



JUMP INTO JUNE WITH LOCAL PRODUCE

APPLES — are high in soluble fiber, which helps to reduce cholesterol levels. They contain flavonoids, which reduce the risk of cancer, and good sources of vitamins A and C and folic acid.



CARROTS — contain human bile salts that metabolize beta-carotene into vitamin A to support healthy eyes and enhance vision. They are also rich in dietary fiber, antioxidants, and minerals. Ethnomedically, the roots are used to treat digestive problems.



EGGPLANTS — contain fiber, Vitamin B6, folate, niacin, and thiamin, potassium, magnesium and calcium. The mineral content is higher in the skin than in the flesh, so don't miss out on the nutritional benefits unless the recipe really requires peeling.



NECTARINES — are a good source of beta-carotene, vitamin C, lutein, potassium, and fiber. Shop for ones that are fragrant and give a little bit to the touch.



OKRA — is a powerhouse of beneficial nutrients like vitamin C. Do not wash the pods until just before cooking and avoid cutting them as much as possible. Okra can be steamed, boiled, pickled, sautéed, or fried.



PEACHES — have a good amount of potassium, vitamins A and C, and fiber. They also have important phytochemicals that are great for your skin.



POTATOES — have a high carbohydrate content, but when eaten in proportion they can provide various nutritional benefits. Potatoes not only contain vitamin C and Potassium, but are also rich in phytochemicals, such as carotenoids and polyphenols.



SNAP PEAS — are an excellent source of vitamin C and a good source of vitamin K. They can be eaten plain or raw in salads, in stir-fry recipes or as a healthy side dish.



TOMATOES — should be stored on your counter until you are ready to use them. One medium tomato contains 40% of the vitamin C you need per day. They contribute potassium, vitamin A and small amounts of iron and calcium, and tomatoes contain antioxidants, which help protect healthy cells from damage.



TURNIPS — are at their best in fall and spring, when they are small and sweet. The root of the turnip is high in vitamin C. The leaves are a good source of vitamin A, folate, vitamin C, vitamin K, lutein, and calcium!



Information provided in this flyer is presented to you by the DGFUMC

Environmental Stewardship Committee

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