

When to look for fresh, local FRUITS & VEGGIES

A guide to produce availability in September



Squash

- Reduces blood sugar levels and cholesterol
- Contains antioxidants that reduce inflammation in your joints



Pumpkin

- High in vitamin A which helps protect your vision
- Seeds are high in antioxidants that can slow cancer growth



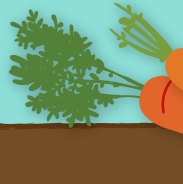
Eggplant

- Contains multiple B vitamins which help ease anxiety and stress
- Has phytonutrients that improve circulation



Potatoes

- High in potassium which helps maintain your blood pressure
- Good source of vitamin B6 which is critical for creating red blood cells



Carrots

- High in vitamin A which can help protect your vision
- Reduce blood sugar levels and cholesterol



Broccoli

- Has calcium and vitamin K which are important for bone health
- High in antioxidants that can help reduce risk of cancer



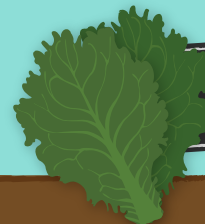
Cabbage

- High in vitamin C and sulfur which helps detoxify your body
- Rich in nutrients that promote mental function



Rutabaga

- High in fiber which improves your digestion
- Contains vitamin C which helps to support tissue repair and immunity



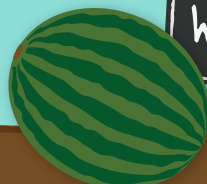
Kale

- Helps lower cholesterol and may reduce the risk of heart disease
- High in iron which helps prevent fatigue



Sweet Corn

- Contains high levels of thiamine which is needed for brain cell and cognitive function
- Has antioxidants that help protect your vision



Watermelon

- Contains lycopene which is important for heart and bone health
- Helps the liver process ammonia and eases strain on your kidneys



Cantaloupe

- High in vitamin C which helps boost your immunity
- Contains potassium which helps reduce your blood pressure



Apples

- High in fiber which improves your digestion
- Excellent source of vitamin C which helps boost your immunity



Cherries

- Good source of antioxidants which help fight cancer and heart disease
- Help fight inflammatory conditions like arthritis



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