

# HEALTHY U

YOUR SOURCE AND GUIDE FOR HEALTHY LIVING

## **CONNECT 360 BY SMITHRX**

Connect 360 provides members access to programs that reduce prescription costs.

# TABLE *of* CONTENTS

- 03 | How Connect 360 Helps Members Save
- 04 | Why Sleep Matters in Agriculture  
(Wellness Initiative Spotlight)
- 06 | Modify Habits For BIG HEALTH WINS
- 08 | Grilled Shrimp Taco with Cabbage Slaw Recipe
- 09 | Alcohol & Substance Abuse: Know the Signs. Get Support.
- 10 | Mexico Cross-Border Network Benefits
- 11 | Your Health Network Overview
- 12 | Your Partner for Pain Relief
- 13 | HealthChats & CharlasSaludables Webinar Schedule
- 14 | Corporate Wellness Initiatives
- 15 | Member Resources & Helpful Links

*proudly sponsored by:*



# HOW CONNECT 360 HELPS MEMBERS SAVE

*Connect 360 helps members access programs that can significantly lower prescription costs.*

## Connect 360 Programs you may qualify for:

### Income-Based Assistance Programs

Members who meet certain income guidelines can reduce or eliminate their cost share through drug manufacturer programs or grant support.

### Manufacturer Coupon Programs

Members are eligible regardless of income, reducing or eliminating cost share through drug manufacturer discounts.

### Generic Alternatives Programs

Members with eligible high-cost generics can reduce cost share through lower cost, sometimes to zero.

### Autoimmune Program

Members can access lower-cost biosimilars for autoimmune diseases at a \$0 copay through partner pharmacies.



## Why it Matters

- Access the lowest cost available for your medication.
- Get 1:1 support navigating normally complex manufacturer coupon programs.
- Adoption of Connect 360 programs helps keep pharmacy spending steady, making for more moderate rate increases from the health plan.
- Member participation is required to continue filling the applicable medications.

## The SmithRx Connect Team Helps You Save

### Initial Outreach

Members who meet certain income guidelines can reduce or eliminate their cost share through drug manufacturer programs or grant support.

### Dedicated Patient Advocate

You will be assigned a Patient Advocate to walk you through next steps.

### Program Enrollment

Your Patient Advocate will help you complete any necessary paperwork to enroll in the savings program. They can even coordinate with your provider and pharmacy.

### Refill your Prescription

Your patient Advocate will make sure you have been able to refill your prescription at the new, lower cost.

Download the SmithRx Connect 360 Program flyer by visiting: [unitedag.org/smithrx-connect360](https://unitedag.org/smithrx-connect360).

If you have further questions connect with our **Member Services** at **(800) 223-4590** for more information.

# Sleep Well, Live Well:

## *Why Sleep Matters in Agriculture*

### MONTHLY WELLNESS INITIATIVE SPOTLIGHT

The alarm goes off at 4:30 a.m. There are fields to check, equipment to run, crews to coordinate, and decisions to make, all before most people have had their first cup of coffee. In agriculture, early mornings and long days are a badge of honor. But there is one thing that even the most dedicated grower, picker, or executive cannot afford to shortchange: sleep.

Sleep is not a luxury or a sign of weakness. It is a biological necessity. And for the agricultural community, where physical safety, sharp judgment, and sustained health are all on the line every single day, getting enough quality sleep may be one of the most important investments you can make in yourself and your operation.

### What Sleep Does for Every Body


Sleep is when your body and mind do their most important repair work. Adults need 7 to 9 hours per night. Here is what happens when you consistently get it:

- **Brain & Memory:** Sleep helps consolidate learning and memory and clears waste from the brain, including proteins linked to Alzheimer's disease..
- **Heart Health:** Consistently sleeping fewer than 6 hours is linked to significantly higher rates of hypertension, heart attack, and stroke.
- **Immune Function:** During sleep, your body produces infection-fighting cytokines. Chronic sleep loss weakens your immune response and increases your susceptibility to illness.
- **Weight & Metabolism:** Poor sleep disrupts hunger-regulating hormones (ghrelin and leptin), increasing appetite and raising the risk of obesity and Type 2 diabetes.
- **Mood & Mental Health:** Even one night of poor sleep affects emotional control. Long-term sleep loss is linked to higher anxiety and depression, which are already common in farming communities.

### The Long-Term Cost of Pushing Through

Agriculture has always valued resilience, through hard seasons, tough conditions, and long days. But there is a difference between resilience and running on empty.





Research shows that regularly sleeping fewer than 7 hours a night is linked to a shorter lifespan and a higher risk of chronic diseases, including heart disease, obesity, diabetes, and dementia.

## Signs You May Be Sleep Deprived

Sleep deprivation is a condition that occurs when a person does not get enough sleep. It may be short-term, lasting for a night or a few days, or it can become chronic and persist for weeks or even months. While it can be caused by many common and often non-serious factors, it may also be a symptom of certain underlying health conditions, according to the Cleveland Clinic.

- Daytime sleepiness
- Feeling groggy for more than 30 minutes after waking
- Irritability or mood swings
- Difficulty concentrating or making decisions
- Slowed reactions
- Headaches

## Sleep Tips for Every Role in Ag

- Keep a consistent sleep schedule, even during harvest season.
- Sleep in a cool, dark room whenever possible.
- Avoid alcohol before bed, as it can disrupt sleep quality.
- Create a wind-down routine and step away from work before bedtime.
- Write down worries or to-do items to clear your mind.
- Limit screen time in the evening.
- Prioritize sleep during the off-season to help recharge for the next cycle.

## Your Wellness Benefits Are Here To Help

With your UnitedAg benefits, you have access to wellness resources to support your whole health. Persistent sleep troubles can point to underlying conditions like sleep apnea, anxiety, or other health issues. Talk to your doctor and use your benefits to connect with a provider. Good sleep starts with good care.

***Need help finding a provider or have questions?***  
**Our Member Services Team is here to help. Call 800.223.4590.**

Sources:

- Cleveland Clinic. "Sleep Deprivation: What It Is, Symptoms, Treatment & Stages." Cleveland Clinic Health Library. Last reviewed August 11, 2022. [my.clevelandclinic.org/health/diseases/23970-sleep-deprivation](https://my.clevelandclinic.org/health/diseases/23970-sleep-deprivation)
- American Academy of Sleep Medicine (AASM). "Sleep Duration Recommendations." [aasm.org](https://aasm.org)
- Centers for Disease Control and Prevention (CDC). "Sleep and Sleep Disorders." [cdc.gov/sleep](https://cdc.gov/sleep)
- AgriSafe Network. "Agricultural Worker Health Resources." [agrisafe.org](https://agrisafe.org)
- Sleep Foundation. "How Sleep Works." [sleepfoundation.org](https://sleepfoundation.org)

# Modify Habits For BIG HEALTH WINS



Teladoc  
HEALTH

**Wouldn't it be great if our bodies delivered instant results? Eat well for a day and see perfect cholesterol? Work out once and gain stamina, strength and the ideal blood pressure? Skip dessert and instantly improve your A1c level?**

Unfortunately, that's not how it works. Our bodies are finely tuned machines that need consistent care—fueling, movement, rest and engagement—day after day. Better health requires action, and results take time.

While progress isn't always immediate, effort does pay off. Sometimes, there's even an instant benefit. For example, increasing your water intake today can help you feel better right away. It may reduce the risk of constipation, kidney stones, headaches and sluggishness.

Other habits, both big and small, can move you toward better health. Even if changes in blood sugar, cholesterol or blood pressure aren't immediately visible, consistency matters. When you put in the work, results will come.

## Modify Drinking

Whether you have a nightly glass of wine, or drink beer on the weekends, alcohol affects your body. However, a week after quitting, your body makes strides behind the scenes.

### After one week

You sleep better, you may eat better, you're more hydrated and have improved energy

### After two weeks

Stomach irritation is reduced. Acid reflux and indigestion may subside.

### After three weeks

Your blood pressure is normalizing, reducing your risk of heart disease. Fewer calories can lead to lower weight

### After four weeks

Your skin looks better and more hydrated. Your liver function is improving.

## Stop Smoking

Quitting smoking affects your body almost immediately. You may feel it right away, or not. The important thing is to stick with it.

### In minutes

Your heart rate drops to normal.

### In 24 hours

Nicotine levels drop to zero. Your carbon monoxide level drops to normal.

### In 1-12 months

Coughing and shortness of breath decrease.

### In 5-10 years

Your risk of some cancers is cut in half. Your risk of stroke decreases.





*“Missing one day doesn't break a habit. Missing two days starts one.”*

**Teladoc**  
HEALTH

### Start Exercising

It's recommended that adults get 150 minutes of physical activity each week. This could be as simple as walking 30 minutes five times a week. It is one of the most important things you can do for your health. And it pays off.

#### After exercising for 10 minutes

Your brain gets more blood, and more oxygen, making you more alert.

#### After exercising for one hour

Your blood pressure goes down, and your digestive system speeds up.

#### After for one day

You may feel muscle soreness, especially if you did exercises that are new to your body

#### After one week

You may start to feel more energy. Your mood improves and you may have more confidence

#### After one month

Regular exercise improves physical, mental and social health. It can also improve your productivity and increase feelings of happiness

Every great harvest starts with a seed and a lot of patience. The soil doesn't show its work. But it never stops. Neither should you.

**Get started with Teladoc and discover how virtual care can support a healthier lifestyle.** Log in or register at [teladochealth.com](https://teladochealth.com).

### 28-Day Habit Tracker

Progress takes time. Some days will be harder than others, that's okay. Just keep showing up.

Try this habit tracker to get you started.

#### Exercise (Goal: 30 minutes)

WK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Drink Water (Goal: 64 oz)

WK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Sleep (Goal: 7-8 Hours)

WK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fill in or cross off each day you complete the habit.

Adapted from materials provided by Teladoc Health.



# GRILLED SHRIMP TACO *with cabbage slaw*

Makes: 4 servings | Time: 30 - 40 minutes

These grilled shrimp tacos pack 37 grams of protein and 8 grams of fiber into just 389 calories per serving, making them a smart, satisfying choice for members managing diabetes or blood pressure. The zesty cabbage slaw adds a refreshing crunch that's perfect for warm summer days.

## Ingredients:

- 3 Tbsps nonfat Greek yogurt
- ½ cup light mayonnaise
- ½ chipotle pepper en adobo, minced into a puree\* 1 pound medium peeled and deveined shrimp
- 2 limes, divided ¼ tsp chilli powder
- ½ medium green cabbage, finely shredded
- 2 medium carrots, coarsely grated
- ¾ cup roughly chopped fresh cilantro
- 1 Tbsp extra-virgin olive oil, plus extra, if needed, for brushing
- Salt and pepper, to taste
- 8 small whole grain corn tortillas

## Preparation:

- Preheat a grill or grill pan to medium-high heat.
- In a small bowl, whisk together the yogurt, mayonnaise and chipotle pepper; set aside.
- In a medium bowl, toss together shrimp, juice of 1 lime and chili powder; set aside.
- In a large bowl, combine shredded cabbage, carrots, cilantro and the juice of the remaining lime; toss well.
- Add salt and pepper, to taste.
- Thread shrimp on skewers, 3-4 shrimp per skewer.
- Brush each skewer with olive oil and season to taste with salt and pepper.
- Coat the grill rack with cooking spray and grill shrimp skewers 2-3 minutes on each side, or until pinkish and opaque in color. Meanwhile, warm tortillas, as desired, on the grill.

- To assemble, spread a few teaspoons of the chipotle mayo along the center of a warmed corn tortilla. Lay 3 or 4 shrimp across the mayo. Top with a generous spoonful of the cabbage slaw.
- Serve additional slaw as a side salad

\*Chipotle peppers en adobo are sold in small cans in the Mexican food section of most supermarkets. One-half of a minced chipotle pepper measures about half of a tablespoon



## Nutrition:

Serving size: 2 Tacos

- Calories: 389
- Total fat: 11 g
- Saturated fat: 2 g
- Sodium: 509 mg
- Cholesterol: 229 mg
- Total carbs: 40 g
- Fiber: 8 g
- Sugar: 10 g
- Protein: 37 g
- Potassium: 564 mg

Your health and wellness matter. Your benefits include access to Teladoc Health for convenient care and diabetes management support.

Visit [teladoc.com/unitedag](https://teladoc.com/unitedag) to get started.



# Alcohol and Substance Use: Know the Signs. Get Support.

If you or someone you care about may be dealing with alcohol or substance related challenges, confidential support is available through UnitedAg's partnership with Spring Health.

## Why It's Important

Reflecting on alcohol or substance use—whether it's your own or someone you know—can help you better understand how it affects daily life and well-being.

Alcohol or substance misuse can affect safety, health, relationships, and job performance. Recognizing the signs early can help prevent more serious consequences.

### Signs of Possible Alcohol or Substance Misuse

You or someone you care about may be experiencing:

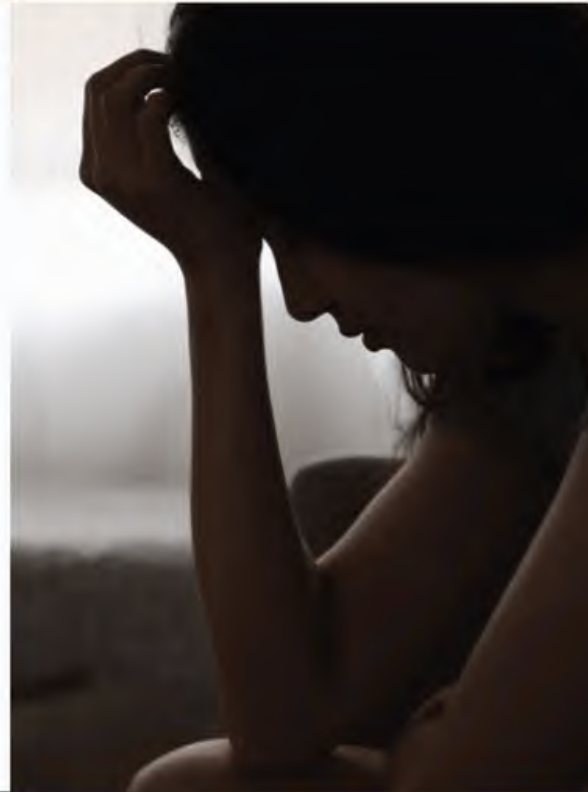
- **Getting into trouble** (fights, accidents, safety incidents, legal issues)
- **Increased workplace errors** or safety concerns
- **Changes in attendance** or job performance
- Using alcohol or substances to **cope with stress or emotions**
- **Difficulty** cutting down or stopping use
- **Withdrawal symptoms** when not using
- **Strained relationships** with family, friends, or coworkers

#### Physical changes such as

- Trembling or shakiness
- Difficulty sleeping
- Weight loss or weight gain
- Changes in appetite
- Low energy

#### Mood changes such as

- Irritability
- Anxiety
- Depression
- Mood swings



*If alcohol or substance use feels like it is taking control, support is available.*

## Get in touch with Spring Health:

Visit [benefits.springhealth.com/unitedag](https://benefits.springhealth.com/unitedag)  
Questions? Call 1 (855) 629-0554

Source: SAMHSA — Signs It May Be Time to Seek Help for Alcohol, Drugs, or Mental Health (Based on SAMHSA guidance — Substance Abuse and Mental Health Services Administration, U.S. Department of Health & Human Services)





# MEXICO CROSS-BORDER NETWORK BENEFITS

UnitedAg health plan participants have access to the SAIN Mexico Medical Network, providing affordable, high-quality healthcare through a trusted network of experienced physicians and specialists.

SAIN offers convenient access to medical care across select cities in Mexico, helping members receive quality services at a lower cost. Whether you need routine care, specialty treatment, dental services, or urgent care, SAIN's network is designed to support your healthcare needs while helping you maximize your health plan benefits.

## Benefits Include:

- Access to over 150 certified physicians and specialists
- Family medicine, specialty care, urgent care, and dental services
- Radiology and pharmacy benefits
- Available in Tijuana, Mexicali, Los Algodones, and San Luis Rio Colorado
- Cost-effective care with applicable plan copays
- Mexico Travel Benefit of up to \$1,500 annually for eligible travel, lodging, meals, and related expenses for qualified patients and a companion\*
- Available to eligible UnitedAg health plan participants, including HSA members

## Contact

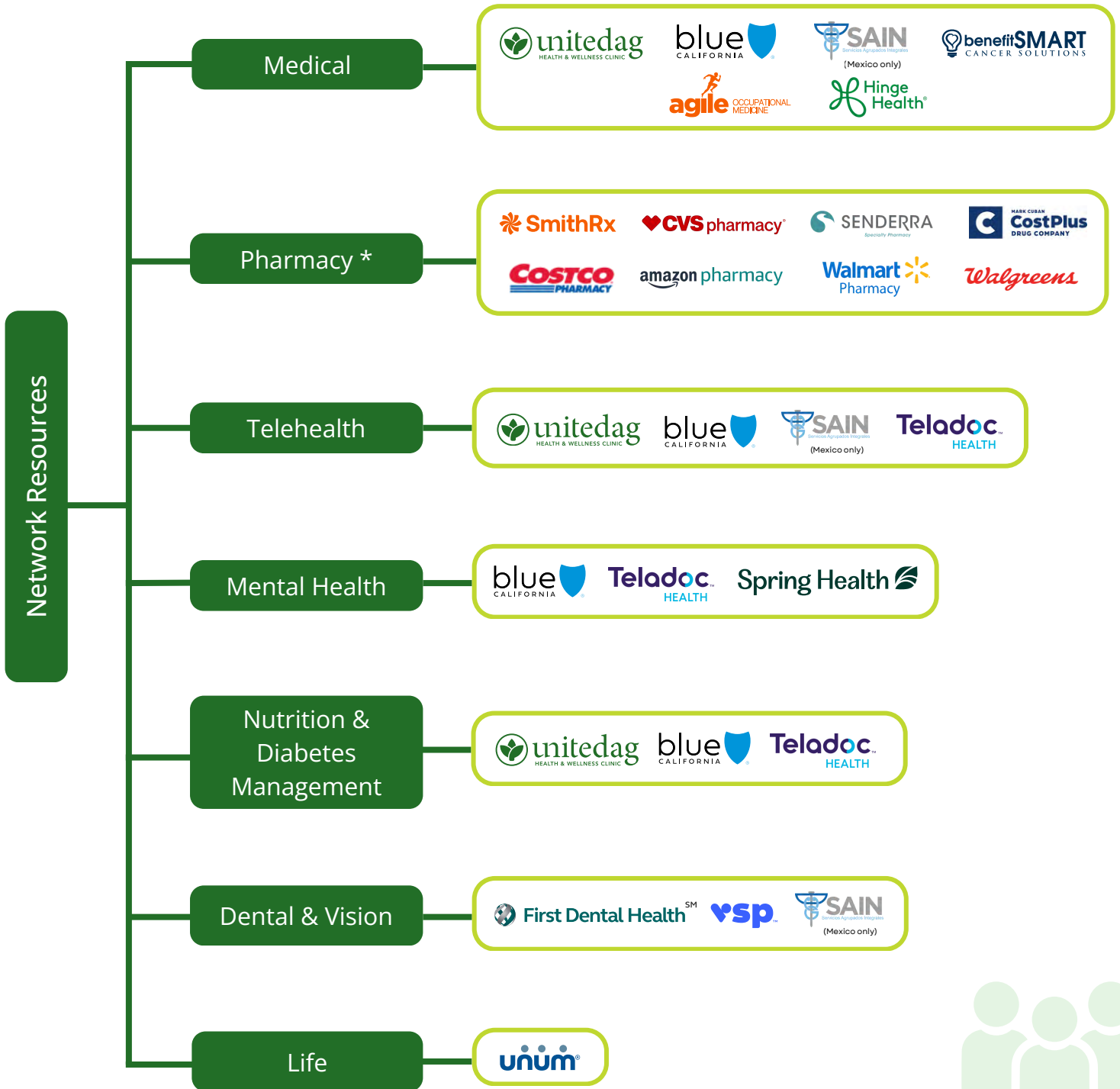
**For pre-authorization, travel assistance, or to learn more:**

- **Call:** 760.222.3809 or 011.52.653.536.7800 ext. 1
- **Email:** [info@sainmedical.com](mailto:info@sainmedical.com)
- **Visit:** [sainmedical.com](http://sainmedical.com)

*\*Subject to plan eligibility and pre-authorization requirements.*



# YOUR HEALTH NETWORK OVERVIEW



**\*More than 65,000 pharmacies nationwide.**

For more information visit: [unitedag.org/networks](https://unitedag.org/networks)



# Your Partner for Pain Relief

With Hinge Health, you can get virtual physical therapy and more from real people who are dedicated to helping you feel your best.

## Specialized care, personalized for you

Reduce everyday joint and muscle aches. Recover from an injury. Relieve pelvic pain and discomfort.

- A care plan designed for your everyday activities and long-term goals - and to treat multiple areas of your body at once
- Access exercise therapy sessions you can do in as little as 15 minutes - anytime, anywhere with the Hinge Health app
- Get 1-on-1 support from a physical therapist or health coach to tailor your sessions as needed and help you reach your goals
- Access to Hinge Health Enso® a non-addictive, FDA-cleared wearable device to calm and soothe pain flare-ups in minutes

Scan the QR code or visit:  
[hinge.health/unitedag-join](https://hinge.health/unitedag-join)



Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.



**\$0**  
cost to you



### A HINGE HEALTH EXCLUSIVE Meet Enso

The small device for pain relief on-the-go.

\*Not eligible for HSA plans.

\*Eligibility to receive Hinge Health Enso is based on the program in which you are placed, fulfillment of clinical eligibility criteria, and completion of a qualifying number of exercise sessions.

Members and dependents 18+ enrolled in an UnitedAg medical plan are eligible.



# healthchats

UnitedAg's **HealthChats** webinar series delivers practical health tips from medical professionals covering nutrition, mental health, immunizations, and chronic disease prevention.

**CharlasSaludables**, the Spanish-language series, offers the same valuable insights for Spanish-speaking members. Each 30-minute session is packed with actionable advice to support healthier lifestyles—making wellness simple, convenient, and accessible. Together, these programs highlight UnitedAg's commitment to member well-being.

## 2026 WEBINAR SCHEDULE\*

### Building Healthy Habits

Now available on YouTube.

[Watch the English Webinar](#)

[Watch the Spanish Webinar](#)

### Safeguarding Your Mental Health

Now available on YouTube.

[Watch the English Webinar](#)

[Watch the Spanish Webinar](#)

### Nutrition

Thursday, July 16

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

### Importance of Vaccines

Thursday, September 17

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

### Diabetes and Prediabetes

Thursday, November 19

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

### Mood and Food

Friday, December 4

English (10:00 am): [Register](#)

Spanish (3:00 pm): [Register](#)

Register for HealthChats and Charlas Saludables at [unitedag.org/healthchats](https://unitedag.org/healthchats). Charlas Saludables—the Spanish version of each webinar is held the same day as the English session at 3:00 PM. Missed a session? Watch past webinars anytime on YouTube at [youtube.com/@unitedag](https://youtube.com/@unitedag).

\*Webinar schedule and topics are subject to change.



# WELLNESS IN 2026

At UnitedAg, a thriving workforce starts with health and well-being. Our 2026 wellness initiatives support mental and physical health, boost morale, and foster a positive workplace culture. Explore quarter one's initiatives and see what's ahead for 2026.

Ready to bring wellness to your workplace?

Contact [clientservices@unitedag.org](mailto:clientservices@unitedag.org) to learn more!

## QUARTER 1

### JANUARY

---

Annual Check-Up  
*The Importance of Yearly Check-Ups*

### FEBRUARY

---

Building Healthy Habits for a Healthy Heart  
*Heart Health Awareness*

### MARCH

---

Understanding Autoimmune Diseases  
*Autoimmune Awareness*

## QUARTER 2

### APRIL

---

See Your Best  
*Eye Health Awareness*

### MAY

---

Check In, Speak Out  
*Men's Mental Health Awareness*

### JUNE

---

Sleep Well, Live Well  
*Better Sleep Month*

## QUARTER 3

### JULY

---

Soak Up the Sun Safely  
*UV & Sun Protection Awareness*

### AUGUST

---

Know the Signs  
*Ovarian Cancer Awareness Month*

### SEPTEMBER

---

Stay Healthy This Season  
*Flu & Immunization*

## QUARTER 4

### OCTOBER

---

Early Detection Matters  
*Breast Cancer Awareness*

### NOVEMBER

---

Manage Your Risk  
*Diabetes Awareness Month*

### DECEMBER

---

Happy Gut, Healthy Life  
*Digestive Health Wellness*



# MEMBER RESOURCES

Below are important links and information to help you understand and access your health benefits.

## UnitedAg Member Services

Member Services.....	800.223.4590 <a href="mailto:memberservices@unitedag.org">memberservices@unitedag.org</a>
Member Advocate Service.....	800.223.4590 <a href="mailto:memberadvocate@unitedag.org">memberadvocate@unitedag.org</a>
SMS/Text Messaging Service.....	English: 949.594.0788 Spanish: 949.524.4877



## UnitedAg Hours of Service

Monday - Friday.....	6:30 am - 5:30 pm
Saturday.....	7:00 am - 3:30 pm

## Network Partners

UnitedAg Health & Wellness Clinics.....	877.877.7981
Blue Shield of California (Pre-Authorization).....	800.541.6652
Blue Shield National Coverage Network (Outside CA).....	800.541.6652
SAIN (Outside U.S.).....	653.536.7800
SmithRx (Pharmacy).....	833.573.7797
Specialty Pharmacy Service.....	800.223.4590
Teladoc (Telemedicine).....	800.835.2362
myStrength (Mental Health Care).....	800.945.4355
Spring Health (Mental Health Care).....	855.629.0554
First Dental Health (Dental).....	800.334.7244
VSP (Vision).....	800.877.7195

## Helpful Links

### HealthChats

[unitedag.org/healthchats](https://unitedag.org/healthchats)

### Member Health Portal

[unitedag.org/healthportal](https://unitedag.org/healthportal)

### Health & Wellness Clinics

[ua.clinic](https://ua.clinic)

### Network Partner Directories

[unitedag.org/networks](https://unitedag.org/networks)

### Quick Guide

[unitedag.org/quickguide](https://unitedag.org/quickguide)

### Summary Plan Description (SPD)

English & Spanish:

[unitedag.org/spd](https://unitedag.org/spd)

### Digital Health Pass

[unitedag.org/digitalhealthpass](https://unitedag.org/digitalhealthpass)

## UPCOMING EVENTS

(SCAN THE QR CODES BELOW TO LEARN MORE & REGISTER)



### ops forum

Webinar: [SAIN Mexico Network](#)  
Wednesday, June 10 | 10:00 AM



Webinar: [Agriculture Wage and Hour Review](#)  
Wednesday, May 20 | 10:30 AM



Watch our story by visiting: "[United in the Fields](#)" or scan the QR code.



Subscribe to **HEALTHY U**

Subscribe to get the Healthy U newsletter in your inbox and stay informed, inspired, and well—every month.

[signup.unitedag.org/healthyu](https://signup.unitedag.org/healthyu)



Photo Courtesy of California Strawberry Commission

*thank you to our* **CONTRIBUTORS**

