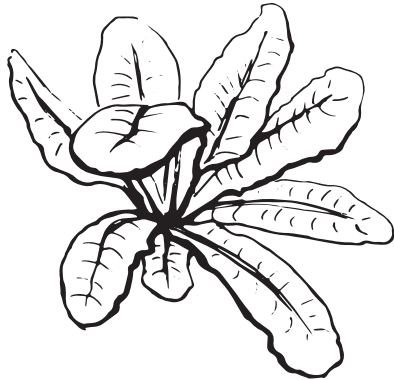


Harvest of the Month

LEAFY GREENS



DID YOU KNOW -

Spinach is an excellent source of vitamins A, C, and K, folate, potassium, and fiber. Because spinach is 91% water, cooked spinach is even higher in these nutrients.



Farm to School
NEBRASKA