

If you are looking at our web site, you probably already know fresh fruits and vegetables are healthy for you and your family. Most people don't get enough fruits and vegetables daily and thus miss out on some of the health benefits and great taste they could be enjoying. Health benefits include reduced risk of chronic diseases like stroke, cardiovascular diseases, and some types of cancer. The links below lead to several articles that talk about health and fresh produce. They can help you decide how much fruits and vegetables you need and where the best place is to get them.

<http://www.fruitsandveggiesmatter.gov/benefits/index.html>

<http://www.recordonline.com/apps/pbcs.dll/article?AID=/20080723/HEALTH/807230315/-1/HEALTH05>

<http://www.examiner.com/women-s-health-in-dayton/fresh-produce-yield-health-benefits>