

## Wolff's News

### Summer is the Sweetest!



Have you ever wondered why watermelon is so yummy? Or why blueberries are so tasty? Or ripe peaches so sweet? The biggest reason is... SUGAR! One slice of cantaloupe has as much sugar as a bowl of sweetened cereal. One slice of watermelon has as much as a bowl of REALLY sweetened cereal, the kind you might not even be allowed to eat! But this great summer produce also has vitamins, fiber, and antioxidants- all things to keep you healthy and strong! So enjoy **locally grown** peaches, melons and berries from Wolff's! They have good-for-you sugar!

**Where  
am I?**

**What can you find  
all around the store?**

- ★ Basil
- ★ Peaches
- ★ Honey
- ★ Blueberries
- ★ Yogurt
- ★ Beets

## Vegetable of the Month:

### CORN!



Speaking of sugar, right now is the prime time for SWEET corn! At Wolff's we have yellow, white, and bi-color corn (which means a mix of the two, like in the picture.) We get our corn from farmers who have picked it from their fields just that morning! That's important, because the longer corn sits around, the less sweet it gets. If you don't like to eat the kernels right off the cob, you can get an adult to scrape them off with a knife. An easy, yummy way to enjoy fresh corn!

**Q:**  
When do you go  
at red and stop  
at green?

**A:**  
When you're  
eating a  
watermelon!

