

# Pick-Your-Own Berries

## Five Reasons to Visit a “Pick-Your-Own” Farm

It's open season for berry picking and there are many great things to look forward to when visiting your local community for this delightful activity. As we reach the midsummer peak, local farmers are hard at work providing the freshest fruit and produce for picking. Fresh-picked berries offer a variety of healthy and delicious opportunities, whether enjoyed immediately or preserved for pies and smoothies!

- **Better Nutrition:** The nutrient value of fruits, vegetables, and berries is highest when picked ripe and eaten soon after.
- **Physical Activity:** Moving around the farm, picking berries involves walking, standing, kneeling, and bending—plus carrying a basket full of juicy strawberries!
- **Open Fresh Air:** Enjoy the calm of the countryside, disconnected from technology, and the satisfying accomplishment of filling your basket.
- **Support Local Farmers:** Buying directly supports local farms, fostering a connection to where your food comes from.
- **Pick the Best Produce:** Control for perfection by picking your own, avoiding surprises like spoiled or overripe berries.



## Additional benefits of berry picking include:

- A stronger connection with your food for you and your kids
- Promotion of healthy food choices
- Support for the local economy and community
- Opportunity to try new delicious recipes with freshly picked fruits
- Fun summer activity for the whole family

Check out [harvestontario.com](http://harvestontario.com) to find local Ontario farms or do a Google search to find a farm near you!



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD** for you  
Health and Wellness  
for Magna Employees

**MAGNA**