

Fresh Fruit & Vegetable Program: Week of May 8, 2023

Vegetable of the Week: **BELL PEPPERS**



Fun Facts:

1. Bell peppers have more Vitamin C than an orange!
2. Bell peppers grow on a short bush that can grow up to 1 meter!
3. Most common bell pepper colors are green, yellow, red, and orange. Less commonly peppers can also be brown, purple, white and lavender!

Health Benefits:

1. Contains Vitamin E – muscles and nervous system
2. Rich in Vitamin C – immune system and healing
3. High in Vitamin A – eyes and skin

Fruit of the Week: **FIGS**



Fun Facts:

1. Fig trees have no blossom on their branches, the blossom is on the inside of the fruit!
2. Figs are native to the Mediterranean and western Asia. In the United States California grows over 90% of figs distributed!
3. Figs are grown on a tree. The Brown Turkey fig tree must grow for 3-5 years before bearing its first fruit!

Health Benefits:

1. Good source of calcium & potassium – bone health
2. Rich in antioxidants – skin & reduces cancer risk
3. High in fiber – fantastic for digestive health and stable energy

