

SPOTLIGHT ON PRODUCE

BUTTERNUT SQUASH

Butternut squash is loaded with Vitamin C which is necessary for the production of collagen, the main protein in your skin. You can bake, mash or fry butternut squash and use in both sweet and savory dishes!



HARVEST DELIGHT

SWEET POTATOES

Sweet potatoes are a super food, helping our immune systems and keeping our muscles, bones and tissues healthy! All of the sweet potato is edible, even the skin.

CRANBERRIES

The cranberry is one of only a handful of major fruits native to North America. They grow on low-running vines in sandy bogs and marshes. Some bogs are more than 100 years old and are still producing!

CARROTS

Carrots aren't just for bunnies, they are a super food for humans! They are called root vegetables because they grow underground. The average American eats more than 10 pounds of carrots per year!