

## *Fresh Fruit & Vegetable Program: Week of March 27, 2023*

### Vegetable of the Week: **CAULIFLOWER**



#### **Fun Facts:**

1. Cauliflower is related to the kale, broccoli, cabbage, and turnip!
2. Though white is the most common variety of cauliflower it also comes in green, yellow, orange, and purple varieties!
3. Cauliflower is very difficult to grow since it is very sensitive to heat and cold and needs at least 6 hours of sunlight daily!

#### **Health Benefits:**

1. Rich in Choline – brain health
2. High in Antioxidants – reduces risk of heart disease and cancer
3. B Vitamins (Folate) – brain, energy, and blood formation

### Fruit of the Week: **BLACKBERRIES**



#### **Fun Facts:**

1. Blackberries have one of the highest levels of antioxidants of any food!
2. Blackberry plants are considered a “bramble” crop due to the thorns that cover the bush – they are related to the rose plant!
3. The fruit is not considered a berry, but rather an aggregate fruit of numerous drupelets ripening to a dark purple fruit we call the “blackberry.”

#### **Health Benefits:**

1. High in Fiber – heart healthy and promotes stable energy
2. Vitamin C – immune system and healing
3. High in Antioxidants – reduces risk of heart disease and cancer

