

Fresh Fruit & Vegetable Program: Week of December 19, 2022

Vegetable of the Week: CAULIFLOWER



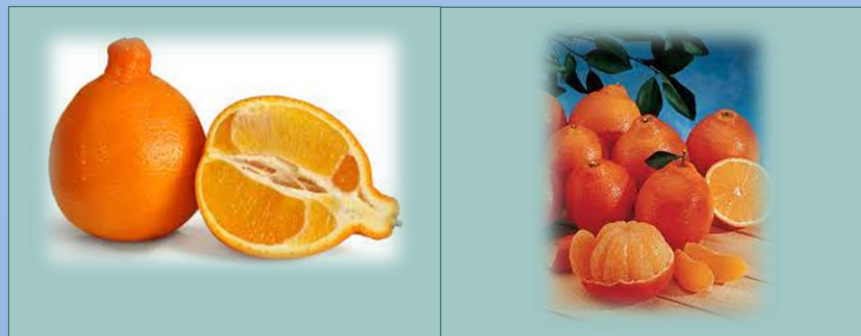
Fun Facts:

1. Cauliflower is related to the kale, broccoli, cabbage and turnip!
2. Though white is the most common variety of cauliflower it also comes in green, yellow, orange and purple varieties!
3. Cauliflower is very difficult to grow since it is very sensitive to heat and cold and needs at least 6 hours of sunlight daily!

Health Benefits:

1. Rich in Choline – brain health
2. High in Antioxidants – reduces risk of heart disease and cancer
3. B Vitamins (Folate) – brain, energy, and blood formation

Fruit of the Week: HONEYBELL ORANGES



Fun Facts:

1. Technically, it is classified as a tangelo, which means that it is half tangerine and half grapefruit.
2. This citrus hybrid was developed by the U.S. Department of Agriculture Horticulture Research Station in Orlando.
3. Honeybells are extra juicy, and 1 fruit has as much juice as 2 ordinary oranges!

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

