

When to look for fresh, local FRUITS & VEGGIES

A guide to produce availability in July and August



Beets

- Improves your blood flow and lowers blood pressure
- Has nitrates that help to boost your stamina



Turnips

- Contains vitamin C which helps to support tissue repair and immunity
- Good source of calcium and potassium



Radish

- Aid in digestion by helping to break down and eliminate food toxins
- High in vitamin C which supports your immunity



Lettuce

- High in fiber which improves your digestion
- Has vitamin C and beta-carotene which keep your heart healthy



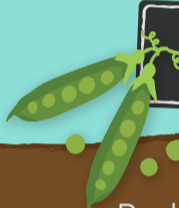
Cucumber

- Contains multiple B vitamins which help ease anxiety and stress
- Has an anti-inflammatory flavonol that helps improve your memory



Zucchini

- Has dietary fiber that helps to lower your cholesterol levels
- High in magnesium which reduces your risk for heart attack



Peas

- Packed with iron which helps prevent fatigue
- Contains vitamin K which helps with blood clots



Beans

- High in fiber which improves your digestion
- Contain carotenoids which can help reduce risk of cancer



Carrots

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



Strawberries

- Contains antioxidants that reduce inflammation in your joints
- Excellent source of vitamin C which helps boost your immunity



Blueberries

- High in fiber which improves your digestion
- Contain antioxidants that decrease inflammation in your body



Raspberries

- Help fight inflammatory conditions like arthritis
- High in antioxidants that can help fight aging and slow cancer growth



Cauliflower

- Boosts your heart health and improves blood pressure
- Contains the B vitamin choline which helps with brain development



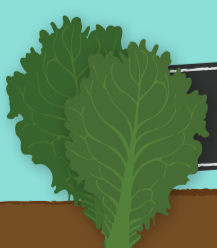
Potatoes

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



Tomatoes

- Contains nutrients that help with the reduction of heart disease
- Rich in carotenoids which can help reduce risk of cancer



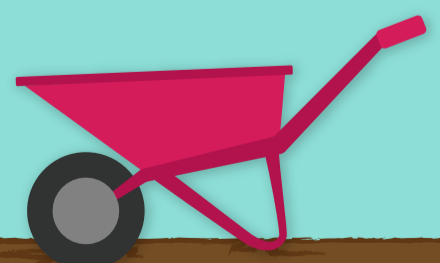
Kale

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



Leeks & Onions

- Contains folate which may help improve your mood and sleep well
- Aids in the prevention of stomach and colorectal cancers



Marshfield Clinic

Don't just live. Shine.