Produce On Wheels

In your bag:
- Blueberries
- Carrots
- Red Peppers
- White Onions
- Avocados
- Oranges
- Cabbage
- Mango
- Butternut Squash

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- White Onions

TURN OVER FOR RECIPE IDEAS
Pre-heat oven to 400 degrees.

Place butternut squash halves on a large baking sheet flesh side up. Place 1 teaspoon butter in the middle of each squash. Sprinkle brown sugar over each squash. Season with salt and black pepper. Roast 50 to 60 minutes, until flesh is fork-tender. Savor and enjoy!

Did you know mangos are low in calories but high nutrients? Mangos are high in Vitamin C which helps immunity, iron absorption and growth and repair. So, slice one up today!

White onions are packed with antioxidants that help control blood sugar, bone density and has cancer fighting properties. White onions contain antibacterial properties as well!

Go to www.donbosco.org for more ideas!