

Fresh Fruit & Vegetable Program: Week of March 6, 2023

Vegetable of the Week: Mini Cucumbers



Fun Facts:

1. Amazingly, baby cucumbers are almost completely composed of water, at 95%!
2. Mini cucumbers are not large cucumbers picked before they fully grow – they are their own variety that when fully matured will only reach a few inches in size!
3. The skin on mini cucumbers is tender and has extra nutrients – eat these cucumbers whole!

Health Benefits:

1. Vitamin K – blood clotting
2. Very hydrating due to high water content
3. Rich in Minerals – Calcium, Magnesium, Potassium

Fruit of the Week: Cotton Candy Grapes



Fun Facts:

1. Cotton candy grapes are sweeter than typical green grapes with no tartness!
2. There are more than 8,000 grape varieties from about 60 species. The main types are American and European.
3. Grapes develop on vines that can reach length of 50 feet!

Health Benefits:

1. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer
2. B Vitamins: brain and nervous system health, growth, and development
3. Vitamin K: blood clotting and bone health

