



Produce Fact Sheets

Some Produce Fact Sheets with a picture and information about storing and serving different North Carolina fruits and vegetables are included in the Seasons sections of this Toolkit. There are additional Fact Sheets about NC produce online at Farmers Foodshare's website: <http://www.farmerfoodshare.org/resources/>

These Fact Sheets can be useful for your cook and teachers as you introduce different fruits and vegetables to the children.