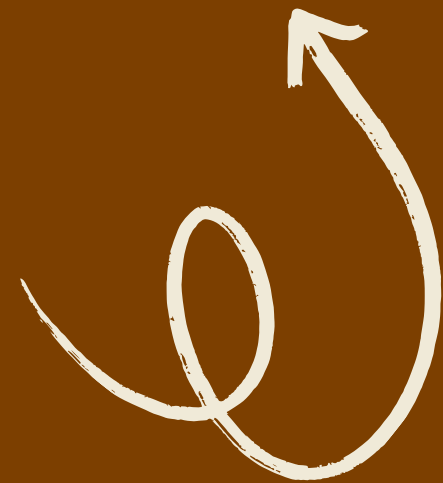
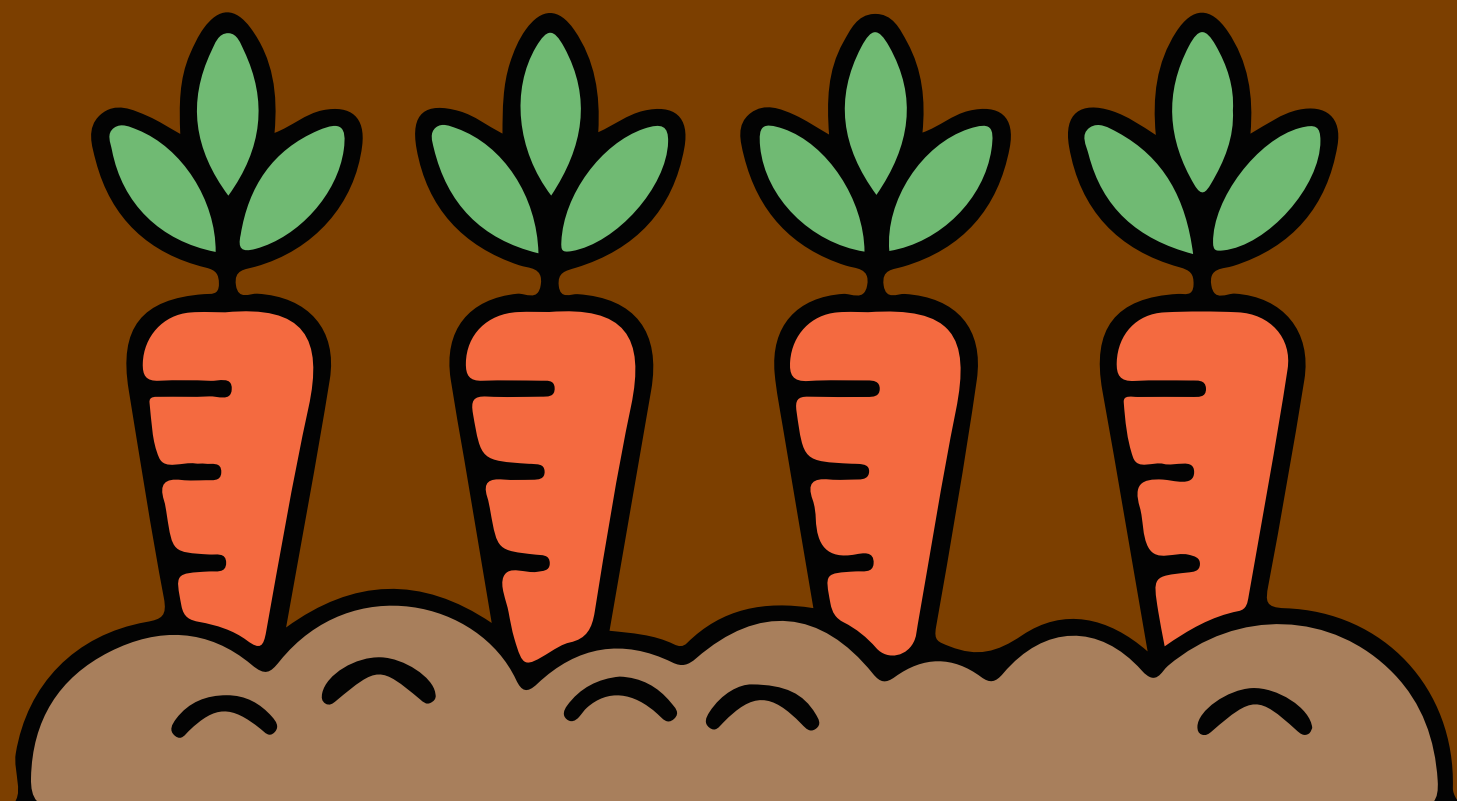


Harvest of the Month

Fresh Greens and Root Vegetables



Welcome to March's Bounty



March brings a vibrant array of **seasonal produce**, including fresh greens and root vegetables that celebrate the arrival of spring. Embrace the flavors and health benefits of this month's harvest!



Seasonal Vegetables for March's Harvest



Carrots

Sweet and crunchy root vegetable.



Kale

Nutrient-rich leafy green.



Spinach

Versatile and healthy green.

Creative Uses of March's Harvest



Carrot Soup

Creamy and comforting soup for chilly days.



Kale Salad

Refreshing and nutritious salad full of flavor.



Spinach Smoothie

Healthy and energizing smoothie to start your day.

Health Benefits of March Produce



March's harvest includes **nutrient-rich** vegetables that support overall health. Incorporating these produce items into your meals can enhance your diet with vitamins, minerals, and antioxidants for optimal wellness.



March's Bounty

Celebrate fresh seasonal flavors!

