

CELEBRATE OUR MONTHLY HARVEST IN JUNE

LOCAL SEAFOOD

- High in top quality protein
- Low in cholesterol, and can reduce the risk of heart disease
- High in omega 3 fatty acids, which are especially good for the brain, the eyes and the heart
- High in B vitamins & minerals, and is an excellent source of iodine, zinc, potassium and phosphorus
- Low in fat, averaging less than 2% fat

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



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LOCAL HERBS

-  High in antioxidants
-  Have antibacterial and antiviral properties
-  High in anti-inflammatory properties
-  High in B-vitamins and trace minerals



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