

Local McIntosh Apples

McIntosh Apples have red and green skin, a tart flavor, and tender white flesh. Apples are often called nutritional powerhouses because they are both low in calories and high in antioxidants, flavonoids, dietary fiber, phytonutrients and vitamins C, A, and B-complex vitamins. Including apples in your diet can help improve neurological health, prevent dementia, reduce your risk of stroke, help lower levels of bad cholesterol, reduce your risk of diabetes, and help ward off breast cancer.

Nutritional Value Per 4 oz

Calories	61
Total Fat	0g
Saturated Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Sodium	0mg
Potassium	122mg
Total Carbohydrate	16g
Dietary Fiber	2g
Sugar	12g
Protein	0g
Vitamin A	1%
Vitamin C	4%
Calcium	1%
Iron	1%



Hepworth Farms Red Ball Radish

Bright as Christmas bulbs and crisp as a cucumber, red ball radishes make any dish pop. Radishes contain significant amounts of vitamin C and several other vitamins and minerals, and a few not-so-familiar phytochemicals such as indoles. Radishes also contain an important isothiocyanate antioxidant compound called sul-foraphane, a potential cancer fighter. Furthermore, they remove bilirubin from the liver, preventing jaundice, and perform other healthful tasks like purifying kidney and urinary systems, regulating blood pressure, boosting immunity and scavenging free radicals throughout your body.

Nutritional Value for 4 oz

Calories	9
Total Fat	0g
Saturated Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Sodium	22mg
Potassium	135mg
Total Carbohydrate	2g
Dietary Fiber	1g
Sugar	1g
Protein	0g
Vitamin A	0%
Vitamin C	15%
Calcium	2%
Iron	3%



Carnival Squash

This festive squash with its cream, orange and green coloring has a small to medium-sized pumpkin shape with a sweet squash flavor and smooth, moist texture. Carnival squash is rich in vitamin A and C, as well as B vitamins and flavonoids. They are also rich in antioxidants, reducing inflammation in the body. Health benefits include supporting healthy digestion, helping to fight free radical damage, boosting immunity, reducing high blood pressure. Additionally, they are known to help keep your brain functioning well, lower stress-related anxiety, improve the look of your skin.

Nutritional Value Per 4 oz

Calories	40
Total Fat	0g
Saturated Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Sodium	0mg
Potassium	246mg
Total Carbohydrate	9g
Dietary Fiber	1g
Sugar	14g
Protein	1g
Vitamin A	94%
Vitamin C	31%
Calcium	3%
Iron	3%



Little Gem Lettuce

Little Gem lettuce originated in France and is a cross between romaine and butter lettuce. Although it is full grown, this specialty romaine variety is about half the size of regular romaine boasting succulent, vibrant green leaves. Little Gem has a pale, green heart and a crisp center and sweeter taste than common lettuce, never developing a bitter flavor. These sweet, crunchy miniature heads of lettuce are full of nooks and crannies that make great little pockets for capturing salad dressing. A serving of Little Gem lettuce is high in vitamins A, C and K, and very low in calories. Little Gems are also a good source of calcium, potassium, iron and dietary fiber.

Nutritional Value for 4oz

Calories	18
Total Fat	0g
Saturated Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Sodium	1mg
Potassium	280mg
Total Carbohydrate	2g
Dietary Fiber	2g
Sugar	2g
Protein	1g
Vitamin A	198%
Vitamin C	12%
Calcium	4%
Iron	6%

