**Georgia grown Kale & locally grown Apples served in your café this January!**

Baker Family Farms is an exclusively family operated farm located in Norman Park, GA.

**Jimmy Nix & Sons’** is a family-owned & operated Apple orchard in Hendersonville, North Carolina.

- Kale is a leafy green vegetable.
- There are over 50 varieties of Kale, and some varieties can grow up to 6 feet tall.
- Apples come in all shades of red, green, and yellow.
- 25% of an Apple’s volume is air. That is why apples float!

🌟 Kale & Apples are packed with vitamin C!

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Visit fcsnutrition.com for menus and more info! This institution is an equal opportunity provider.