



Seasonal Harvest Blends Serve Up Abundant Nutrition

Earth's Best Organic Seasonal Harvest Blends gather the bounty of nutritional fall foods and blend them into traditional favorites. You already know that nutritious foods are important to baby's growth and development, but did you also know that traditions are as well?

Families that gather together to share meals support their children's physical, emotional and mental health. Studies show that families that eat together have healthier diets, their children do better in school and their children gain a better sense of safety and belonging within the family. It's not too early to include your little one in the important ritual of eating together. The early months and years offer an opportunity for you to help your child develop a taste for those foods and flavors that include them in your culinary traditions and that also provide them with excellent nutrition. Even if your baby is still a little too young to eat the turkey and pie from the table, they can still partake in the healthiest traditional foods by having their own Earth's Best Organic Seasonal Harvest.

Earth's Best Organic Seasonal Harvest offers a cornucopia of nutritional goodies that are so important for your baby. Look at what vitamins and minerals the following traditional foods in Seasonal Harvest Blends offer, and why they are so important for your baby.



Pumpkin and Sweet Potatoes: The mildly sweet flavor of pumpkin and sweet potato is a perfect enticement to create a love two remarkably nutritious foods. One serving of pumpkin or sweet potato will provide your baby with more than 100% of her daily vitamin A requirement. Vitamin A is critical for a number of life processes including bone development, visual acuity and cell metabolism. Both pumpkins and sweet potatoes are also a great source of fiber, vitamin C and potassium.

Cranberries: Cranberries are a cousin to blueberries, and so similarly, contain a huge amount of phytochemicals...those little nutrients proving to provide enormous health benefits. Cranberries contain anti-viral and anti-bacterial components. Some studies are showing them to help with oral health. Perhaps cranberries will help keep newly erupted baby teeth strong. Cranberries are ranked among one of the highest foods in anti-oxidant activity.



Turkey: Turkey is rich in protein, necessary for growing tissues, and is abundant in niacin and vitamin B6, both important in energy production. Turkey is a good source of selenium, which is necessary for optimum immune function.



Apples: “An apple a day keeps the doctor away”, is proving to be very true. New research is revealing the health promoting function of the phytonutrients unique to apples. They also provide a good source of fiber, which will help keep baby’s digestive system running smoothly.

Green Beans: Green beans are an excellent source of vitamin C, vitamin K, manganese, dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, and niacin. Such an abundance of nutrition in one food is hard to find any where else.