



GRINNELL FARMERS MARKET

SEASONAL GUIDE

JULY

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SEASONAL GUIDE FOR FARMERS MARKET



CHEDDAR CAULIFLOWER

**HELPS MOVE FAT OUT OF YOUR
LIVER; SUPPORTS MEMORY,
MOOD AND MUSCLE CONTROL**



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BELL PEPPERS

**GREAT SOURCE OF VITAMIN
C, WHICH BOOSTS IMMUNE
SYSTEM & HEART HEALTH**



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GREEN ONIONS

**BOOSTS IMMUNITY &
REDUCES RISK OF COLON
CANCER**



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SWISS CHARD

**PROTECTS BONE HEALTH &
LOWERS INFLAMMATION
& HIGH CHOLESTEROL**



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ZUCCHINI

**LIMITS RISK OF
GASTROINTESTINAL ISSUES &
CAN IMPROVE EYE HEALTH**



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KOHLRABI

**HELPS YOU FEEL FULL,
IMPROVES IMMUNITY, &
LOWERS CHOLESTEROL**



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CAULIFLOWER

**AIDS IN WEIGHT LOSS &
FEEDS HEALTHY BACTERIA
IN YOUR GUT**



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BEETS

**IMPROVES ATHLETIC
PERFORMANCE, INCREASES
ENDURANCE/ENERGY LEVELS**



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KALE

**SLOWS GROWTH OF
CANCER CELLS & PROTECTS
AGAINST CHRONIC DISEASES**



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GREEN/YELLOW BEANS

KEEPS BOWELS HEALTHY,

BONES STRONG, &

SUGAR LEVELS LOW



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BROCCOLI

**REDUCES INFLAMMATION IN
BODY TISSUES & HELPS
WITH WOUND HEALING**



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SHISHITO PEPPERS

LOW IN CALORIES,
HIGH IN FIBER, & PROMOTES
FEELINGS OF SATIETY



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SWEET ONIONS

A PREBIOTIC FIBER THAT KEEPS
YOUR GUT & DIGESTION
WORKING EFFICIENTLY



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REGULAR TOMATOES

**CONTROLS BLOOD PRESSURE,
PREVENTS HEART DISEASE, &
PROMOTES SKIN HEALTH**



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LEEKs

**GREAT FOR IMMUNE SYSTEM
& VISION; PROMOTES
THYROID HEALTH**



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SWEET CORN

**NATURALLY GLUTEN-FREE;
EASES CONSTIPATION &
FEEDS HEALTHY GUT BACTERIA**



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EGGPLANT

**CAN HELP OVERCOME
TISSUE DAMAGE & CONTROL
BLOOD SUGAR LEVELS**



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BOK CHOY

**FULL OF FIBER, FIGHTS
INFLAMMATION, & LOWERS
RISK OF HEART DISEASE**



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CABBAGE

**BIG SOURCE OF VITAMIN C,
KEEPING GUMS, TEETH, &
SKIN HEALTHY**



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LETTUCE

**HELPS WITH WEIGHT LOSS,
KEEPS YOU HYDRATED, &
HELPS STRENGTHEN BONES**



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OKRA

**EXCELLENT SOURCE OF
CALCIUM, WHICH BOOSTS
BONE HEALTH**



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CUCUMBER

**KEEPS YOU HYDRATED &
PREVENTS CONSTIPATION**



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BANANA PEPPERS

**HELPS BODY PRODUCE
DOPAMINE & SEROTONIN,
MEANING MORE MOTIVATION**



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SUMMER SQUASH

**SLOWS VISION LOSS &
PREVENTS CATARACTS;
LOWERS RISK OF DEPRESSION**



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RUSSET POTATOES

**CONTAINS POTASSIUM & HELPS
WITH WORKINGS OF OUR HEARTS,
MUSCLES, & NERVOUS SYSTEM**



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JALAPEÑOS

**THE CAPSAICIN IN JALAPEÑOS
MAY HELP REDUCE EXCESS
INFLAMMATION**



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CHERRY TOMATOES

**REDUCES BLOOD CLOTTING &
MINIMIZES RISK OF STROKES,
CANCER, & OSTEOPOROSIS**



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GOOSEBERRIES

**KEEPS BOWELS HEALTHY,
BONES STRONG, &
SUGAR LEVELS LOW**



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CANTALOUPE

**ABOUT 90% WATER, BUT IS
FULL OF ELECTROLYTES TO
KEEP YOU HYDRATED**



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RED POTATOES

**A SOURCE OF NUTRIENTS FOR
HEALTHY GUT BACTERIA &
REMOVES EXCESS BLOOD SUGAR**