



KEV TAW QHIA RAU MIDWEST TEJ ZAUB RAWS CAIJ NYOOG

Yuav tej zaub uas muaj raws caij raws nyoog zoo ua dab tsi:

- **Qab dua** — tej zaub nyoos uas muaj raws caij yeej qab tshaj. Tej zaub uas tsis muaj raws caij-raws nyoog yog muab koj los ntim cia kom kav ntev dua xwb tiamsis tias yuav qab dua.
- **Pheej yog dua** — vim muaj ntau dua ces yuav pheej yig dua. Tsis muaj tej zaub uas tsis muaj raws caij-raws nyoog ntau, yim huab tsis muaj rau hauv yus thaj tsam. Tej zaub uas tsis muaj raws caij-raws nyoog yuav kom dua rau qhov yuav tau them kom thauj lwm qhov chaw tuaj thiab ua kom thiaj tsis lwj.
- **Zoo dua rau yus lub cev** — tej zaub nyoos muaj nutrient ntau dua cov zaub uas tsis muaj raws caij-raws nyoog. Qhov uas muab zaub ua kom thiaj tsis lwj no tsis txhais tsis tau tias tseem yuav muaj tag nrho cov nutrient.

RAWS CAIJ RAWS NYOOG = COV NUTRIENT NTAU TSHAJ = QAB TSHAJ

	COV ZAUB UAS MUAJ RAWS CAIJ RAWS NYOOG
CAIJ NPLOOJ HLAV	<p>Txiv Hmab Txiv Ntoos: Kua txob</p> <p>Zaub: Cov Ntsuag Asparagus, Beets, Carrots, Tej Zaub Xas Lav Ntsuab (arugula, zaub xas lav, zaub xas lav ntsuab, spinach), Nce, Parsnips, Radishes, Rhubarb</p>
LUB CAIJ NTUJ SO	<p>Txiv Hmab Txiv Ntoos: Txiv Apple, Txiv Pos (blueberries, raspberries, strawberries), Txiv Grape, Dib (dib pag daj, dib liab), Txiv Pear, Kua Txob, Cov Txiv Hmab Txiv Ntoos Muaj Noob Loj (cherries, txiv duaj, plums), Txiv Lws Suav</p> <p>Zaub: Txiv Ntsuag Asparagus, Beets, Broccoli, Zaub Qhwv Me, Zaub Qhwv, Carrots, Cauliflower, Celery, Pob Kws, Dib, Txiv Lws, Qej, Tej Zaub Xas Lav Ntsuab (arugula, chard, kale, zaub xas lav, zaub xas lav ntsuab, spinach), Dos Loj, Nceb, Dos, Peas, Qos, Taub Dag, Radishes, Rhubarb, Taub, Turnips, Taub Zucchini</p>
LUB CAIJ NPLOOJ ZEEG	<p>Txiv Hmab Txiv Ntoos: Txiv Apple, Txiv Pear, Txiv Lws Suav</p> <p>Zaub: Beets, Broccoli, Zaub Qhwv Me, Zaub Qhwv, Carrots, Cauliflower, Celery, Dib, Txiv Lws, Qej, Tej Zaub Xas Lav Nplooj Ntsuab (chard, kale, zaub xas lav, zaub xas lav ntsuab, spinach), Dos Loj, Nceb, Dos, Parsnips, Taub Daj, Radishes, Taub Dag (acorn, butternut, delicata, spaghetti), Turnips, Taub Zucchini, ***Qos Qab Zib</p>
LUB CAIJ NTUJ NO	<p>Txiv Hmab Txiv Ntoos: Txiv clementine, txiv grapefruit, txiv lemons, txiv maj naus, txiv kab ntxwv, tangerines), Kiwi, Pear, Txiv Puv Luj</p> <p>Zaub: Beets, Bok Choy, Broccoli, Zaub Qhwv Me, Cauliflower, Celery, Tej Zaub Xas Lav Nplooj Ntsuab (collards, kale, zaub xas lav, zaub ntsuab, spinach), Turnips, Taub Dag Ntuj No (acorn, butternut, delicata, spaghetti)</p> <p><i>*Tej zaub feem ntau mas yuav tsum muab thauj mus thauj los rau lub caij ntuj no rau cheeb tsum Nruab Nrab Sab Hnub Pooob hauv teb chaws Meskas, tej no tsis yog hais txog nceb. Tej uas muaj rau nram no ces yeej muaj raws caij raws nyoog rau lwm caij rau lwm qhov chaw thiab yeej yuav tau thaum twg los tau.</i></p>
COV ZAUB THIAB TXIV HMAB TXIV NTOO UAS MUAJ TAS NIAJ TAS XYOO	<p>Txiv Apple, Avocados, Txiv Tsawb, Carrots, Celery, Txiv Grape, Dib Pag, Txiv Kab Ntxwv, Kua Txob (bell & ntsim), Qos, Txiv Lemon, Txiv Maj Naus, Noob Taum Mog, Dos</p>

Koj puas paub?

Koj siv SNAP-EBT hauv cov tshav puam muag zaub uas koom nrog Market Bucks npaum li cas ces lawv yuav muab npaum li ntawd ntxiv rau koj (txog \$10) thiab mus thoob Minnesota! Yog tias xav paub ntxiv txog Market Bucks, ces mus saib sab uas muaj qhov Khoos Kas hauv lub vej xaij HungerSolutions.org.