



**HARVEST** | **NOV**  
**OF THE MONTH**

**ROOT**  
**VEGGIES**

**EXCELLENT**  
**SOURCE** |  
**OF VITAMIN A**

**HELPS BONES GROW!**

**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](http://whatcomfarmtoschool.org) and [eatlocalfirst.org](http://eatlocalfirst.org) for recipes, stories, a food atlas, and more.

