

April 2011

# Garden Fresh

## Benefits of buying local and fresh produce:

- Freshly picked
- Brightest color and most flavorful
- Know where your food comes from
- Variety of different and exotic produce items
- Supporting your community

Spring showers bring fresh fruits and vegetables!

Spring time is when farmer's markets, community gardens, and backyard gardens are in full bloom. Take advantage of the wonderful opportunities to access fresh fruits and vegetables.



Home and community gardens are a great way to learn about where your food comes from and how it is grown.

Start a backyard garden to provide quality family time, physical activity, and easy access to good nutrition!

