

Harvest of the Month

Z W G X F O B G G H Q Y F X M K V
Q N G M A M C S D E E S R W F Y L
U L E L U M D E D J O K U U Z B S
E T U X Y I Z S D V D L I V D T M
S S A R P A D J L A M A T L N U Z
F S N I M A T I V U L Z P A W X M
D Y N E D R A G L L Y B D P H D G
P K I Y E H D Q C U E I B E L X R
D L T M W R L A F L X A N I R E K
L G W E A A L M H O D Z V D K O S
T Z U H U C C T I Q B A F E Y D C
M Z C E I S U T Z B Z E O L S S Y
M R G U B L N P A V K L L N N V E
O N M C E A K J G S F Q A A V U V
I B W K C Z D C F A W A G N K W F
O U B P H Y T O N U T R I E N T S
U X F I B E R Y E L B A T E G E V

PHYTONUTRIENTS
VITAMINS
GARDEN
FRUIT
BLADE
KALE

ANTIOXIDANTS
CALCIUM
LEAVES
FIBER
CORE

VEGETABLE
ORCHARD
APPLES
SEEDS
STEM