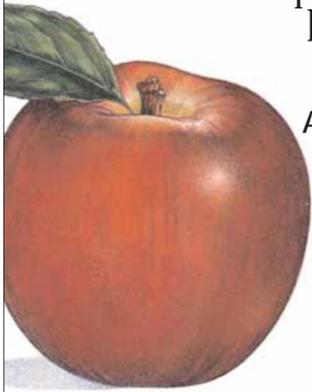


# Virginia Grown Fruits & Vegetables are the Good Stuff Because...

They are saturated fat-free and cholesterol-free • Many are sodium-free, totally fat-free, and provide antioxidants which can help reduce health problems related to free-radicals • Most are low calorie, high fiber • They help lower your risk for certain cancers, heart disease, and stroke • They help reduce high blood pressure and help you manage your weight



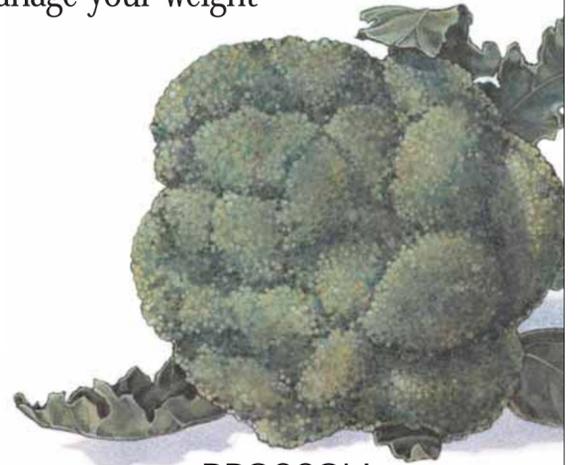
## APPLES

Apples contain abundant amounts of the flavonoid quercetin, which appears to help prevent the growth of prostate cancer cells, reduce the incidence of lung cancer and contribute to improved lung function.



## BLUEBERRIES

Blueberries are high in antioxidants, contain both antibacterial and antiviral compounds, and have a reputation for fighting infections.



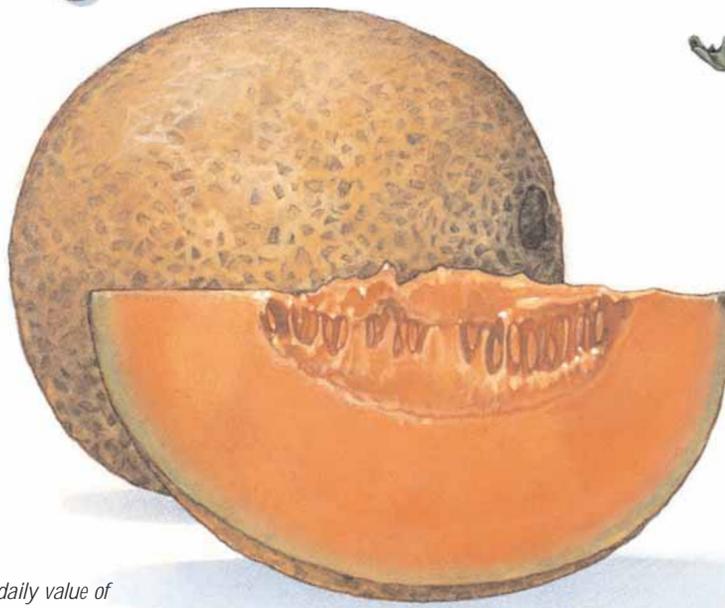
## BROCCOLI

Broccoli contains sulforaphane, a chemical that is thought to kill the bacteria responsible for peptic ulcers and most gastric cancers.



## PEACHES

Peaches are a good source of beta carotene which helps build a strong immune system.



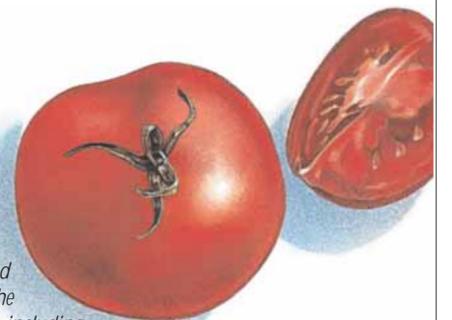
## CANTALOUPE

One cup of cantaloupe provides 103.2% of the daily value for vitamin A, an important nutrient for maintaining good vision.



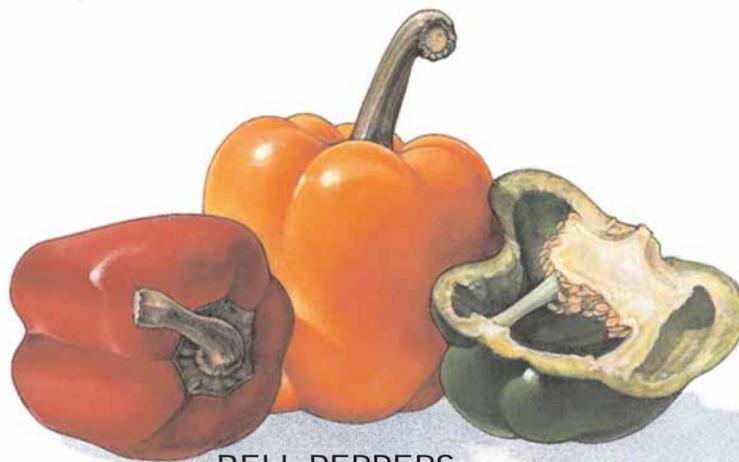
## GREEN BEANS

One cup of green beans contains 122% of the daily value of vitamin K, which is important for maintaining strong bones. Studies also suggest that a half cup of beans per day seems to help lower cholesterol in many people. Beans also seem to normalize blood sugar, and may benefit diabetics.



## TOMATOES

Tomatoes contain lycopenes which may be natural cancer-fighting agents. Research has shown that eating tomatoes and tomato products helps reduce the risk for several types of cancers including lung, stomach, pancreatic, breast, cervical, colorectal, oral, prostate and esophageal.



## BELL PEPPERS

Compared to citrus fruits, green peppers have twice the amount of vitamin C per pound. Red bell peppers have triple the vitamin C in the green varieties and are also a good source of beta carotene.

## RASPBERRIES

Red raspberries contain ellagic acid, which may reduce the risk of certain forms of cancer and decrease cholesterol levels. It seems to bind cancer-causing chemicals, making them inactive.

## BLACKBERRIES

Blackberries are a natural source of salicylate, an active substance found in aspirin. Due to their high tannin content, blackberries may help lessen minor bleeding, and may help to alleviate diarrhea and intestinal inflammation.



## CUCUMBERS

Cucumbers are good for you clear through. Inside, the flesh contains ascorbic acid (vitamin C) and caffeic acid, which help soothe skin irritations and reduce swelling. Outside, cucumber skin is rich in fiber and contains beneficial minerals including potassium and magnesium.

## SWEET CORN

Because of its high fiber content, whole grain corn aids bowel health and can help reduce blood LDL cholesterol levels, which are a risk factor for cardiovascular disease.



Virginia Department of Agriculture and Consumer Services

[www.viriniagrown.com](http://www.viriniagrown.com)

For additional information about fresh Virginia Grown fruits and vegetables plus the information in the *Virginia Grown Guide to Pick-Your-Own & Select-Your-Own Farm Products* log onto [www.viriniagrown.com](http://www.viriniagrown.com).  
For a free printed copy, or for information about listing your farm in the Guide, write "Virginia Grown Guide," Virginia Department of Agriculture and Consumer Services, P. O. Box 1163, Richmond, Virginia 23218, or call 804-786-3951 or 800-284-9452.