



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>Brussel Sprouts are small, round, green vegetables that remind me of baby Cabbage!</p> <p>Educational Handout <a href="#">English</a> / <a href="#">Spanish</a></p> <p>Video <a href="#">English</a> / <a href="#">Spanish</a></p>	<p>Cabbage is a relative of Broccoli, Cauliflower, Kale &amp; Brussel Sprouts.</p> <p>Cabbage Educational Handout <a href="#">English</a> / <a href="#">Spanish</a></p> <p><a href="#">Cabbage Recipe Eng./Span</a></p>	<p>Carrots are a particular good source of Vitamin A, fiber &amp; antioxidants.</p> <p><a href="#">Video English/Spanish</a></p> <p><a href="#">Healthy Carrot Cookies Recipe Eng/Spa</a></p>	<p>Cauliflower is an extremely healthy vegetable with an array of nutrients. Check out the educational video on Cauliflower.</p> <p><a href="#">Eng/Span</a> Videos</p> <p><a href="#">Roasted Cauliflower Recipe</a></p>	<p>Corn is a type of "maize" that is known for its naturally occurring sweetness. Check out this educational handout below.</p> <p>Corn <a href="#">English</a> / <a href="#">Spanish</a></p> <p><a href="#">Veggie Quesadillas Recipe English/Spanish</a></p>
8	9	10	11	12
<p>Cucumbers are high in nutrients and low in calories. One way to enjoy cucumbers is by making a cucumber infused water. See recipe below.</p> <p><a href="#">Citrus &amp; Cucumber Infused Water</a></p>	<p>Grapes are small yet packed with nutrients. They are sweet, and you can enjoy them whole, or cut up into a fruit salad.</p> <p>Educational Handout <a href="#">English</a> / <a href="#">Spanish</a></p>	<p>Kale is said to be the King of Greens. It provides many health benefits including Vitamins A &amp; K.</p> <p>Kale Video <a href="#">English</a> / <a href="#">Spanish</a></p>	<p>Have you ever tried eating Kiwi before? Kiwifruit is an edible fruit of a woody vine, green and sweet similar to gooseberries.</p> <p>Educational Handout <a href="#">English</a> / <a href="#">Spanish</a></p>	<p>Low in calories &amp; fat, mushrooms contain a modest amount of fiber and over a dozen minerals and vitamins.</p> <p>Mushroom Educational Handout <a href="#">English</a> / <a href="#">Spanish</a></p>

<p style="text-align: right;"><b>15</b></p> <p>An apple a day keeps a doctor away, or so they say. Regardless if true or not, apples are so delicious and they come in a variety of types. Check it out <a href="#">here</a>.</p>	<p style="text-align: right;"><b>16</b></p> <p>Onions are a bulb-shaped vegetable that is grown underground with a high content of antioxidants. Check out the educational handout below.</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p>	<p style="text-align: right;"><b>17</b></p> <p>Peaches! This delicious and juicy fruit has many health benefits including vitamins, minerals, fiber &amp; antioxidants.</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p>	<p style="text-align: right;"><b>18</b></p> <p>Pears are sweet, bell-shaped fruit that can be enjoyed crisp or soft and promote digestive health due to their excellent source of fiber.</p> <p>Educational Material <a href="#">English</a></p> <p><a href="#">Spanish</a></p>	<p style="text-align: right;"><b>19</b></p> <p>Peas are small, delicious and nutritious legumes packed with nutrients. Learn more about peas with this educational handout below.</p> <p><a href="#">English</a></p> <p><a href="#">Spanish</a></p>
<p style="text-align: right;"><b>22</b></p> <p>Potatoes contain a good amount of carbs and fiber as well as Vitamin C, B6, Potassium and Manganese. Check out the recipes below for ideas on how to use potatoes.</p> <p><a href="#">Black Bean Soup</a></p> <p><a href="#">Potato Wedges</a></p> <p><a href="#">Southwestern Baked Potatoes</a></p>	<p style="text-align: right;"><b>23</b></p> <p>Radishes are a good source of Vitamin C, Folate and Riboflavin. They also contain a good amount of minerals and antioxidants. Learn how to use Radishes in the fun recipe below.</p> <p><a href="#">Educational Material English</a></p> <p><a href="#">Educational Material Spanish</a></p> <p><a href="#">Radish Recipe</a></p>	<p style="text-align: right;"><b>24</b></p> <p>Salad greens, such as lettuce, are an excellent source of Vitamin K and A. They can be used in many ways.</p> <p><a href="#">Salad Greens English</a></p> <p><a href="#">Salad Greens Spanish</a></p> <p><a href="#">Green Salad with Peas Recipe</a></p>	<p style="text-align: right;"><b>25</b></p> <p>Spinach is a type of green that can also be used as a salad or as an ingredient to other dishes.</p> <p><a href="#">Educational Material English</a></p> <p><a href="#">Educational Material Spanish</a></p> <p><a href="#">Spring Green Salad Recipe</a></p> <p><a href="#">Turkey Cranberry Quesadilla</a></p>	<p style="text-align: right;"><b>26</b></p> <p>Strawberries are packed with antioxidants, most notably Anthocyanins. And as we established a month ago, Anthocyanins are what give strawberries the red color.</p> <p><a href="#">Strawberries English</a></p> <p><a href="#">Strawberries Spanish</a></p> <p><a href="#">Berry Blast Recipe</a></p>