



GRINNELL FARMERS MARKET

SEASONAL GUIDE

JUNE

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MUTUAL®

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CHAMBER OF COMMERCE  **UnityPoint Health**
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SEASONAL GUIDE FOR **FARMERS MARKET**



CABBAGE

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



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CAULIFLOWER

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



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TOMATOES

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



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GREEN ONIONS

BOOSTS IMMUNITY &
REDUCES RISK OF COLON
CANCER



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CUCUMBER

KEEPS YOU HYDRATED &
PREVENTS CONSTIPATION



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RHUBARB

**IMPROVES BONE HEALTH;
REDUCES RISK OF HEART
DISEASE & CANCER**



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RADISHES

**LOWERS RISK OF
DIABETES & HELPS LIVER
ELIMINATE TOXINS**



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ASPARAGUS

**GOOD SOURCE OF
ANTIOXIDANTS, WHICH FIGHT
AGAINST AGING & DISEASE**



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ARUGULA

**BOOSTS GUT HEALTH,
HEART HEALTH & MAY
EVEN FIGHT CANCER**



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GREEN & YELLOW BEANS

**PROMOTES BETTER
BONE HEALTH AND
FIGHTS OFF HUNGER**



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PURPLE SNOW PEAS

**PROMOTES NUTRIENT UPTAKE
& MAY RELIEVE BLOATING,
FLATULANCE, & INDIGESTION**



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LETTUCE

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



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KOHLRABI

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



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BOK CHOY

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



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BROCCOLI

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



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EGGPLANT

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



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KALE

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



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BELL PEPPERS

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



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ZUCCHINI

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



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CHERRY TOMATOES

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



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OREGANO

**HIGH IN ANTIOXIDANTS &
CAN REDUCE INFLAMMATION**



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SUMMER SQUASH

SLOWS VISION LOSS &

PREVENTS CATARACTS;

LOWERS RISK OF DEPRESSION



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SWISS CHARD

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



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MUSTARD GREENS

**PROTECTS AGAINST CELL
DAMAGE THAT LEADS TO
ALZHEIMER'S DISEASE & MORE**