

National Eat Your Vegetables Day is Today

Dirt Candy - It's On Like Donkey Kong!

SEATTLE, WA - June 17, 2014 – Today, June 17, is National Eat Your Vegetables Day, presented by Agrilicious, (<http://www.agrilicious.org>). Agrilicious is at the heart of the food movement providing an exciting way to participate in the local food experience while expanding the family-and-farmer connection, as the go-to source for all things local food. Agrilicious features over 100,000 local farms, food hubs, farmers markets and restaurants across the USA.

“National Eat Your Vegetables Day 2014 is a perfect opportunity for all of us to reconnect with all that is good about dirt candy, AKA veggies!” said Duane Dahl, Co-Founder of Agrilicious. “The one day out of the year we celebrate the fact that Mother did know best. The one day where we must eat our vegetables!”

Make the Most of Every Bite

A recent study released by The Center for Disease Control, (CDC), defines “Powerhouse Fruits and Vegetables”. PFVs are attributed with preventing diseases and broadly defined as “green leafy, yellow/orange, citrus and cruciferous items.” The study, conducted by Jennifer Di Noia of William Paterson University, looked at 17 important nutrients naturally occurring in food (fiber, protein, potassium, Vitamin A, B12, D) and calculated how much of those nutrients were found in a 100-calorie serving. Here’s the top and bottom 5 results from the study:

Top 5 (Nutrient Density Score)

Watercress, (100)

Chinese Cabbage, 91.99

Chard, 89.27

Beet Green, 87.08

Spinach, 86.43

Bottom 5 (But still better than Fruit Gushers!)

Sweet Potato, 10.51

Leek, 10.69

Turnip, 11.43

Rutabaga, 11.58

Winter Squash, 13.89

So push away the Cheetos...set aside the Fruit Gushers for the day – today is **National Eat Your Vegetables Day** Presented by **Agrilicious!** To find your favorite local or organic veggie go to <http://www.agrilicious.org> and then share your vegetable du jour on Twitter at #EatYourVeggies. To review the entire report visit the Press Center on <http://www.agrilicious.org> .

ABOUT AGRILICIOUS!

Agrilicious (<http://www.agrilicious.org>) is at the heart of the food movement, providing an exciting way to participate in the local food experience while expanding the family-and-farmer connection. The go-to source for all things local food – families, farmers, restaurants, grocery delivery and meal kit services, distributors, educators and food industry advocates and experts all come together through Agrilicious to share ideas, connect, and make a difference. Based in Seattle, WA, Agrilicious SPC is a Social Purpose Corporation. You can follow Agrilicious! [@AgriliciousSPC](https://twitter.com/AgriliciousSPC).

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 #EatYourVeggies

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Presented by

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