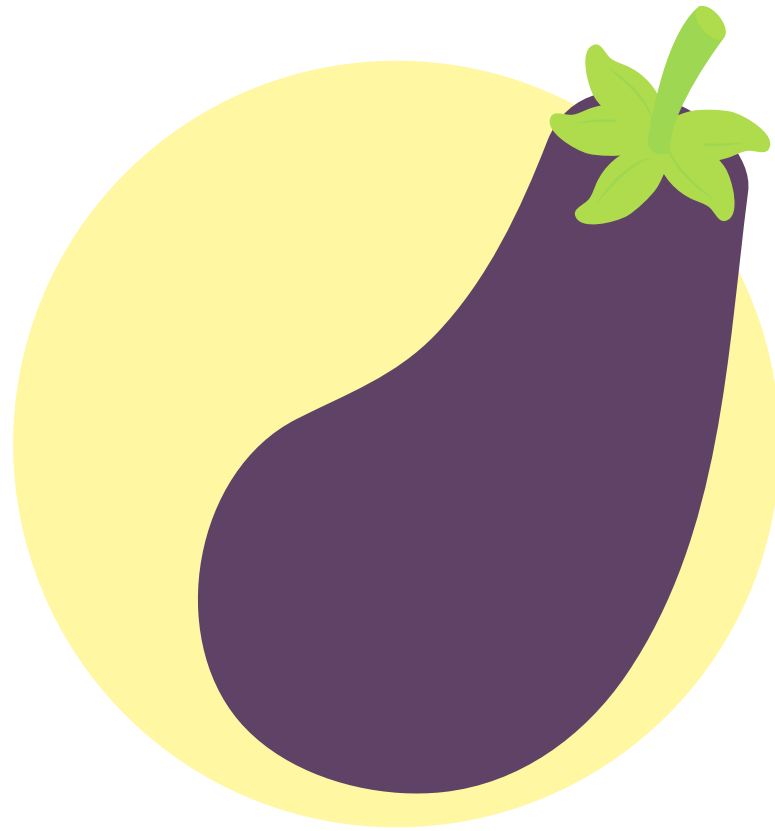


WHAT'S IN SEASON



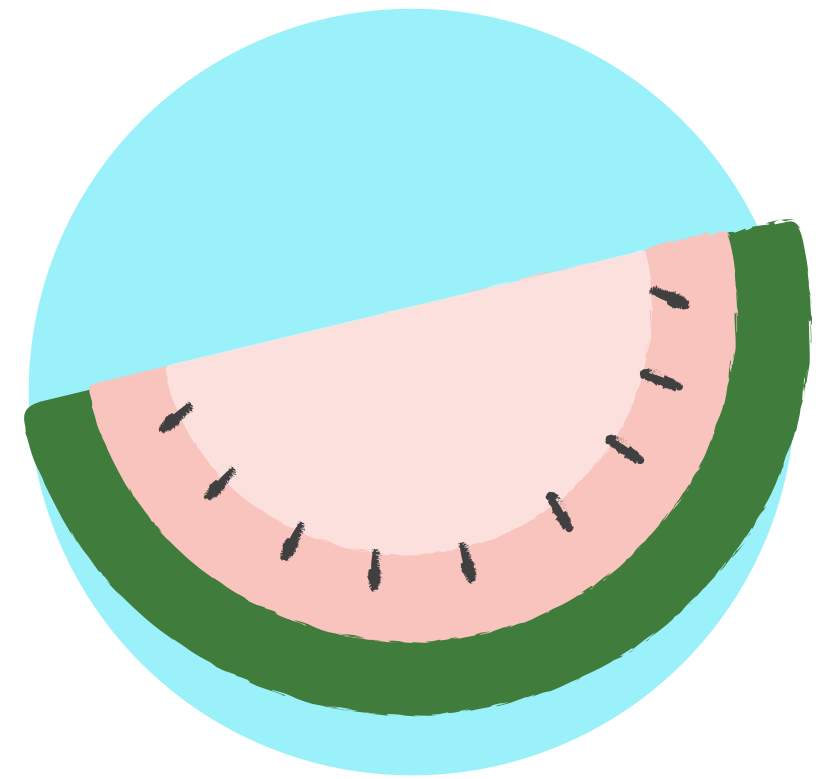
SPRING

Lettuce * Beets * Peas
Peppers * Spinach * Rhubarb
Strawberries * Kale * Celery
Green Onion * Turnip
Asparagus



SUMMER

Artichoke * Lettuce * Beets
Broccoli * Cabbage * Peas
Cauliflower * Cherries * Okra
Peppers * Green Beans * Kale
Carrot * Watermelon * Corn
Summer Squash * Spinach * Onion
Radish * Eggplant * Celery
Apricot * Cucumber * Turnip
Berries * Tomato * Zucchini
Apple * Potato



FALL

Beets * Broccoli * Apple
Pear * Zucchini * Turnip
Squash * Melon * Beans
Eggplant * Celery * Onion
Corn * Tomato * Carrot
Cauliflower * Peas * Cabbage
Peppers * Leeks * Potato
Pumpkin * Cucumber



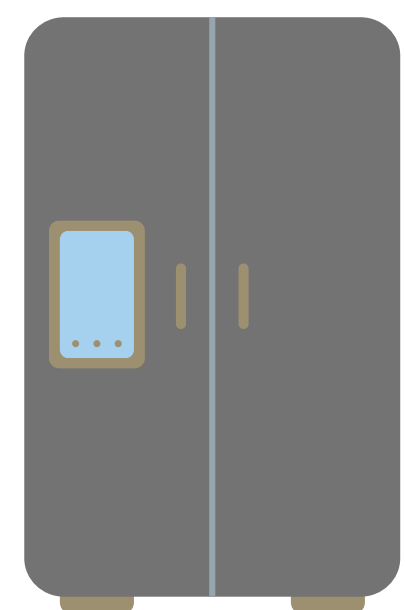
SELECT

- Seasonal produce has the best taste, is easier found and saves money
- A rainbow of colors: each has its own set of power-packed nutrients
- Firm to the touch and brightly colored produce



CLEAN

- Always wash produce in cold water before cooking or enjoying- even if you are going to peel it
- Never use soap or bleach
- Scrub firm produce with a clean brush before slicing



STORE

- Refrigerate all cut, peeled or cooked produce
- Produce needs to breathe- if you put it in a bag, poke holes in it to let the air in
- Help fresh produce last longer by storing in the fridge or on the counter (*depending on what it is*)

This institution is an equal opportunity provider.