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Week 2 Feb. 8-12

Fruits & Vegetables Make a Difference

DID YOU KNOW?

3 to 4 MILLION pounds of sweet cherries are harvested in the Flathead Region of Montana each year?

- Cherries, enjoyed fresh, dried, frozen or in juice, have among the highest amount of disease fighting antioxidants of any other fruit!
- Incorporate cherries into your everyday life by adding dried cherries to snack mix, sipping a glass of cherry juice with breakfast, or snacking on fresh cherries right out of the bag.
- Can you name the towns that are in the Flathead Region of Montana?

Source: www.agr.mt.gov

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