







NEW HAMPSHIRE
HARVEST of the MONTH
FARM FRESH!



CELEBRATE OUR MONTHLY HARVEST IN AUGUST

LOCAL TOMATOES

-  Nutrient-dense superfood
-  Fourth most popular fresh vegetable
-  Fight cancer, reduce blood pressure
-  Promote eye health



FRESHLY HARVESTED FOR YOU AT THESE LOCAL NH FARMS:

- MEADOWSTONE FARM • STOCKWELL FARM • KREBS FARM • WHITE OAKS POND FARM
MANN'S HILL FARM • NORTHERN WOODS GARDEN CTR • NEW EARTH ORGANIC FARM
BROOKFORD FARM • NEW HAMPSHIRE COMMUNITY SEAFOOD

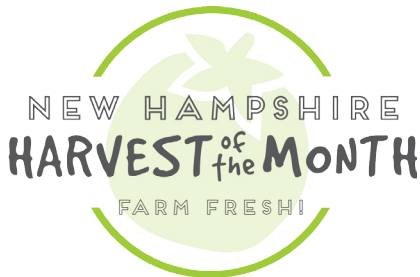
TOP 5 REASONS TO EAT LOCAL

1. FRESHER AND MORE NUTRITIOUS FOOD.
2. BETTER FOR THE ENVIRONMENT.
3. PRESERVE BEAUTIFUL NATURAL SCENERY AND OPEN SPACES.
4. SUPPORT A DIVERSE AND VIBRANT LOCAL ECONOMY.
5. FOSTER COMMUNITY AND CONNECTION

LIVE BETTER: EAT LOCAL / BUY LOCAL!

Want to learn more? www.nhharvestofthemonth.org

Funding for Harvest of the Month is made possible, in part, with a Rural Business Development Grant from USDA Rural Development.



CELEBRATE OUR MONTHLY HARVEST IN AUGUST

LOCAL BISON



Rich source of complete protein



Contains all 8 essential amino acids



Source of energy for muscles



High in vitamins & minerals like B-12, iron & zinc

LOCAL BEEF

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