

Fresh Fruit & Vegetable Program: Week of January 30, 2023

Vegetable of the Week: **KALE**



Fun Facts:

1. Kale is very nutritious – 1 cup of kale contains more vitamin K & A than you need in a whole day!
2. Kale belongs to the same family as cabbage, Brussels sprouts, and collard greens.
3. Kale is popular now but has been enjoyed for over 2000 years! Kale is a staple in Scotland, Kenya, Denmark, Portugal, Italy and many other countries across the globe!

Health Benefits:

1. Great source of fiber – good for digestion
2. Vitamin K & Vitamin A – blood clotting, healing & vision
3. Good source of calcium & iron – bone health and blood

Fruit of the Week: **MANGO**



Fun Facts:

1. Mangoes were first grown in India over 5,000 years ago. India is the largest producer of mangos!
2. There are over 300 types of mangos grown across the world! The most common varieties of mango sold in the US are: Tommy Atkins, Haden, Kent, Keitt, Ataulfo & Francis.
3. The mango is the national fruit of India, Pakistan and the Philippines. It is also the national tree of Bangladesh.

Health Benefits:

1. Rich in Vitamin C, A & K – immune system, healing, vision
2. Rich in antioxidants – skin & reduces cancer risk
3. Contains potassium, folate and magnesium – heart, bones and brain health

