

- FARM FRESH -

Berries



FOOD for FUEL

BERRIES PROVIDE UNIQUE HEALTH BENEFITS.
THEY ARE FULL OF ESSENTIAL VITAMINS AND A NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING BERRIES IN YOUR DIET:

Strong BONES

Blueberries are an excellent source of manganese—one 100 gram serving contains 25% of your daily needs. This nutrient is essential for bone health, including bone development and maintenance.

Radiant SKIN

Strawberries are an excellent source of vitamin C, with one cup providing more than 100 percent of the recommended daily value. Vitamin C helps protect our body's cells from sun damage while improving skin elasticity and tone.

Happy GUT

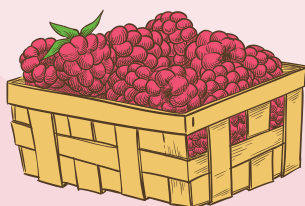
The fiber content of blackberries makes them a great supplement for a healthy digestive tract—just one cup contains 8 grams of fiber.



"Visually, you can tell when a blueberry is ready to pick: the color, the size, the plumpness, and—of course—sampling. But once you start sampling, it's hard to stop!"

– Sharon Weaver
Friant, CA

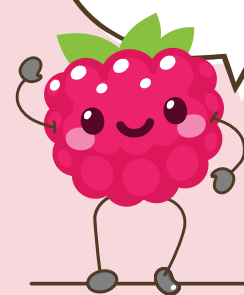
Raspberries and blackberries are aggregate fruits, meaning that the big piece of fruit you enjoy is actually dozens of tiny fruits growing together.



Did you know?

According to the Guinness Book of World Records, the most blueberries eaten in one minute is 126 and was achieved by Harley Latsky, from Canada, in 2020.

What do you call a raspberry playing a guitar?



A jam session!

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