



























live life well.



TIP OF THE WEEK

Fruit & Vegetable of the Month

January		February		March	
					
Tubers	Dried Fruit	Exotic Vegetables	Star Fruit	Exotic Winter Fruit	Leeks & Green Onions
April		May		June	
					
Tomatillo	Asian Pear	Potatoes	Limes	Okra	Pluot® and Aprium®
July		August		September	
					
Nectarine	Garlic	Celery and Fennel	Cactus	Chilli Peppers	Figs
October		November		December	
					
Rhizomes	Persimmons	Greens	Plantains	Root Vegetables	Exotic Fruits

To obtain Nutritional information on all fruits and vegetables from Centers for Disease Control and Prevention, please visit:

<http://www.fruitsandveggiesmatter.gov/month/index.html>