

## *Fresh Fruit & Vegetable Program: MAY 2023*

### Featured Fresh Fruit: **BLOOD ORANGES**



#### Health Benefits:

1. Rich in Vitamin C – immune system and healing
2. Antioxidants – overall health and fight against cancer
3. Potassium – heart health and muscles



#### Fun Facts:

1. Their color is due to a pigment called anthocyanin, not usually present in citrus but common in other red fruits and flowers.
2. Blood oranges are expected to be the result of a natural mutation, possibly of the tangelo and pomelo!
3. This fruit is believed to have originated in Sicily.

