

Fresh Fruit & Vegetable Program: Week of April 10, 2023

Vegetable of the Week: **MINI PEPPERS**



Fun Facts:

1. These peppers are originally from Central and South America.
2. Mini Sweet peppers are believed to be a hybrid from the wild bird pepper and a bell pepper.
3. These mini peppers grow on bushes and are known for their colorful small appearance and sweet flavor.

Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. B Vitamins: brain and nervous system, blood formation, metabolism, and energy
3. Copper: red blood cell formation, bone health, immune function

Fruit of the Week: **GUAVA**



Fun Facts:

1. Guava is grown on a tree and is native to Central and South America, Mexico, and the Caribbean.
2. Guava comes in different shapes and varieties and the inside flesh can be white, yellow, pink, or red!
3. Guava leaves are sometimes used in hair products because they are believed to help with hair growth and prevent hair loss!

Health Benefits:

1. Fiber: heart healthy, digestive system & stable energy
2. Vitamin C: supports immune system, healthy skin, and healing
3. Folate: brain and nervous system, blood production

