

Fresh Fruit & Vegetable Program: March 2023

Featured Fresh Vegetable: **PLUMS**



Health Benefits:

1. Vitamin C: supports immune system, healthy skin and healing
2. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer
3. Vitamin A: promotes healthy vision and cell growth



Fun Facts:

1. Plums come in many colors including purple, black/deep purple, reddish purple, yellow, red, green, and even white.
2. Plums are grown on every continent except Antarctica.
3. Plums can be as large as a baseball or as small as a cherry when ripe.

