

Fresh Fruit and Vegetable Program

Fun Facts

Feb 2nd-Feb

Green Pepper, Red Grapes, Bartlett Pears, Asparagus, Baby Kale, Banana, Cucumber, Red Grapefruit, Raspberries, Watercress, Blood Orange, Gold Beets, Blueberries, Spinach, Cantaloupe, Assorted Peppers.

*Subject to changes

Green Pepper-4.5g Carbs ½ cup

Bell peppers are a great source of vitamin A, C, and B6.

Red Grapes-13.5g carbs ½ cup

There are more than 8,000 varieties of grapes the main types come from America and Europe. Spanish explorers introduced the fruit to America about 300 years ago. The seeds in grapes are chock full of antioxidants.

Asparagus-3.7g carbs ½ cup

The history of the asparagus goes back as far as 2000 years. It originated in the eastern Mediterranean countries and wild grown varieties have been discovered in Africa. Asparagus

Baby Kale-3.6g Carbs ½ cup

Kale is packed with antioxidants and other nutrients. One cup provides more than 100% of the recommended daily amounts of vitamins A and K. People have been growing kale for more than 2000 years

Banana-13.5g carbs ½ banana

A monkey peels a banana upside down, just opposite of the way us humans do it, which is pinching the end and splitting the skin peeling it down to expose the fruit. This method is easier and less damaging.

Cucumber-1.9g carbs ½ cup

Cucumbers are made up of 95% water, and are loaded with vitamins and nutrients. A slice of cucumber pressed on the roof of your mouth can help fight bad breath!

Bartlett Pear-11.5g carbs ½ cup

Pears are easy to grow and grow best in a temperate, cool climate. The fruit will ripen off the tree and in a warm area. There are a variety of ways to enjoy the fruit. They can be eaten fresh, canned, or baked into a yummy dessert. This fruit has numerous health benefits. They have high levels of vitamins and antioxidants and can also aide in digestion and weight loss.

Red Grapefruit-12g carbs in ½ cup

Dark pink and red grapefruit are slightly more nutritious than the yellow or white flesh grapefruit. This citrus fruit is a great source of vitamin C and A. Your body needs these vitamins to stay healthy and help recover after being sick, such as a cold.

Raspberries-7.3g carbs in ½ cup

Raspberries have been crossed with other berries to try to form new species. The logan berry is a cross between raspberries and blackberries and the boysenberry is a cross between red raspberries, blackberries and loganberries. Raspberries are a great source of vitamin C.

Watercress-0.2g carbs ½ cup

Watercress is a relative to cabbage and the mustard plant. It is packed with nutrients and vitamins. Watercress is very good for your skin helping keep it clear and healthy. Try watercress in a sandwich or cooked in soup.

Blood Orange-10g carbs ½ cup

The antioxidants, minerals, and other nutrients in blood oranges can provide many health benefits. It gets its red color from anthocyanins, which is not commonly found in citrus fruit but much more common in berries and flowers.

Gold Beets-8.5g carbs ½ cup

Gold beets can vary in taste, they tend to be a bit sweeter than the red beet. They are excellent kidney and body cleansers, lowers blood pressure and cholesterol. They help decrease the risk of heart disease, and are also good for the eyes and skin. Being high in powerful antioxidants gold beets are the ultimate power food.

Blueberries-11g carbs ½ cup

Back in the day blueberries were called star fruits because of the five-pointed star shape that is formed at the blossom end of the berry. One blueberry bush can produce as many as 6,000 berries per year.

Spinach-3.4g carbs ½ cup

Spinach is a cool season crop and belongs to the goose root family along with the swiss chard and beets. It is low in calories, and is a great source of vitamins A and C also iron. China is the largest producer of spinach with a 85% of global production, The U.S. is second with a 3% global production.

Cantaloupe-6.7g carbs ½ cup

In Australia this melon is known as the rockmelon. Cantaloupe blooms from July to September, with yellow flowers that attract honeybees that are responsible for the pollination. It is the most popular melon in the United States.

Assorted Peppers-4.5g carbs ½ cup

These peppers are available year round. Mini sweet peppers are mostly sold in a variety pack to show off all the different colors. They are perfect for bite size snacking and have a great sweet flavor and crunch.

