

## Fresh Fruit & Vegetable Program: Week of May 15, 2023

### Vegetable of the Week: **TURNIP**



#### Fun Facts:

1. Turnips are not related to potatoes but are related to radishes, mustard, and collard greens!
2. Most people only eat the turnip root, but the greens are also edible and very nutritious.
3. Turnips, also called rutabaga, can be eaten both raw and cooked.

#### Health Benefits:

1. Fiber: heart healthy, digestive system & stable energy
2. Vitamin C: supports immune system, healthy skin, and healing
3. Calcium: strong bones and healthy teeth

### Fruit of the Week: **PINEAPPLE**



#### Fun Facts:

1. Only 1 pineapple is produced by a single plant each season, but pineapple plants can live and grow fruit for up to 50 years!
2. Pineapple juice is a natural meat tenderizer due to enzymes!
3. Pineapples ripen faster upside down!

#### Health Benefits:

1. Rich in Vitamin C – immune system and healing
2. Rich in antioxidants – skin & reduces cancer risk
3. Contains potassium, folate, and manganese – heart, bones, and brain health

