

Fresh Fruit & Vegetable Program: May 2023

Featured Fresh Vegetable: **BRUSSEL SPROUTS**



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



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.

