

Fresh Fruit & Vegetable Program: Week of March 13, 2023

Vegetable of the Week: **RED CABBAGE**



Fun Facts:

1. Cabbage is considered Russia's national food. Russians eat more than seven times as much cabbage as the average North American.
2. Cabbage is available in many varieties: red or purple, green and Napa cabbage, usually found in Chinese cooking.
3. Evidence shows cabbages have been cultivated for over 4,000 years.

Health Benefits:

1. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer
2. Vitamin K – blood clotting and healing
3. Calcium: promotes strong bones, important for heart and muscle health

Fruit of the Week: **NECTARINES**



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!

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

