

## Fresh Fruit & Vegetable Program: Week of January 17, 2023

### Vegetable of the Week: Snow Peas



#### 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!

#### 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

### Fruit of the Week: Grapefruit



#### Fun Facts:

1. Most grapefruits grown in the United States come from Florida, California and Texas.
2. The Ruby Red grapefruit was accidentally discovered in Texas by citrus growers in 1929, in 1993 it became the official state fruit of Texas!
3. Just like grapes, grapefruit grow in clusters of up to 25!

#### Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. Fiber: heart healthy, digestive system & stable energy
3. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer

