

# JANUARY

## HARVEST OF THE MONTH



# SWEET POTATO

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HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY SWEET POTATOES AT HOME!

## Health & Nutrition

Sweet Potatoes have a lot of health benefits!

**Vitamin A**  
Makes  
Your  
Eyes  
**STRONG**

**Vitamin C**  
Keeps  
Immune  
System  
**HEALTHY**

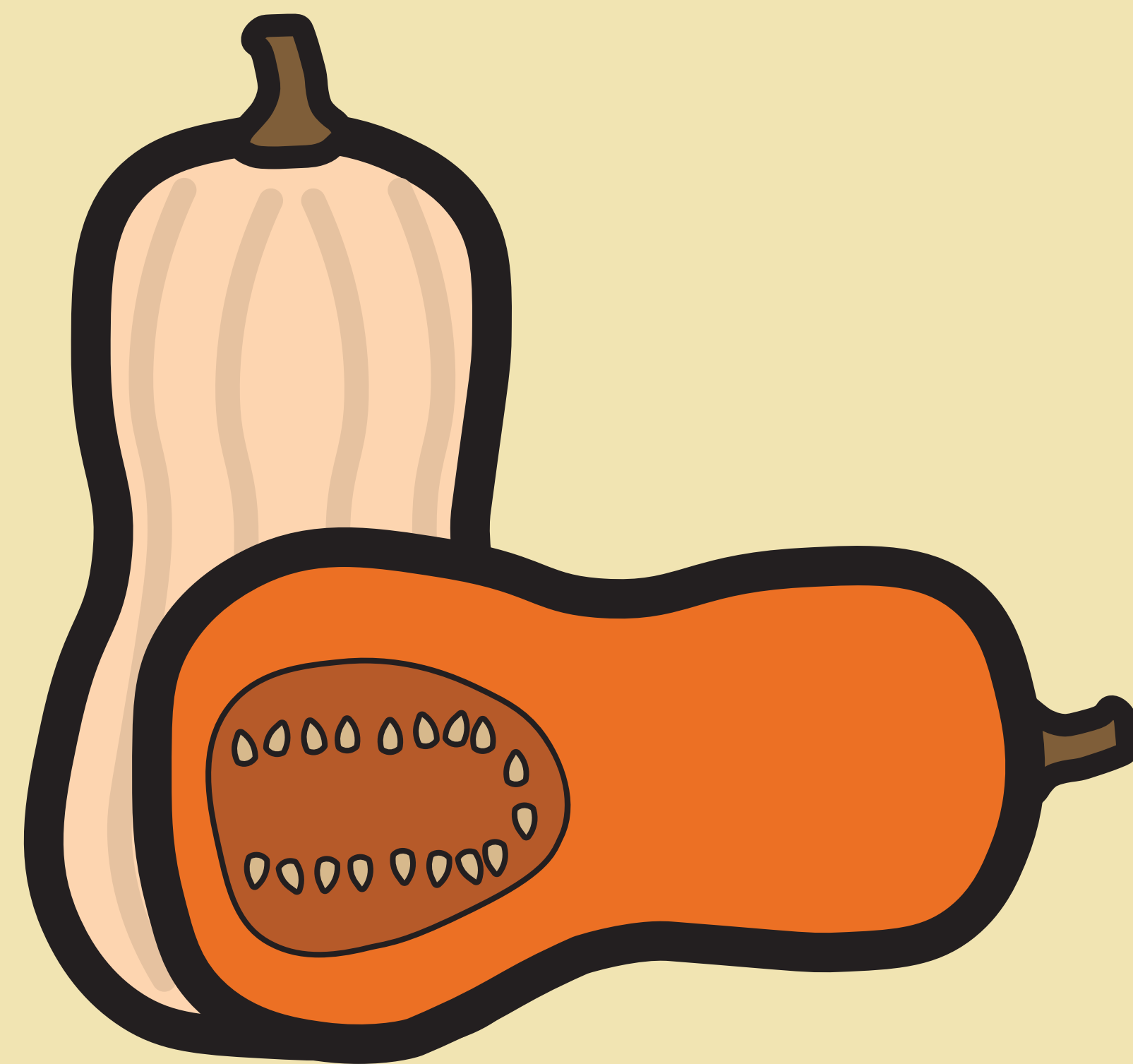
**Potassium**  
Helps the  
Heart &  
Muscles  
**WORK  
BETTER**

# ? DID YOU KNOW

George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.

# FEBRUARY

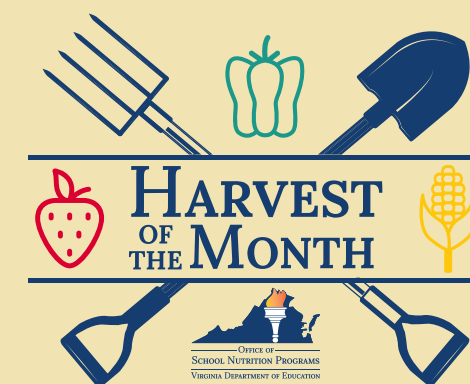
## HARVEST OF THE MONTH



# BUTTERNUT SQUASH



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## TRY BUTTERNUT SQUASH AT HOME!

### Health & Nutrition

Butternut Squash is Fat-Free, Cholesterol-Free, Sodium-Free and a good source of Fiber.

Butternut Squash even has more Potassium than Bananas!

They also are a source for vitamins and minerals like Vitamin A, Vitamin C, Calcium, Iron, and Magnesium.

# ? DID YOU KNOW

Butternut squash seeds can be eaten as a nutritious snack food, just like pumpkin seeds.

# MARCH

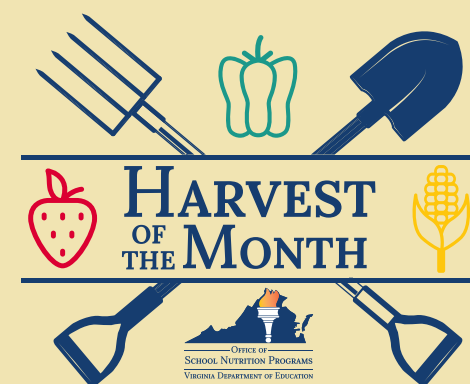
## HARVEST OF THE MONTH



# KALE



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## TRY KALE AT HOME!

### Health & Nutrition

Kale is one of the most nutrient-packed foods on the planet!

The leaves of kale are edible and provide an excellent source of: Vitamin A, Vitamin C, Vitamin K, Calcium, and Iron

In addition to these beneficial nutrients, kale is rich in antioxidants, which have been shown to have anti-cancer and anti-inflammatory effects on the body.

## ? DID YOU KNOW

Kale is in the Brassica family and its Latin name means 'cabbage of the vegetable garden without a head.' There are many varieties. Red Russian kale is the most tender, while Lacinato (or Dinosaur) kale feels almost like plastic between your fingers!

# APRIL

# HARVEST OF THE MONTH



# LETTUCE

## TRY LETTUCE AT HOME!

### Health & Nutrition

Lettuce has no fat and is a source of Vitamin A, potassium and fiber. The spine and ribs of lettuce provide dietary fiber while vitamins and minerals are concentrated in the delicate leaf portion.

The darker the leaf, the more nutrients it has!

## ? DID YOU KNOW

Lettuce started out as a weed in the Mediterranean and is now the second most popular fresh vegetable in the United States (behind potatoes).



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# MAY

## HARVEST OF THE MONTH



# STRAWBERRIES

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## TRY STRAWBERRIES AT HOME!

### Health & Nutrition

Strawberries are not only delicious, but a fantastic source of Vitamin A, Vitamin C, Vitamin E, Manganese, and Potassium.

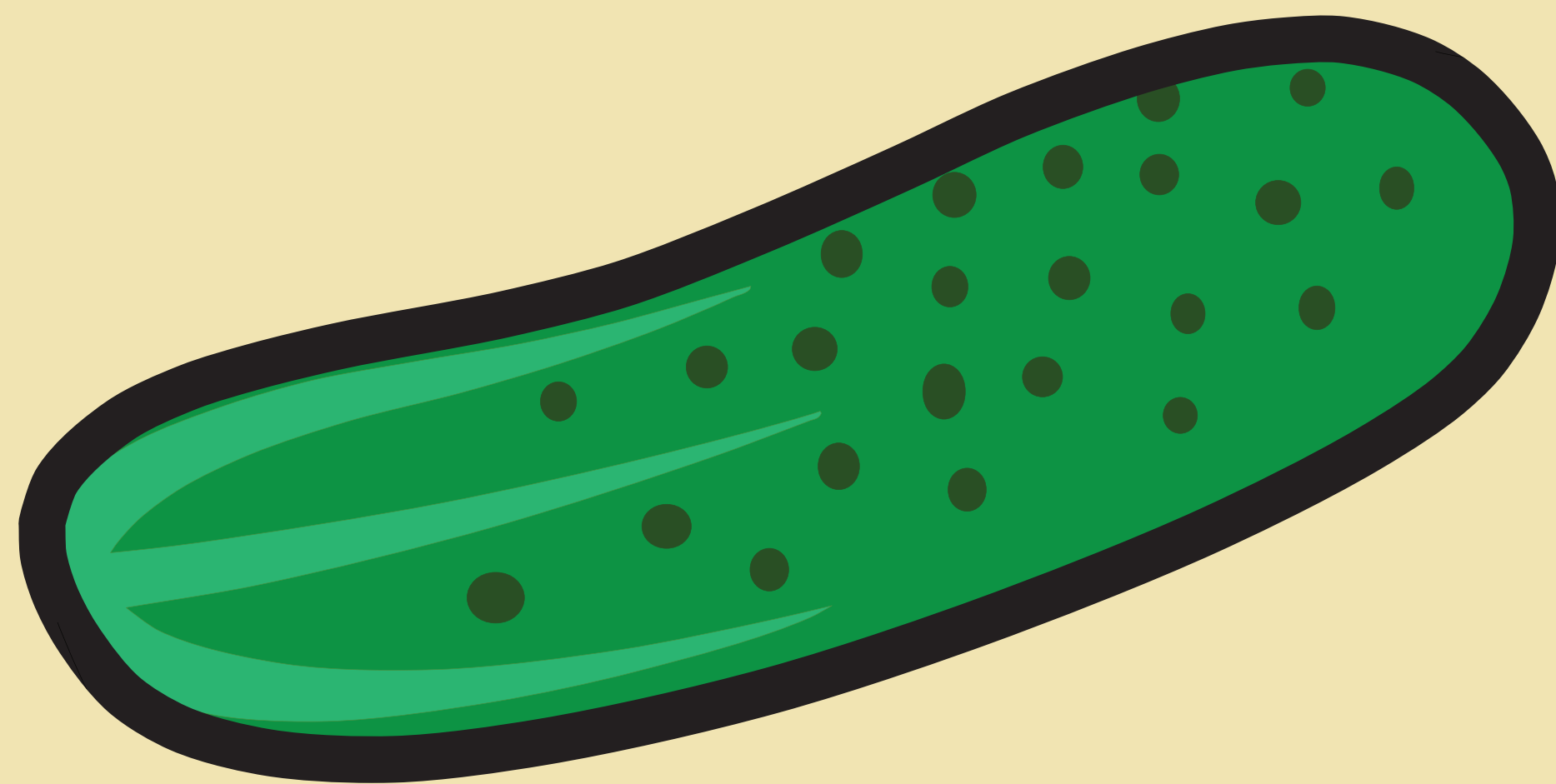
One cup of strawberries contains over 100% of your recommended intake of Vitamin C! Vitamin C helps your body fight off infections and can help increase the absorption of iron from foods.

# ? DID YOU KNOW

The average strawberry has 200 seeds coating the outside of it!

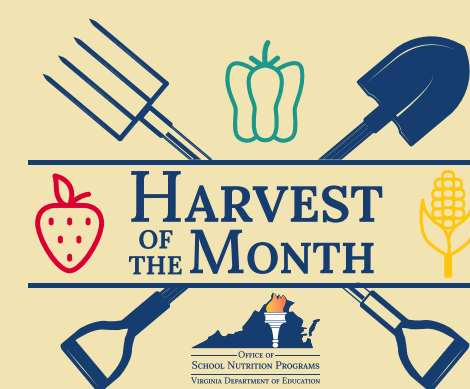
# JUNE

## HARVEST OF THE MONTH



# CUCUMBERS

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## TRY CUCUMBERS AT HOME!

### Health & Nutrition

Cucumbers are low in fat, sodium and calories. One half cup of sliced cucumbers has just 8 calories. The skin of the cucumber is a great source of dietary fiber too.

Cucumbers also contain: Vitamin C, Vitamin K, Potassium, Chlorophyll, Vitamin A, Magnesium, Phosphorus, and Magnesium.

## ? DID YOU KNOW

If you're feeling tired in the afternoon, grab a cucumber! There are enough carbohydrates and B vitamins to give you a long-lasting and healthier boost of energy than soda, coffee, or even energy drinks.

# JULY

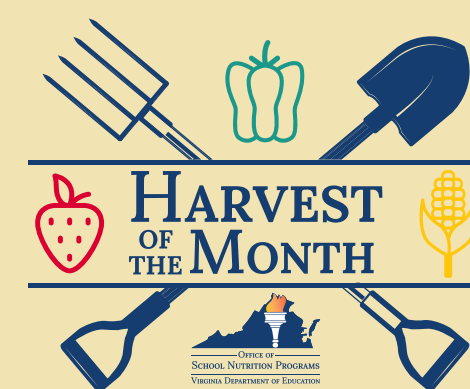
## HARVEST OF THE MONTH



# ZUCCHINI



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## TRY ZUCCHINI AT HOME!

### Health & Nutrition

Due to its high water content, zucchini is low in calories, carbs and sugars. It is also a good source of dietary fiber.

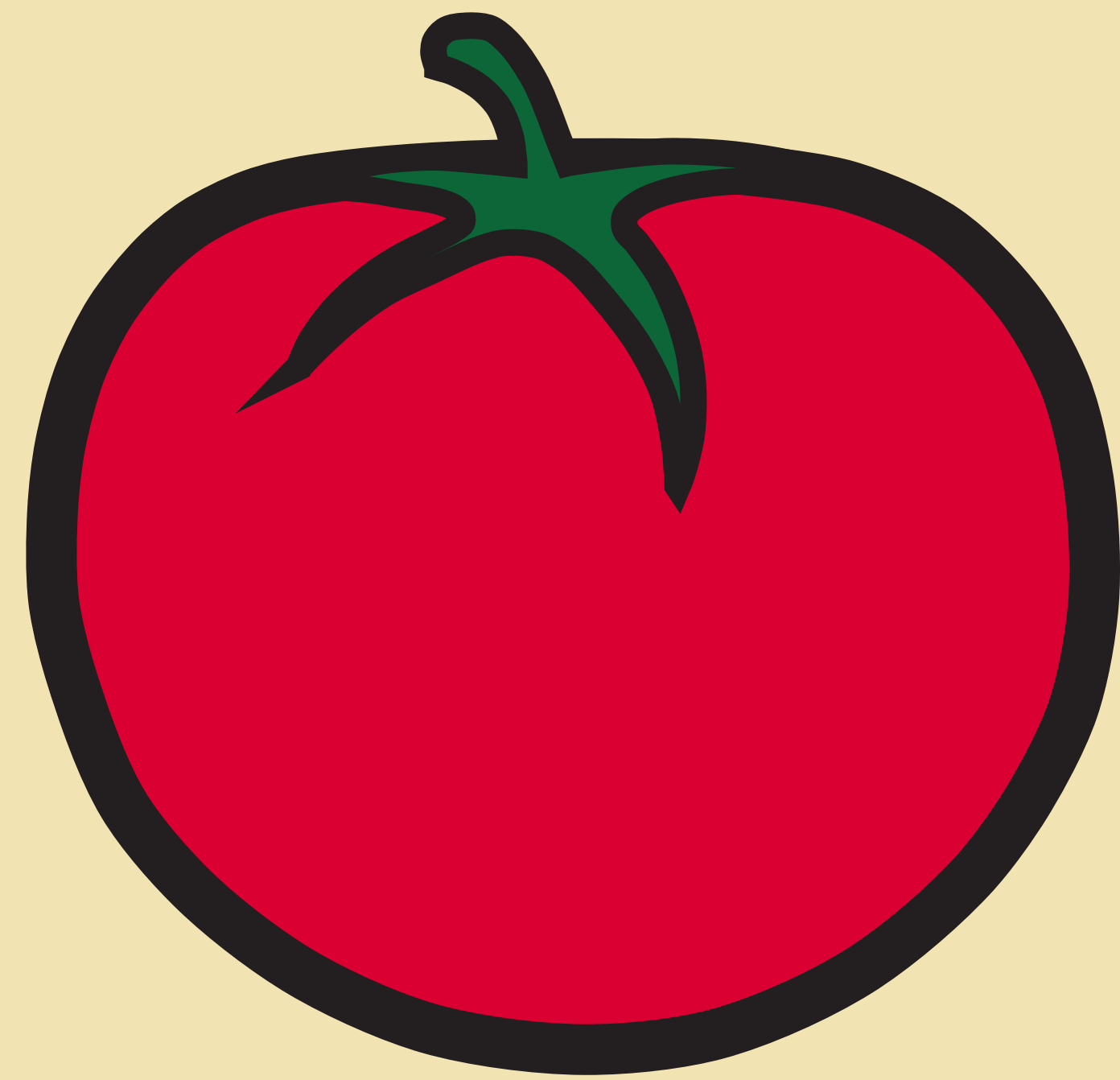
Zucchini is high in essential nutrients and antioxidants like: Potassium, Manganese, Vitamin C, and Vitamin A.

# ? DID YOU KNOW

Biggest is NOT the best. The most flavorful zucchinis are small to medium-sized and the darker the skin, the richer the nutrients.

# AUGUST

## HARVEST OF THE MONTH



# TOMATO

## TRY TOMATOES AT HOME!

### Health & Nutrition

Tomatoes are low-calorie vegetables that are rich in lycopene, an antioxidant that's good for the heart and effective against certain cancers.

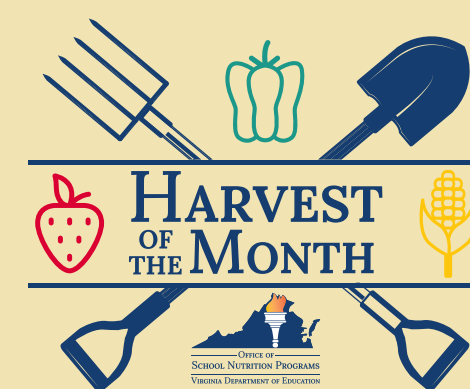
They are also packed with healthy nutrients and minerals, including: Vitamin A, Vitamin C, Vitamin K, Folate, Calcium, and Potassium.

# ? DID YOU KNOW

Tomatoes are 93-95% water, a higher percentage of water than watermelon!



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# SEPTEMBER

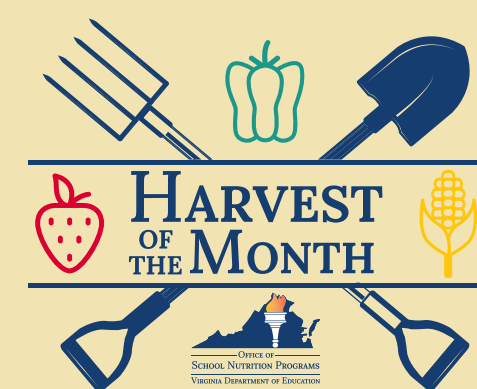
## HARVEST OF THE MONTH



# SWEET BELL PEPPERS



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## TRY SWEET BELL PEPPERS AT HOME!

### Health & Nutrition

Sweet peppers are low in calories and an excellent source of dietary fiber.

They are also packed with healthy nutrients and minerals, including: Vitamin C, Vitamin B6, Vitamin A, Folate, and Molybdenum.

Compared to green bell peppers, the red ones have almost 11 times more beta-carotene and 1.5 times more Vitamin C, and they are sweeter!

# ? DID YOU KNOW

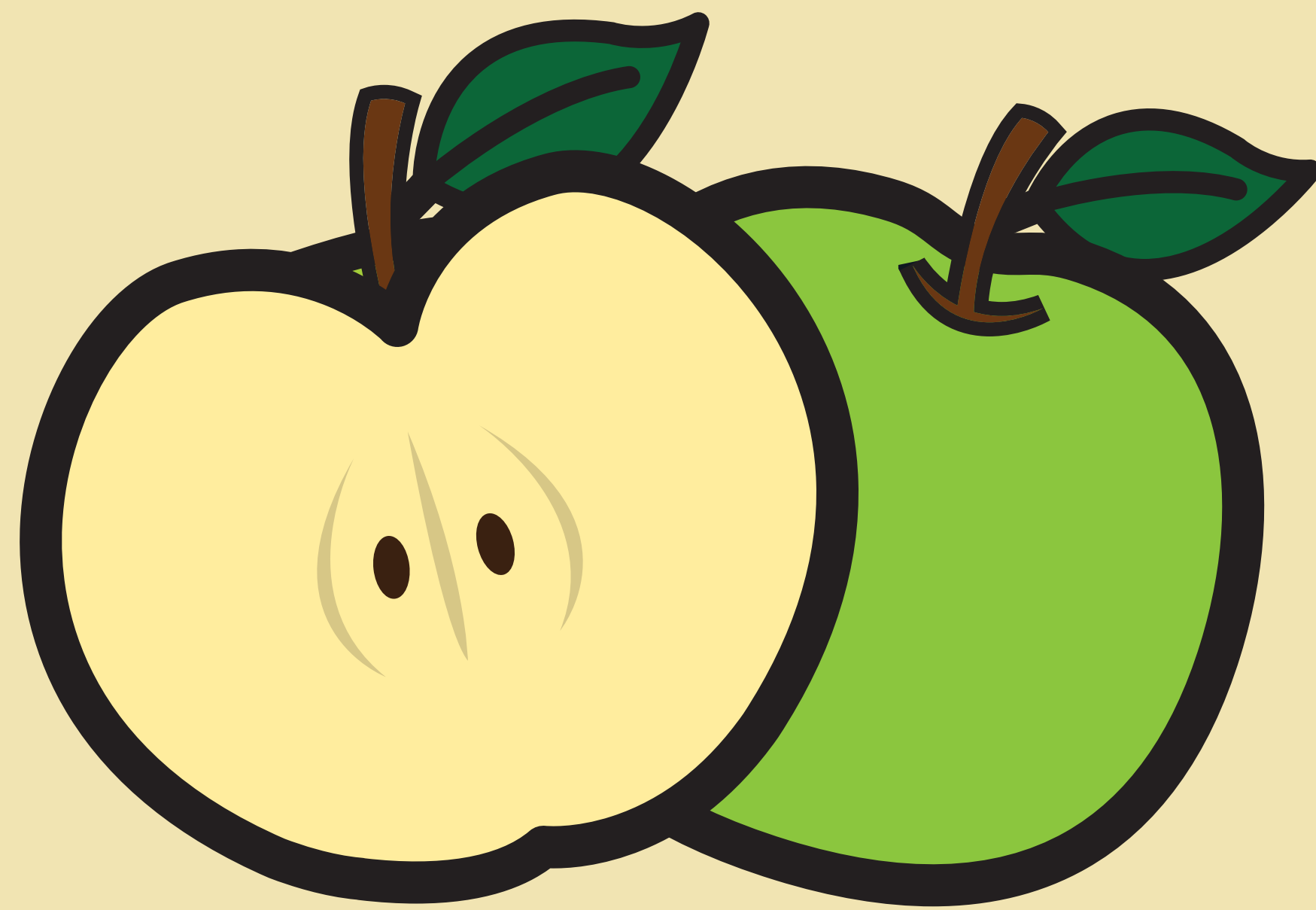
Green peppers are simply red, orange, yellow, or purple peppers that have not ripened.

# OCTOBER

## HARVEST

OF THE

# MONTH

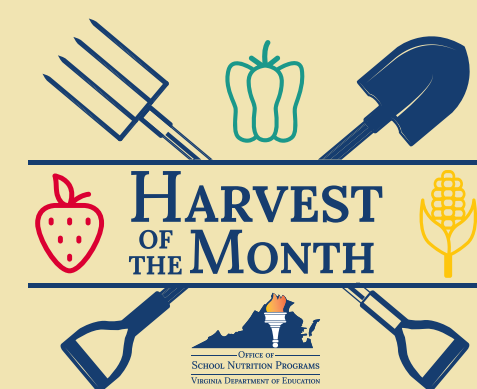


# VIRGINIA GROWN

## APPLES



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# TRY

# APPLES

## AT HOME!

## Health & Nutrition

Apples are low in fat and calories, and they are completely free of cholesterol. They are a good source of fiber to help your gut and they can help keep your body strong!

Apples are also high in Vitamin C.

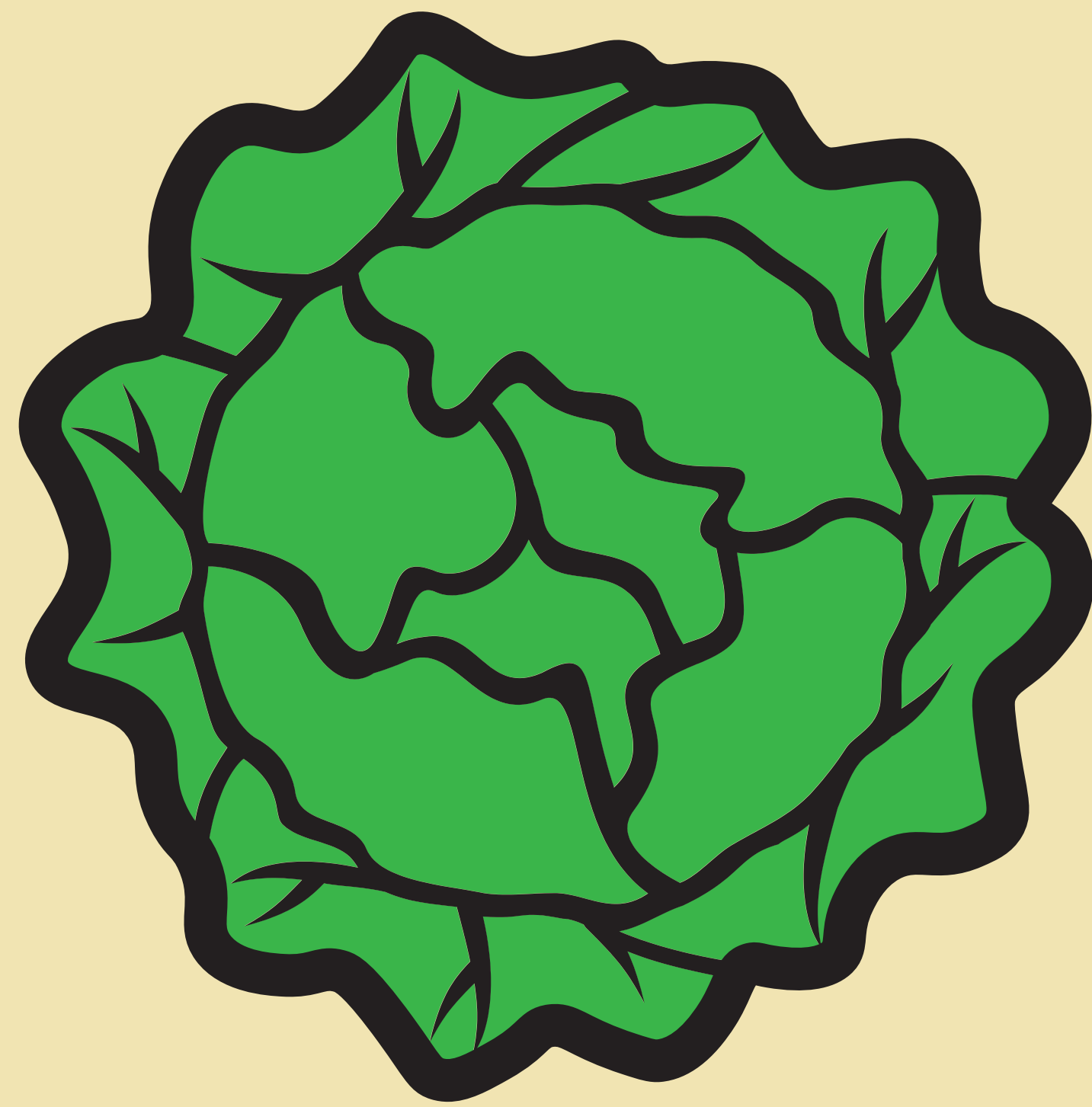
# ? DID YOU

# KNOW

If the setting is right, some apples are able to be stored for over 5 months without going bad! Winesap, Gingergold, and Stayman are apple varieties that grow well in Virginia.

# NOVEMBER

## HARVEST OF THE MONTH



# CABBAGE



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## TRY CABBAGE AT HOME!

### Health & Nutrition

Cabbage is a good source of: Vitamin K, Vitamin C, Fiber, Electrolytes and minerals.

Which cabbage you choose makes a difference in its health benefits. Lightly steamed cabbage has cholesterol-lowering and high fiber benefits. Red cabbage has high levels of vitamins. Savoy cabbage has shown unique cancer preventive properties. Raw cabbage is low in saturated fat. The take away – enjoy a variety of cabbage types several times a week.

# ? DID YOU KNOW

The heaviest cabbage ever recorded was 138.25 lbs and was grown in 2012 in Palmer, Alaska.

# DECEMBER

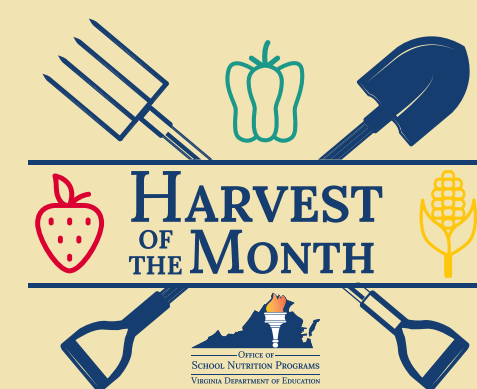
## HARVEST OF THE MONTH



# SPINACH



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## TRY SPINACH AT HOME!

### Health & Nutrition

Spinach is low in calories and has a substantial amount of dietary fiber.

One cup of spinach contains 181% of daily Vitamin K, 56% of daily Vitamin A, 15% of daily folate, and 14% of daily Vitamin C recommendations. It also contains: Riboflavin, Vitamin E, Vitamin B6, Manganese, Magnesium, Iron, and Potassium.

# ? DID YOU KNOW

When choosing spinach, pick the most tender, brightest green leaves because they have the highest concentration of Vitamin C.