

## Fresh Fruit & Vegetable Program: Week of May 1, 2023

### Vegetable of the Week: **SWISS CHARD**



#### Fun Facts:

1. Rainbow Swiss chard comes in many colors including yellow, pink, orange, purple, red, and white!
2. Despite the common “Swiss” reference, chard is not Swiss in origin. In fact, it is a native of the Mediterranean.
3. Swiss chard can be eaten raw or cooked. Some people only eat the leaves, but the colorful stems are packed with nutrients!

#### Health Benefits:

1. Great source of fiber – good for digestion
2. Vitamin K & Vitamin A – blood clotting, healing & vision
3. Good source of calcium & iron – bone health and blood

### Fruit of the Week: **BLOOD ORANGES**



#### 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.

#### 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

