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## WHY SHOULD I EAT THIS?

MAKE A GOOD SELECTION    PROPER STORAGE

## WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 												
MARKET 												

## HOW COULD I USE THIS?