



SEASONAL *produce*

As the sun shines bright and temperatures rise, we're excited to bring you a vibrant array of summer seasonal produce that not only tantalizes your taste buds but also nourishes your body. Packed with essential vitamins, minerals, and antioxidants, these fresh delights are a perfect addition to your health-conscious lifestyle.

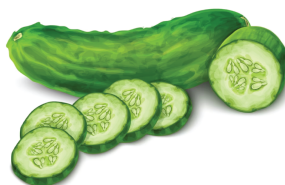


TOMATOES

Bursting with lycopene, a powerful antioxidant, tomatoes are known to support heart health and may even reduce the risk of certain cancers. Enjoy them in salads, salsas, and grilled dishes for a burst of flavor and nutrition.

CUCUMBERS

Stay hydrated with cucumbers, composed of over 95% water. They are also a good source of vitamins K and C, as well as fiber, supporting digestion and overall wellness. Snack on slices or add them to infused water for a refreshing twist.



CORN

Indulge in the sweetness of fresh corn, rich in dietary fiber and antioxidants. Corn supports healthy digestion and provides energy, making it a delightful addition to summer barbecues and picnics.



CARROTS

These vibrant veggies are a superb source of beta-carotene, which the body converts into vitamin A. Vitamin A is essential for maintaining healthy vision, skin, and immune function. Incorporate carrots into your salads and snacks for a crunchy, nutritious treat.



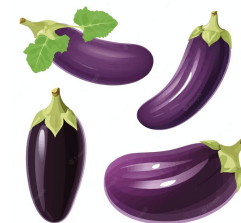
BLUEBERRIES



These tiny powerhouses are packed with antioxidants and vitamins, offering numerous health benefits. From supporting brain health to reducing oxidative stress, blueberries are a must-have for your summer diet.

EGGPLANTS

With its deep purple hue, eggplant contains anthocyanins, which may aid in reducing inflammation and supporting heart health. Grill, roast, or sauté eggplant for a delicious and nutritious addition to your meals.



Remember, the vibrant colors of these seasonal delights are not just visually appealing – they signify the diverse range of nutrients they contain. Incorporating these summer fruits and vegetables into your diet can have a positive impact on your overall health and wellbeing.

Make the most of this bountiful season by visiting your local farmers' market or grocery store to pick up these summer gems. Your body will thank you for choosing these nutrient-packed options.

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