

Fresh Fruit & Vegetable Program: Week of November 7, 2022

Vegetable of the Week: **CELERY**



Fun Facts:

1. Celery is native to Mediterranean region and Middle East.
2. Celery stalks can grow over 3 feet high!
3. Winners of athletic events in Ancient Greece were presented with bunches of celery, much as flowers are given today!

Health Benefits:

1. Great source of fiber – good for digestion
2. Rich in Vitamin C – immune system and healing
3. High Water Content – great for hydration!

Fruit of the Week: **CLEMENTINES**



Fun Facts:

1. These sweet little citrus fruits are a cross between sweet oranges and mandarin oranges.
2. This fruit is named after Clement Rodier, a monk in Algeria who accidentally created the fruit in 1902!
3. Clementines were introduced to the United States in 1909 in Florida and later brought to California in 1914.

Health Benefits:

1. Rich in Vitamin C – immune system and healing
2. Antioxidants – overall health and fight against cancer
3. Potassium – heart health and muscles

