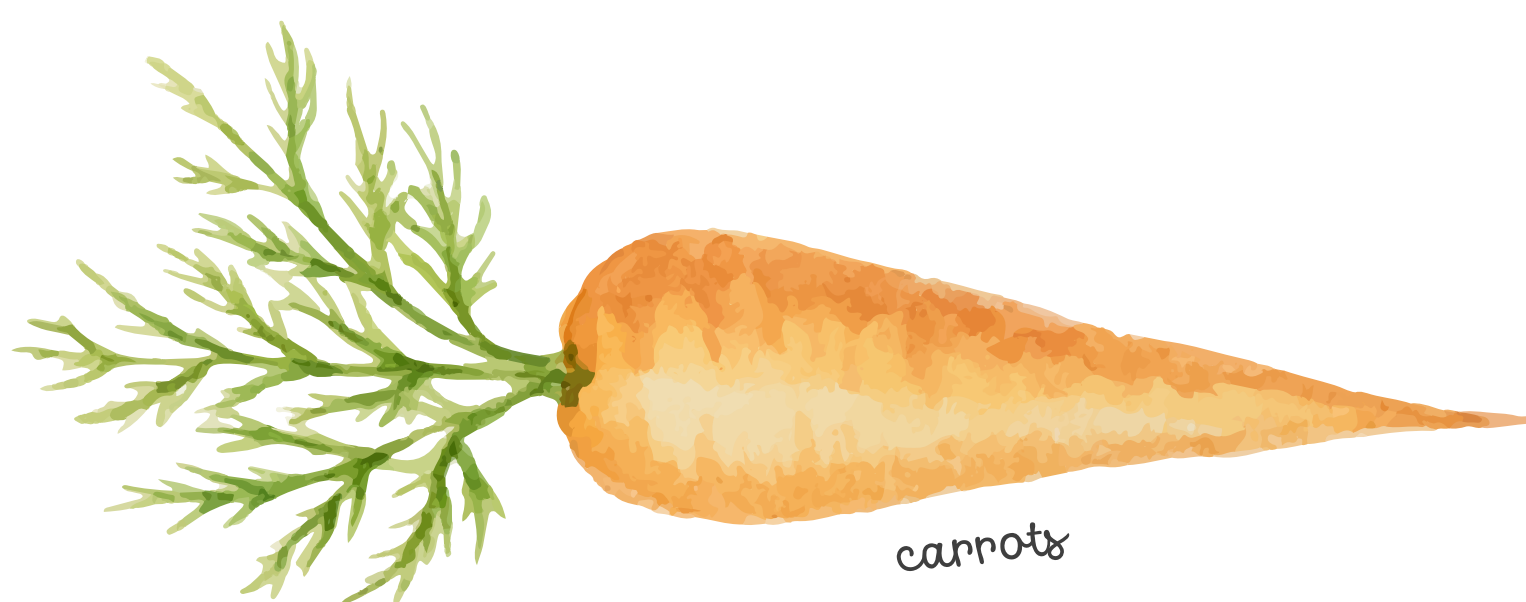
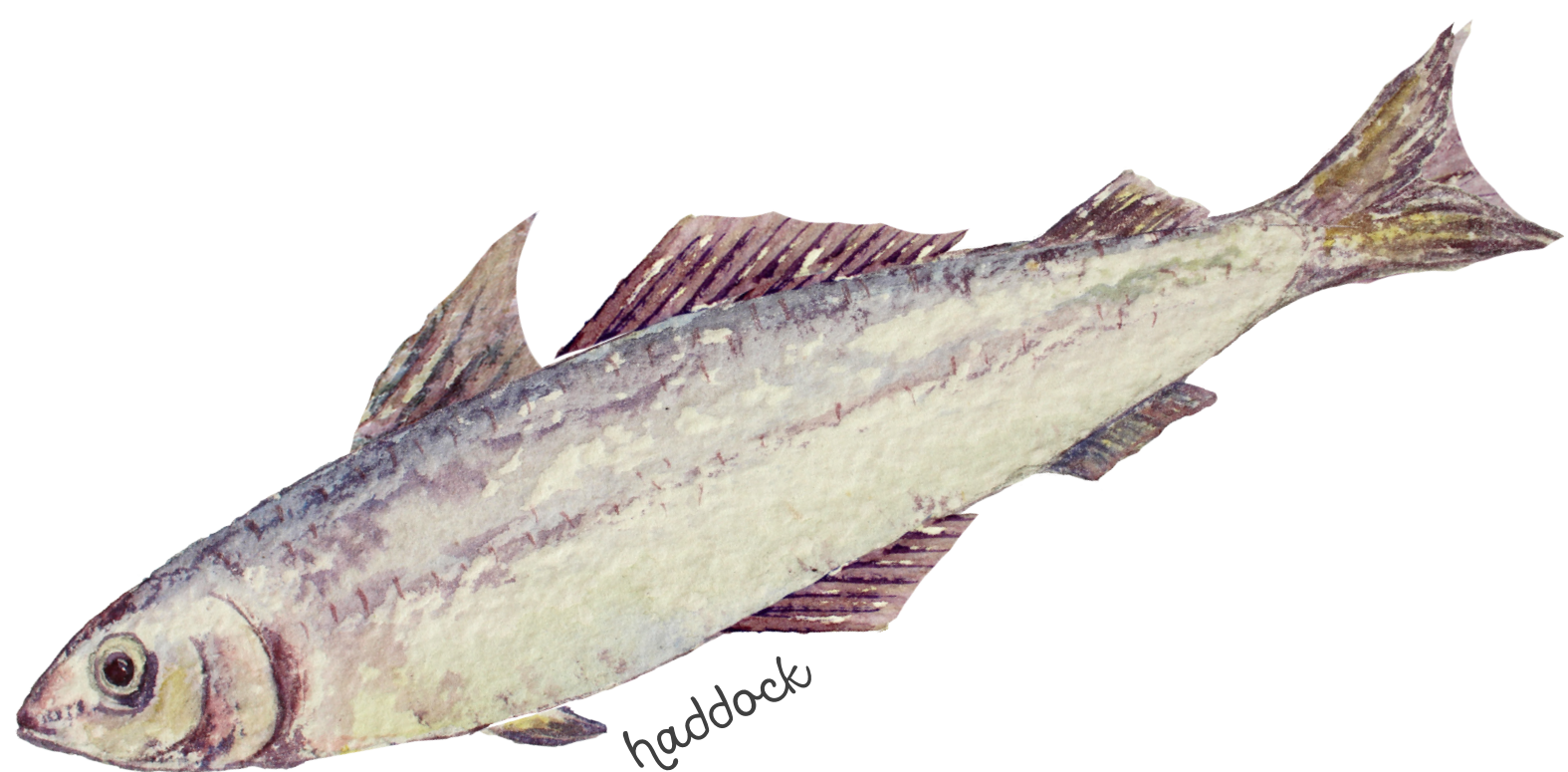


NOURISHED BY New England

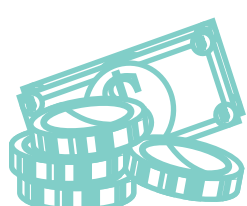
Eat local! Connect to the seasons
and celebrate the variety of New
England's bounty.



Healthy people



Healthy places



Healthy economy

Storing, freezing, and preserving
crops makes it possible to eat New
England grown all winter long.

[f](#) [t](#) [in](#) [@](#) #Nourished

noharm.org/NourishedbyNewEngland

