

Fresh Fruit & Vegetable Program: Week of February 27, 2023

Vegetable of the Week: Spring Mix



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.

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

Fruit of the Week: **PLUMS**



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.

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

