

Fresh Fruit & Vegetable Program: Week of April 24, 2023

Vegetable of the Week: **BABY SPINACH**



Fun Facts:

1. The spinach plant originated in Persia. It came to China in the 7th Century, Europe in the 12th Century, and the United States in the 1800's.
2. The Popeye cartoon in the 1930's boosted spinach consumption in the US by an estimated 33%!
3. Half a cup of cooked spinach will give your body 10% of all the iron you need to consume each day!

Health Benefits:

1. Vitamin C: supports immune system, healthy skin & healing
2. Vitamin K & Vitamin A: blood clotting, healing & vision
3. Iron: energy, blood formation, and bone health

Fruit of the Week: **PEACHES**



Fun Facts:

1. Peaches and nectarines are related! The only difference is that peaches have fuzzy skin and nectarines are smooth.
2. August is National Peach Month. Peaches are in season from June to late August.
3. Georgia's nickname is the "Peach State," yet the states of South Carolina and California produce more peaches every year!

Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. Vitamin A: promotes healthy vision and cell growth
3. Fiber: heart healthy, digestive system & stable energy

