

CELEBRATE OUR MONTHLY HARVEST IN NOVEMBER

LOCAL TURKEY



Low fat



Lowers cholesterol



High protein



Delicious!

FRESHLY HARVESTED FOR YOU AT THESE LOCAL NH FARMS:

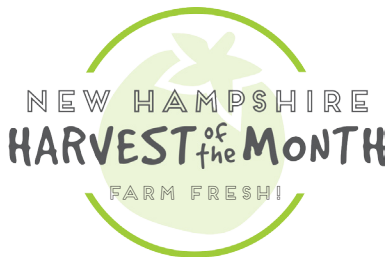
MEADOWSTONE FARM • STOCKWELL FARM • KREBS FARM • WHITE OAKS POND FARM
MANN'S HILL FARM • NORTHERN WOODS GARDEN CTR • NEW EARTH ORGANIC FARM
BROOKFORD FARM • NEW HAMPSHIRE COMMUNITY SEAFOOD

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 WINTER SQUASH

-  Supports the immune system
-  Rich in fiber, vitamins, minerals
-  Potent source of antioxidants
-  Boosts digestive efficiency

LOCAL PUMPKINS

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