



New York Harvest of the Month

Beets

Farm Fresh
Grown by a local farmer

Popular Foods

- Coleslaw
- Beet Salad
- Beet Hummus
- Pickled Beets
- Roasted Beets
- Soup

Nutrition Content

- Vitamin A for healthy skin and eyes
- Vitamin C for healthy immune system
- Vitamin K for strong bones
- Vitamin B2 for making healthy red blood cells

Fun Facts

- There are golden, red, and striped beets
- You can eat the greens as well as the roots
- NY is the second leading producer of red table beets in the US
- Beets can be used to make a natural dye





NY Thursday Harvest of the Month

Brussels Sprouts

Farm Fresh
Grown by a local farmer

Popular Foods

- Brussels Sprouts and Apple Salad
- Roasted Brussels sprouts with Bacon
- Balsamic Roasted Brussels Sprouts
- Cheesy Brussels Sprout Bake

Nutrition Content

- Vitamin K for strong bones
- Vitamin C for healthy immune system
- Dietary fiber for healthy digestion
- Potassium for essential body functions
- Folate for healthy cell growth and function

Fun Facts

- Brussel sprouts grow on a 2-3 ft tall stalk
- The top leaves on the stalk are also edible
- Flavor and sweetness improves with a frost
- Sprouts mature at the base of the stalk first
- Can be eaten raw, roasted, or sauteed





New York Harvest of the Month

Cabbage

Farm Fresh
Grown by a local farmer

Popular Foods

- Coleslaw
- Sauerkraut
- Egg rolls
- Kimchi
- Stir Fry
- Soup
- Corned Beef and Cabbage

Nutrition Content

- Vitamin C for healthy immune system
- Vitamin K for bone and heart health
- Dietary Fiber for better digestion
- Folate for important cell functions
- Low calorie and fat free

Fun Facts

- World Cabbage Day is February 17th
- At least 100 different types grown worldwide
- NY is #2 in fresh cabbage production in the US
- NY grows around 11,000 acres each year
- Finger Lakes is one of the top growing regions





New York Harvest of the Month

Carrots

Farm Fresh
Grown by a local farmer

Popular Foods

- Carrots & Dip
- Carrot Cake
- Salads
- Coleslaw
- Stir Fry
- Soup

Nutrition Content

- Vitamin A for healthy skin and eyes
- Vitamin C for healthy immune system
- Potassium for normal functioning of all cells
- Dietary Fiber for better digestion
- Low calorie and fat free

Fun Facts

- There are orange, purple, red, yellow, and white varieties of carrots
- Carrots have a higher natural sugar content than most other vegetables
- Americans eat an average of 10.6 lbs of carrots per person per year
- NY, especially the Finger Lakes, grows for both fresh market and processing





NY Thursday Harvest of the Month

Cauliflower

Farm Fresh
Grown by a local farmer

Popular Foods

- Roasted Cauliflower
- Cauliflower Rice
- Cauliflower Tots
- Soup
- Pizza Crust
- Casserole
- Stir-fry

Nutrition Content

- Vitamin C for healthy immune system
- Potassium necessary for normal cell activity
- Vitamin B6 for essential body functions
- Dietary Fiber for better digestion

Fun Facts

- There are white, green, orange and purple types of cauliflower
- About 500 acres of cauliflower are planted in NY annually
- In NY cauliflower is harvested August through November





NY Thursday Harvest of the Month

Dairy

**Farm Fresh
Produced by a local farm**

Popular Foods

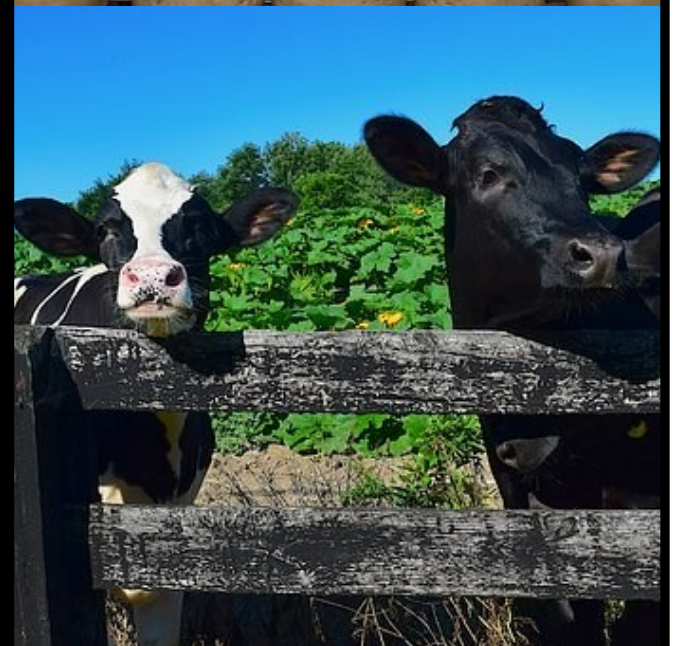
- Ice Cream
- Smoothies
- Feta Cheese Salads
- Pizza
- Cheesy Broccoli
- Mac & Cheese
- Cheddar Ham and Potato Soup

Nutrition Content

- Calcium for building healthy bones and teeth
- Vitamin D for bone maintenance
- Potassium for heart health
- Source of Protein

Fun Facts

- In NY, milk is the leading agricultural product and the official state beverage
- NY is the 4th top dairy producing state, about 15 billion pounds of milk per year
- NY is the leading producer of yogurt, sour cream, cottage cheese, and cream cheese
- NY has over 4,000 dairy farms with about 625,000 dairy cows
- Each dairy cow produces about 7 gallons of milk per day





NY Thursday Harvest of the Month

Dried Beans

Farm Fresh
Grown by a local farmer

Popular Foods

- Bean Salad
- Bean Burgers
- Tacos
- Chili
- Greens & Beans
- Bean Dip
- Burritos
- Soup

Nutrition Content

- Low or fat-free alternative to animal protein
- B Vitamins for improved energy levels, brain function, and cell health
- Potassium necessary for normal cell activity
- Iron for healthy hair, skin, and nails
- Magnesium to help reduce inflammation
- Dietary Fiber for better digestion
- Rich in antioxidants and phytochemicals

Fun Facts

- NY grows light red & dark red kidney beans, black beans, and cranberry beans
- Other varieties include cannellini beans, pinto beans, black-eyed peas, and chickpeas
- Dried beans are grown to full maturity and left in their pods to dry before shelling
- Dried beans need to be soaked before cooking and will triple in volume





New York Harvest of the Month

Kale

Farm Fresh
Grown by a local farmer

Popular Foods

- Kale Apple Salad
- Kale Chips
- Smoothies
- Stir fry
- Soup
- Stew
- Pesto

Nutrition Content

- Vitamin A for healthy eyes
- Vitamin C for healthy immune system
- Calcium for strong bones
- Potassium for normal functioning of all cells
- Dietary Fiber for better digestion

Fun Facts

- There are green, red, and blue varieties
- Kale tastes sweeter after a frost
- Kale will continue growing and can be harvested in winter
- Kale can be eaten raw, roasted, steamed, or sautéed





New York Harvest of the Month

Meat Protein

**Farm Fresh
Produced by a local farm**

Popular Foods

- Burger
- Chicken wrap
- Breakfast sandwich
- Pasta & Meatballs
- Hot dog
- Taco
- Lasagna
- Soup/Stew

Nutrition Content

- Protein - building blocks for bones, muscles, skin, cartilage, blood, enzymes, hormones, vitamins
- B vitamins - help build tissue and red blood cells
- Iron - needed for red blood cells to carry oxygen
- Zinc - supports your immune system
- Phosphorus—builds healthy teeth and bones, helps nerves and muscles, balances blood pH

Fun Facts

- In 2019, NY'ers bought more hot dogs and dinner sausage than consumers in any other state
- NY livestock industry totals \$2.4 billion
- Most NY livestock farms are family owned
- Many local farms produce pastured beef, pork, chicken, turkey, lamb, and other meat products





NY Thursday Harvest of the Month

Potatoes

Farm Fresh
Grown by a local farmer

Popular Foods

- French Fries
- Roasted Potatoes
- Soup
- Baked Potatoes
- Potato Salad
- Stew

Nutrition Content

- Vitamin C for healthy immune system
- Potassium necessary for normal cell activity
- Vitamin B6 for essential body functions
- Complex carbs provide energy for muscles
- High water content and fat free

Fun Facts

- More potassium than a banana
- Native to South America
- World's fourth largest food crop
- NY harvested ~390 million pounds in 2018
- NY is one of the top producers for chips





New York Harvest of the Month

Spring Greens

Farm Fresh
Grown by a local farmer

Popular Foods

- Salads
- Sandwiches
- Wraps
- Burgers

Nutrition Content

- Vitamin A for healthy eyes
- Vitamin C for healthy immune system
- Vitamin K to heal cuts and scrapes
- Calcium for strong bones
- Dietary Fiber for better digestion

Fun Facts

- Spring greens include things like leaf lettuce, spinach, arugula, mustards
- True to their name, spring greens are cold hardy and are grown and harvested in early spring
- Greens are eaten raw, roasted, steamed, or sautéed

