

Fresh Fruit & Vegetable Program: Week of March 20, 2023

Vegetable of the Week: **MEDLEY TOMATOES**



Fun Facts:

1. There are over 10,000 varieties of tomatoes!
2. China is the largest producer of tomatoes, United States and India are the second and third highest!
3. Tomatoes come in a variety of colors including red, pink, orange, yellow, and brown!

Health Benefits:

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

Fruit of the Week: **CANTALOUPE**



Fun Facts:

1. Cantaloupes grow on long vines. They take up less space in the garden than pumpkins, but one plant needs several feet of garden space to grow.
2. Cantaloupes originated in India or Africa. They weren't grown commercially in the United States until the 1890s.
3. Cantaloupe is named after a village in Italy, Cantalupo. Cantaloupe seeds, brought from Armenia, were planted in the papal garden here in the 1600s.

Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. Vitamin A: promotes healthy vision and cell growth
3. Potassium: heart health, muscles, and nervous system

