

WHAT'S IN SEASON

MAY



Spinach Did you know that spinach...



- reduces inflammation?
- maintains bone health and muscles?
- lowers blood pressure?
- is rich in vitamin A and K, iron, magnesium, and folate?

Did you know that strawberries...

- boost the immune system?
- prevents heart disease and lowers cholesterol?
- helps maintain healthy skin?
- is rich in vitamin C and K and potassium and magnesium?

Strawberries



Asparagus Did you know that asparagus...



- increases nutrient absorption?
- is rich in fiber, folate, copper, potassium, and vitamin K, B1, B2, and B3?
- regulates blood sugar levels?
- maintains healthy vision and fights aging?

Did you know that radishes...

- promotes digestion?
- decreases risk of cancer?
- aids in weight management?
- is rich in manganese, folate, potassium, and vitamin C and B6?

Radishes

