

Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4
		Gooseberries	Watermelon	
7	8	9	10	11
Labor Day		Carrot Sticks	BlackBerries	
14	15	16	17	18
	Zucchini Coins	Red Apple Wedges	Cantaloupe Spears	
21	22	23	24	25
	Button Mushrooms	Granny Smith Apple Wedges	Mango	
28	29	30		
	Fuji Apple Wedges	Honeydew Spears		

FFVP Focus September

Gooseberries

Gooseberries can be eaten as-is, or used as an ingredient in desserts, such as pies and crumbles. Early pickings are generally sour and more appropriate for culinary use. They are also used to flavor beverages such as sodas, flavoured waters, or milk.



All Vegetables are to be served with 1 low fat dressing packet

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