

Spring into Veggies

TIP: Eating **LARGE** volumes of **LOW** calorie veggies will help to keep you satisfied during weight loss

Take advantage of the delicious new vegetables coming into season this spring!

- Parsnips
- Pea Shoots
- Watercress
- Rosemary
- Thyme
- Asparagus
- Cilantro
- Green Onion
- Lettuce
- Rhubarb
- Beets
- Collard Greens
- Parsley
- Mustard Green

FIND A FARMERS MARKET NEAR YOU:

Head over to massfarmersmarkets.org to find a list of local markets including Foxboro!

