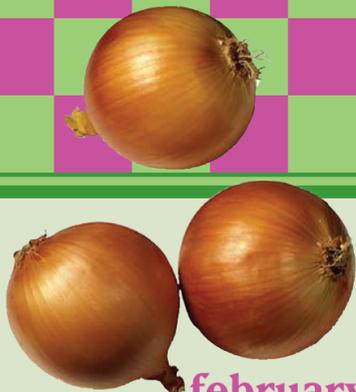




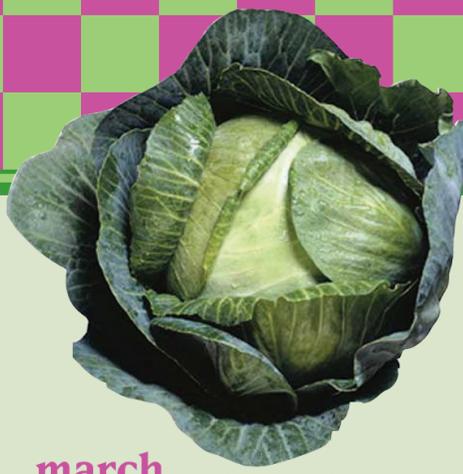
january

Potatoes are an excellent source of iron, needed for healthy blood.



february

Onions are high in folate, which may reduce risk of heart disease.



march

Cabbage is high in vitamin C, which helps reduce the risk of cancer.



april

Cider, made from apples, is high in vitamins C and A, which help regulate your immune system.



december

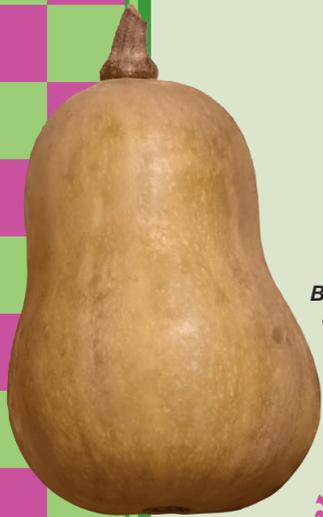
Apples are low in sodium, cholesterol free and high in fiber.

Locally Grown



may

Leafy greens are rich in calcium, which is important for strong teeth and strong bones.



Butternut squash is a good source of vitamin C, which helps prevent heart disease.

november

Food



june

Strawberries are high in antioxidants which are thought to slow the aging process.

october

Carrots are high in vitamin A which improves vision and helps your body fight infections.

Served

Here!

Massachusetts foods are always in season.



september

Tomatoes are a good source of vitamin A for better vision and vitamin E for healthier skin and a better immune system.

