



# LOCAL PRODUCE IS ALIVE IN APRIL

**ASPARAGUS** — is a good source of vitamin C, thiamin and riboflavin and an excellent source of folate. It also provides protein and fiber. Perhaps most importantly asparagus is high in cancer fighting antioxidants.



**LETTUCE** — is a low-calorie vegetable and a good source of vitamin A and folic acid. Avoid the pre-packaged, pre-washed kinds you find in supermarkets. Studies have actually found more bacteria in bagged lettuce than fresh, local lettuce that you can easily wash at home.



**ONIONS** — that contain sulfur compounds that irritate your eyes and lend the characteristic flavor to onions are the phytochemicals responsible for protecting you from cancer.



**PEAS** — contain a plethora of healthful vitamins, minerals, chemicals and proteins. Buying fresh is best, but frozen is the next best choice.



**SPINACH** — contains lutein, an antioxidant which protects against macular degeneration and, according to Mayo Clinic, it may even boost your immune system. In the case of spinach, the best bet is to buy local organic spinach whenever possible.



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

Environmental Stewardship Committee

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