

SIMPLY GOOD

by Chartwells

FRESH & LOCAL

THE BEST
LOCAL FOOD
IS WHAT'S GROWN
CLOSEST TO YOU.



LOCAL PRODUCE FOR JANUARY 2012

APPLES	CROWN ORCHARDS	BATESVILLE, VA
COLLARD GREENS	BURCH FARMS	FAISON, NC
KALE	BURCH FARMS	FAISON, NC
SWEET POTATOES	MUZZARELLI FARMS	VINELAND, NJ

An apple a day...

Apples are the only fruit that we can still enjoy locally throughout the winter months in the Mid-Atlantic region. The reason is because of the way they are stored. Cold, humidity-controlled warehouses make it possible for apples grown in the fall to last throughout the winter.



Apples are an excellent source of fiber. Just one small apple has 5 grams of fiber, which helps regulate digestion. Try dipping apple slices in peanut butter for a healthy protein-packed snack that will leave you feeling satisfied!


Chartwells
Eat Learn Live