

WHAT'S IN SEASON

AUGUST



Watermelon

Did you know that watermelon...



- cleanses the body of toxins?
- helps in energy production and wound healing?
- is 92% water and contains important electrolytes (sodium and potassium)?
- is rich in vitamin A, B6, and C?

Did you know that peppers...

- are good for brain development?
- reduces cholesterol and helps control diabetes?
- promotes the of health of the nervous system?
- are rich in vitamin A, B6, C, and E?

Peppers



Kale

Did you know that kale...



- is great for detoxifying your body?
- is one of the most nutrient dense foods on the planet?
- can help lower your cholesterol, reducing the risk of heart disease?
- is rich in folate, fiber, potassium, calcium, and vitamin A, C, and K?

Did you know that apples...

- are useful to treat anemia because of their iron content?
- aid in digestion because they are high fiber content?
- clean both your teeth and gums, reducing cavities?
- are rich in riboflavin, potassium, copper, manganese, vitamin B6, C, and K?

Apples

