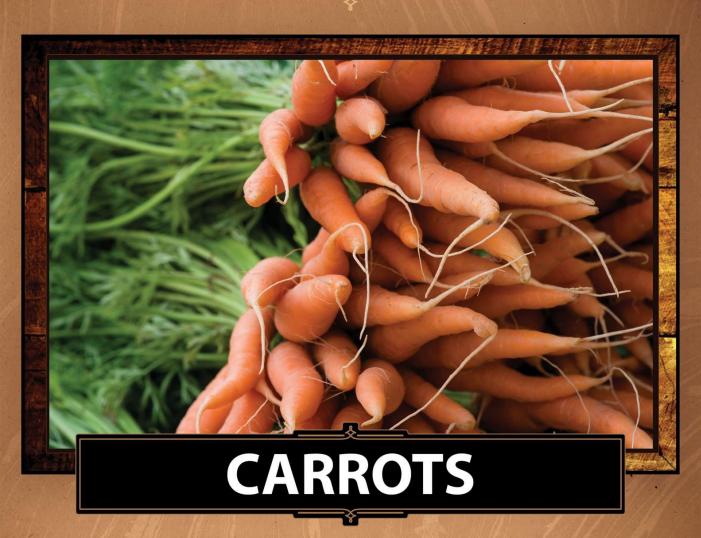
FAYETTEVILLE PUBLIC SCHOOLS. HARVEST of the Month









PRODUCE

PREPARE

PLATE



Fact: A University of Arkansas research study found that nutrient levels in a carrot will increase during cooking. Carrots are harvested throughout the year in Arkansas. Buy them from a local farmer at the farmers' market.

ARKANSAS GROWN PRODUCE