

Fresh Fruit & Vegetable Program: January 2023

Featured Fresh Fruit: **SNOW PEAS**



Health Benefits:

1. Vitamin K – blood clotting and bone health
2. Iron – blood and bone health
3. Calcium – promotes strong bones, heart and muscle health



Fun Facts:

1. Snow peas are higher in vitamin C than other varieties of peas!
2. There are three locations that peas are thought to have originated from: Thailand, the Middle East, and Ethiopia.
3. Snow Peas and Sugar Snap Peas, have fibers that go in only one direction, making them easy to chew!

