

WHAT'S IN SEASON

JULY



Cucumbers



Did you know that cucumbers...

- are 95% water and contain important electrolytes, therefore, they can help prevent dehydration on hot summer days?
- promotes bone health?
- help control and prevent diabetes?
- are rich in potassium, magnesium, and vitamin C and K?

Did you know that zucchini...

- improves heart health?
- has anti-inflammatory properties, which helps reduce swelling?
- can promote weight loss because it has a high water content and dietary fiber, which help you feel full?

Zucchini



Onions



Did you know that onions...

- decrease blood pressure and risk for heart attacks?
- lower risk for cancers (colon, prostate, and stomach)?
- may reduce depression and help with mood, sleep and appetite?
- are rich in vitamin C, manganese and fiber?

Did you know that peaches...

- have been shown to defend against obesity-related diseases?
- can reduce wrinkles and improve overall skin?
- support heart health?
- are rich in magnesium, potassium, zinc, iron, calcium, copper and vitamin C?

Peaches

