

CELEBRATE OUR MONTHLY HARVEST IN OCTOBER

LOCAL PORK



Nutrient dense



Zero trans-fat



Good for skin, bones
and teeth

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







NEW HAMPSHIRE
HARVEST of the MONTH
FARM FRESH!



CELEBRATE OUR MONTHLY HARVEST IN OCTOBER

LOCAL KALE

-  Kale is the queen of greens
-  Kale is low calorie, high fiber, zero fat
-  Apples increase bone density
-  Apples lower serum cholesterol

LOCAL APPLES & CIDER

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