

**HARVEST
OF
THE MONTH**

JANUARY

APPLES

**EXCELLENT
SOURCE
OF VITAMIN C**

HIGH IN FIBER

HARVEST OF THE MONTH



Through the Harvest of the Month program, an item that grows locally is featured each month in schools, grocery stores, restaurants, and farmers markets. There are so many reasons to eat with the seasons! Visit whatcomfarmtoschool.org and eatlocalfirst.org for recipes, stories, a food atlas, and more.

