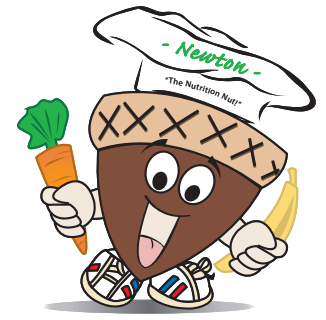


FRESH PICKS®



® Kids need 1-1½ servings of fruit and veggies everyday!



October: Kohlrabi



Did you know?

Kohlrabi is a good source of Vitamin C and potassium.

Kohlrabi is from the same family as cabbage, Brussels sprouts, broccoli and cauliflower.

It's name is German in origin and literally translated to “cabbage turnip.”

Kohlrabi is a root.