



Berries



Berries are rich in vitamin C and fiber, yet low in calories. The potent antioxidants in berries may reduce the risk of cancer and heart disease.

Blackberries, raspberries, and even strawberries are actually tiny clumps of individual fruits that grow together.

We buy local to nourish our bodies and our community.

    #Nourished

noharm.org/NourishedbyNewEngland

