

THIS MONTH'S HARVEST

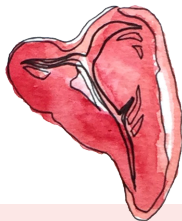
# BEEF

**TRY A BITE**

*with*

VERMONT HARVEST OF THE MONTH

[www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org)



## DID YOU KNOW?

Red meats like beef are excellent sources of iron. They help increase your hemoglobin and give you healthy blood.

