

SPOTLIGHT ON PRODUCE

BUTTERNUT SQUASH

Butternut squash is loaded with Vitamin A. A single cup provides more Vitamin A than most people need in a day. Vitamin A is important for eye health and immune functions.

CARROTS

The first carrots grown were not orange. People started growing carrots 5,000 years ago but they were all white, black, purple, red or yellow, not orange.

RUTABAGA

Rutabagas are a cross between a turnip and cabbage. The root flesh is a creamy to light yellow color and is slightly bitter tasting.

PARSNIPS

Parsnips are cream-colored, carrot-shaped root vegetables that are a member of the parsley family. They can be eaten raw but are often roasted, boiled, fried, or steamed.

DICED HARVEST BLEND

