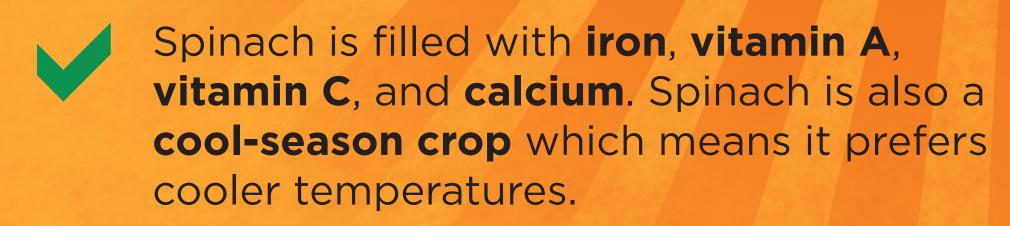
20fthe Months





Fast Facts





Just half a cup of raw spinach counts as 1 of the 5 servings of fruits and vegetables you should eat daily. Try adding spinach to sandwiches or tacos instead of lettuce. Share with us on social media your creation using the #MDKidsEatLocal!

Availability

APRIL - JUNE

SEPTEMBER - DECEMBER



Featured Farm

MILLER FARMS
PRINCE GEORGE'S COUNTY

Miller Farms is a 267-acre farm that has been family-owned and operated for six generations since 1840. Miller Farms is widely known for its farm market and wholesale operation. Miller Farms grows a wide variety of fresh fruits and crisp vegetables. You may even see their produce in school lunches!



