



Goodwin's Organics' Superfood of the Month!

The Amazing Avocado

- Highly alkaline!!!!
- Has the potassium content of 2 or 3 bananas!!!
- Great source of monounsaturated fat, 2nd only to the olive
- Contains oleic acid, which may help lower cholesterol
- One of the best sources of folate, magnesium, vitamin E amongst all fruits



For a limited time only: Organic Avocados just 10 for \$10!!!!

Join us for a:

FREE "Avocado Extravaganza"

Recipes, sampling, & a cooking demonstration!!!

**Wednesday August 18th
5:00 – 9:00 pm**

**At the Farmer's Market outside in the
Goodwin's Organics Parking Lot**

191 W Big Springs Rd
Riverside Ca 92507
(951) 682-2667

www.goodwinsorganics.com

Open Daily: 7:30 am – 9:30 pm

