

KEY | THE TASTIEST WAYS TO ENJOY YOUR PRODUCE



















BAKED BAKED GOODS

GRILL

RAW

SALAD

SAUTÉ

SMOOTHIE

SOUP

TOPPINGS

APRICOTS







High in fiber, potassium, copper

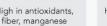
BLACKBERRIES











BLUEBERRIES







BOYSENBERRIES





High in fiber, folate, potassium

CANTALOUPE







CHERRIES









High in fiber, vitamins

FIGS





High in fiber, potassium, calcium

GRAPEFRUIT





High in fiber, vitamins A and C

GRAPES





High in antioxidants, beta-carotene

KEY LIMES

A and C



High in vitamin C, folate, potassium

NECTARINES







High in calcium, magnesium, beta-carotene

PASSION FRUIT





High in fiber, folate, iron

PEACHES





High in potassium, vitamins A and C

PLUMS



High in vitamins C and K

RASPBERRIES





STRAWBERRIES



High in vitamin C, manganese, fiber

TOMATOES

vitamin Č, lycopene





High in potassium,



High in potassium,

WATERMELONS



