

## Fresh Fruit & Vegetable Program: March 2023

### Featured Fresh Fruit: CANTALOUPE



#### 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



#### 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.

