

Fresh Fruit & Vegetable Program: Week of February 22, 2023

Vegetable of the Week: **GREEN BEANS**



Fun Facts:

1. Green beans grown in two ways: on bushes or on plants with long vines.
2. The average production on green beans in the US is over 800,000 TONS!
3. Green beans are the third most popular garden plant, after tomatoes and peppers.

Health Benefits:

1. Vitamin K – blood clotting and bone health
2. B Vitamins – brain, blood formation & nervous system
3. Calcium – promotes strong bones, heart & muscle health

Fruit of the Week: **RASPBERRIES**



Fun Facts:

1. There are over 200 species of raspberries and although red are most common they can be purple, golden, black, or yellow!
2. Raspberries are very seedy – just one berry has 100-120 seeds
3. Scotland is famous for its raspberries. During the 1950s, raspberries were shuttled from Scotland to London on a train called The Raspberry Express.

Health Benefits:

1. High in Fiber – heart healthy and promotes stable energy
2. Vitamin C – immune system and healing
3. High in Antioxidants – reduces risk of heart disease and cancer

