

## Fresh Fruit & Vegetable Program: March 2023

### Featured Fresh Fruit: COTTON CANDY GRAPES



#### 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



#### 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!

