SCS Fresh Feature

FARM to SCHOOL

NOVEMBER

Squash
The majority of these vegetables grow on vines. Summer squash is small, fast growing and usually consumed while the fruit is immature.

DECEMBER

Apples
Are high in fiber which helps our gut and come in shades of red, green and yellow.

JANUARY

Clementines
Are high in vitamin C and fiber which helps keep your body and gut healthy.

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