

Fresh Fruit & Vegetable Program: March 2023

Featured Fresh Vegetable: **SPRING MIX**



Health Benefits:

1. Vitamin K: blood clotting and bone health
2. Calcium: promotes strong bones, important for heart and muscle health
3. Iron: blood and bone health



Fun Facts:

1. Spring mix is a mix of different greens varying in tastes and textures!
2. Lettuce is the second most popular fresh vegetable in the US behind potatoes.
3. The average American eats approximately 30 pounds of lettuce each year, which is five times what was eaten in 1900.

