

## Farmers Market- Weekly highlights

Meet Lavonne Rogers from  
**HEALTHY EATING BY CREW  
DISTRIBUTING**



### Where are you located at the farmers market?

Once you exit the 1900 building, I am located on the left hand side.

### Do you have any other locations outside of the farmers market?

We are part of several other farmers markets in the following cities: Hanford, Fowler, and Clovis. We also have a website:

[www.crewdistributing.com](http://www.crewdistributing.com)

### What type of items do you grow/sell?

We sell a variety of baked and dehydrated fruits and vegetables. Currently we have Veggie and Fruit baked chips, dehydrated fruits and also a variety of nuts and trail mixes.

### How long have you been in this industry?

I have been in this industry for 2-3 years

What fruit or vegetable would you like to highlight this week?  
I would like to highlight our Veggie and Fruit baked chips.

Lavonne provided us with a list of eating suggestions for her Veggie and Fruit baked chips.....



1. *They are a great replacement for chips and crackers which are high in sodium and carbohydrates*
2. *Healthy Eating also has "low sodium" items for those who are watching their sodium intake*
3. *The veggie and fruit chips contain just as much vitamins and minerals as the raw veggies and fruits have*
4. *You can replace regular potato chips with veggie chips. Add a dip or enjoy with cottage cheese!*

### Recipe

Baked Veggie Chips with low fat dip  
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=143678>

