

When to look for fresh, local FRUITS & VEGGIES

A guide to produce availability in June



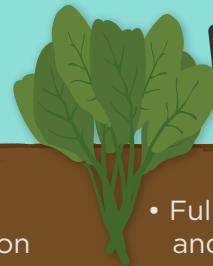
Asparagus

- Helps insulin do its job transporting glucose
- Rich in carotenoids which can help reduce risk of cancer



Lettuce

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



Spinach

- Full of vitamins, minerals and antioxidants
- Good source of dietary potassium and iron



Herbs

- Helps strengthen your immune system
- Reduce blood sugar levels and cholesterol
- Has anti-inflammatory properties



Tomatoes

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



Peppers

- Boosts your metabolism and helps control your cholesterol
- Rich in carotenoids which can help reduce risk of cancer



Rhubarb

- High in fiber which improves your digestion
- Contains vitamin K which helps with blood clots



Strawberries

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



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