












# Harvest of the Month AT A GLANCE

<b>AUGUST</b>	<b>Green Beans</b>		Snap green beans are an excellent source of vitamin C and a good source of fiber and vitamin A. Try raw green beans in your salad for an extra crunch.
<b>SEPTEMBER</b>	<b>Tomatoes</b>		Tomatoes are an excellent source of vitamins A and C. They are also rich in lycopene, an antioxidant that reduces the risk of certain cancers and heart disease.
<b>OCTOBER</b>	<b>Winter Squash</b>		Winter Squash is an excellent source of vitamins A and C and one cup provides 6 grams of dietary fiber, an excellent source for this complex carbohydrate.
<b>NOVEMBER</b>	<b>Persimmons</b>		Persimmons are an excellent source of fiber, most in the form of soluble fiber, as well as an excellent source of Vitamins A and C.
<b>DECEMBER</b>	<b>Dried Fruits</b>		Most dried fruits (e.g., dates, prunes, and raisins) provide a source of dietary fiber. A serving of dried fruits is about one quarter cup (about 5-6 dates, 5 prunes, or a small box of raisins).
<b>JANUARY</b>	<b>Mandarins</b>		Mandarins are an excellent source of vitamin C, a good source of vitamin A, as well as a source of folic acid, a B-complex vitamin.
<b>FEBRUARY</b>	<b>Cabbage</b>		Cabbage is an excellent source of vitamins C and K. Make "confetti" coleslaw by using a mix of green, red, and Chinese cabbages.
<b>MARCH</b>	<b>Peas</b>		Green peas and edible-pod peas are both excellent sources of vitamin A and vitamin K. A half cup of green peas also have 4 grams of protein per serving.
<b>APRIL</b>	<b>Asparagus</b>		Asparagus is an excellent source of vitamin K and folate (a B-complex vitamin). Bake, grill, boil, steam, microwave or stir-fry asparagus spears.
<b>MAY</b>	<b>Avocados</b>		Avocados are a source of monounsaturated fat and omega-3 fatty acids. Monounsaturated fat helps lower LDL (bad) cholesterol and boosts HDL (good) cholesterol.
<b>JUNE</b>	<b>Peaches</b>		Peaches are a good source of vitamin C. Visit your local farmer's market to select peaches at their peak - in-season produce costs less and tastes better.