



GRINNELL FARMERS MARKET

SEASONAL GUIDE

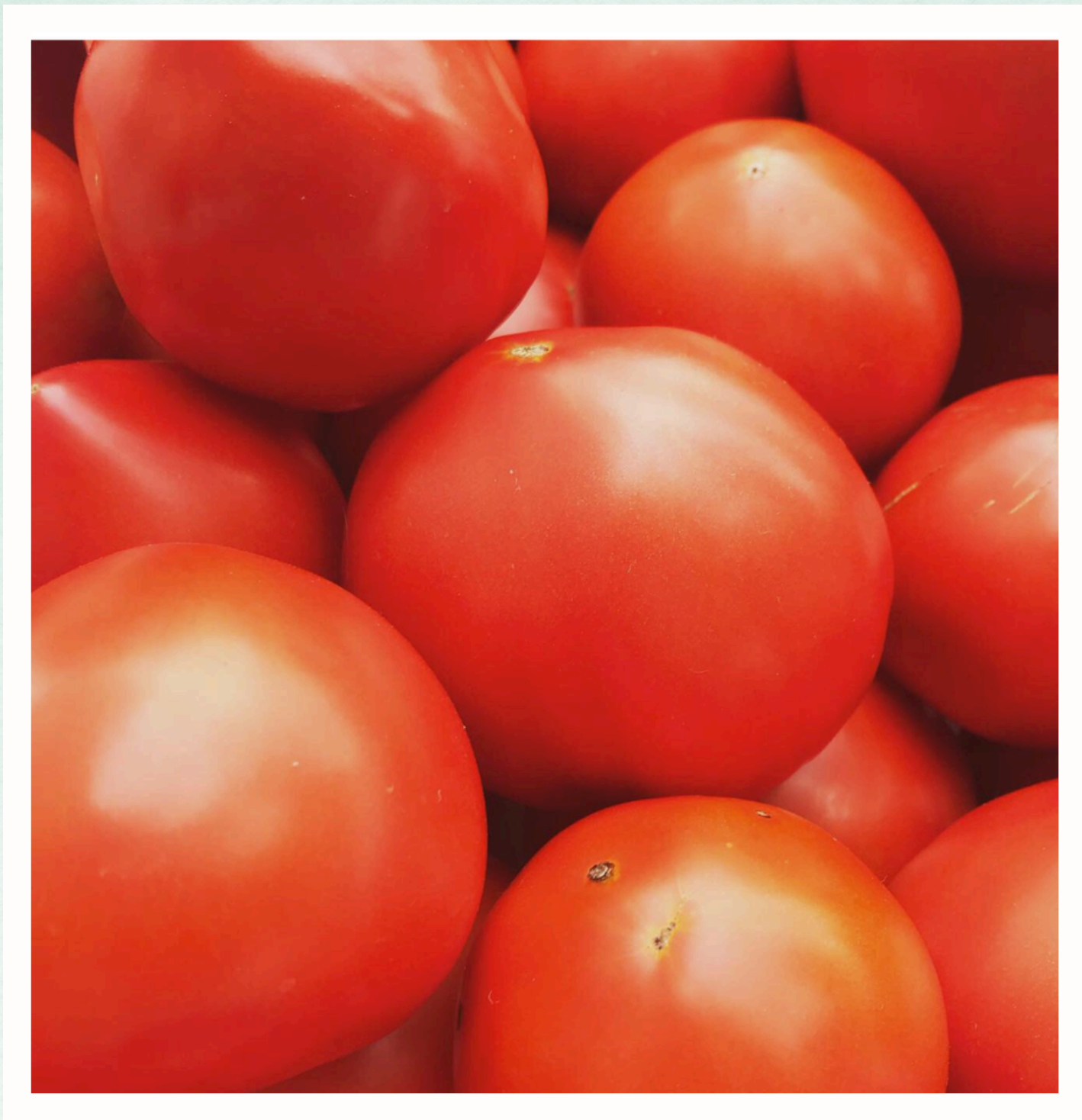
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SEASONAL GUIDE FOR
FARMERS
MARKET



TOMATOES

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



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MARKET**



RADISHES

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



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RHUBARB

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



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ASPARAGUS

GOOD SOURCE OF
ANTIOXIDANTS, WHICH FIGHT
AGAINST AGING & DISEASE



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SPINACH

**SLOWS AGE-RELATED
MEMORY CHANGES &
LOWERS BLOOD PRESSURE**



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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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BASIL

**HELPS TO STRENGTHEN
BONES & MANAGE
CHOLESTEROL**



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CUCUMBERS

**KEEPS YOU HYDRATED &
PREVENTS CONSTIPATION**



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GREEN ONIONS

**LOWERS RISK FOR DISEASE,
BOOSTS IMMUNITY, & REDUCES
RISK OF COLON CANCER**



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SWISS CHARD
PROTECTS BONE HEALTH &
LOWERS INFLAMMATION
& HIGH CHOLESTEROL



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KALE

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



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BROCCOLI

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



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MARKET



PICKLES

**HIGH IN ELECTROLYTES,
HELPS WITH CRAMPING, &
IS LOADED IN PROBIOTICS**



**SEASONAL GUIDE FOR
FARMERS
MARKET**



BEETS

IMPROVES ATHLETIC

**PERFORMANCE BY INCREASING
ENDURANCE & ENERGY LEVELS**



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DILL

**HELPS MAINTAIN VISION
& SUPPORTS A HEALTHY
IMMUNE SYSTEM**



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MINT

**GREAT FOR EYE HEALTH
& MAY RELIEVE INDIGESTION**



**SEASONAL GUIDE FOR
FARMERS
MARKET**



BELL PEPPERS

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