

# CELEBRATE OUR MONTHLY HARVEST IN SEPTEMBER

## LOCAL CHICKEN



High protein



Rich in vitamins & minerals



Low fat



Promotes weight loss

FRESHLY HARVESTED FOR YOU AT THESE LOCAL NH FARMS:

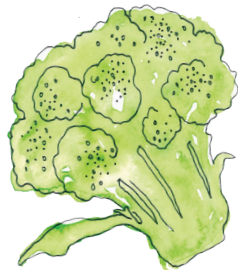
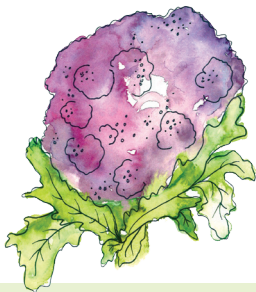
MEADOWSTONE FARM • STOCKWELL FARM • KREBS FARM • WHITE OAKS POND FARM  
MANN'S HILL FARM • NORTHERN WOODS GARDEN CTR • NEW EARTH ORGANIC FARM  
BROOKFORD FARM • NEW HAMPSHIRE COMMUNITY SEAFOOD

## 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](http://www.nhharvestofthemonth.org)



## CELEBRATE OUR MONTHLY HARVEST IN SEPTEMBER

### LOCAL BROCCOLI



Nutritional all-stars



More vitamin C than an orange



Cancer fighting compounds



Rich in vitamins, minerals & fiber

### LOCAL CAULIFLOWER

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