

## Fresh Fruit & Vegetable Program: Week of December 12, 2022

### Vegetable of the Week: **SPINACH**



#### Fun Facts:

1. The spinach plant originated in Persia. It came to China in the 7th Century, Europe in the 12th Century, and the United States in the 1800's.
2. The Popeye cartoon in the 1930's boosted spinach consumption in the US by an estimated 33%!
3. Half a cup of cooked spinach will give your body 10% of all the iron you need to consume each day!

#### Health Benefits:

1. Vitamin C: supports immune system, healthy skin & healing
2. Vitamin K & Vitamin A: blood clotting, healing & vision
3. Iron: energy, blood formation, and bone health

### Fruit of the Week: **RED GRAPES**



#### Fun Facts:

1. Grapes are botanically classified as berries!
2. There are more than 8,000 grape varieties from about 60 species. The two main types are American and European.
3. American grapes are available in September and October, whereas European grapes are available year-round.

#### Health Benefits:

1. Copper: red blood cell formation, bone health, immune function
2. Vitamin K: blood clotting and bone health
3. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer

