

JULY 2019

DONATION
of the **MONTH**

*Culturally
Appropriate Food*



Fresh Vegetables

onions, potatoes, carrots, zucchini, squash, kohlrabi, kale,
beets, sweet potatoes, sweet corn, broccoli, cabbage,
tomatoes, bell peppers, brussel sprouts, peas

bitter melon & leaves, chayote, opo squash, pumpkin
leaves, taro, bamboo, lemon grass, bok choy, kabocha,
ginger root, garlic, cucumbers, green beans