

## Fresh Fruit & Vegetable Program: Week of February 6, 2023

### Vegetable of the Week: **BROCCOLI**



#### Fun Facts:

1. California produces almost all of the broccoli sold in the United States!
2. The word broccoli comes from the Italian word broccolo which means “the flowering top of a cabbage.”
3. According to the USDA, the average American eats around 4 pounds of broccoli every year!

#### Health Benefits:

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

### Fruit of the Week: **HONEYDEW MELON**



#### Fun Facts:

1. Honeydew originated in the Middle East, in ancient times they were considered sacred by Egyptians due to their sweet flavor.
2. Honeydew melon was a great favorite of the French emperor Napoleon and seeds were brought to the US by Christopher Columbus!
3. The city of Cavaillon, France is considered to be the Honeydew capital of the world.

#### Health Benefits:

1. High Water Content – great for hydration!
2. Fiber – heart health, digestive system & stable energy
3. Vitamin C – immune system, skin health and healing

