



CELEBRATE OUR MONTHLY HARVEST



MAY



LOCAL EGGS

 High in proteins, vitamins & minerals  Full of essential fatty acids  Come from happy chickens

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

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 MIXED GREENS

✿ High in antioxidants ✿ Improve metabolism ✿ High in vitamins A, C & K ✿ Good for heart health

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