

Fresh Fruit & Vegetable Program: Week of April 17, 2023

Vegetable of the Week: **Colorful Carrots**



Fun Facts:

1. Baby carrots aren't born that way! They are cut from a special type of carrot that is tender and narrow.
2. The carrot that is used for baby carrots is harvested at 120-140 days where full-sized carrots grow for 160-220 days!
3. Purple carrots contain a special antioxidant called anthocyanin!

Health Benefits:

1. Vitamin C – immune system and healing
2. High in Beta Carotene – supports healthy vision
3. High in Fiber – digestive health and stable energy

Fruit of the Week: **ASIAN APPLE PEARS**



Fun Facts:

1. Asian apple pears are sometimes called Asian Apples since they are crisper than a typical pear and shaped more like an apple!
2. In Japan, Asian pears were once believed to ward off misfortune. They were often planted in the corner of properties to ward off evil!
3. Asian pears are native to Japan and China and have been grown for over 3,000 years.

Health Benefits:

1. High in Fiber – stable energy and digestive health
2. Contains the mineral Copper – energy and red blood cells
3. Vitamin K – blood clotting

