

## Fresh Fruit & Vegetable Program: Week of January 23, 2023

### Vegetable of the Week: **BELL PEPPERS**



#### Fun Facts:

1. Bell peppers have more Vitamin C than an orange!
2. Bell peppers grow on a short bush that can grow up to 1 meter!
3. Most common bell pepper colors are green, yellow, red, and orange. Less commonly peppers can also be brown, purple, white and lavender!

#### Health Benefits:

1. Contains Vitamin E – muscles and nervous system
2. Rich in Vitamin C – immune system and healing
3. High in Vitamin A – eyes and skin

### Fruit of the Week: **WATERMELON**



#### Fun Facts:

1. Watermelon is classified botanically as a gourd – the gourd family also includes vegetables like cucumber, squash, and pumpkin.
2. According to Guinness World Records the heaviest watermelon was grown in Tennessee in 2013 and weighed in at 350.5 pounds!
3. They are called WATERmelons for a reason since they are 92% water!

#### Health Benefits:

1. High in Antioxidants – reduces risk of heart disease and cancer
2. Rich in Vitamin C – supports immune system and healing
3. High Water Content – great for hydration

