

Fresh Fruit & Vegetable Program: March 2023

Featured Fresh Fruit: **NECTARINES**



Health Benefits:

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



Fun Facts:

1. Nectarines are a stone fruit and are related to peaches, cherries, plums
2. Nectarines will sometimes appear on peach trees, and peaches sometimes appear on nectarine trees!
3. Nectarines originated in China 1000s of years ago. Now they are grown all over the world!

