

Fresh Fruit & Vegetable Program: Week of May 22, 2023

Vegetable of the Week: BRUSSELS SPROUTS



Fun Facts:

1. Brussel sprouts are a type of cabbage and were named after Brussels the capital of Belgium.
2. The U.S. produces 70 million pounds of sprouts each year.
3. The Brussels sprout was introduced to North America by 18th century French settlers in Louisiana.

Health Benefits:

1. High in Fiber – digestive health and heart health
2. Vitamin K – blood clotting and healing
3. Good source of calcium & iron – bone health and strong teeth

Fruit of the Week: HONEYDEW MELON



Fun Facts:

1. Honeydew originated in the Middle East; in ancient times they were considered sacred by Egyptians due to their sweet flavor.
2. Honeydew melon was a great favorite of the French emperor Napoleon and seeds were brought to the US by Christopher Columbus!
3. The city of Cavaillon, France is considered to be the Honeydew capital of the world.

Health Benefits:

1. High Water Content – great for hydration!
2. Fiber – heart health, digestive system & stable energy
3. Vitamin C – immune system, skin health and healing

