

Fresh Fruit & Vegetable Program: Week of May 30, 2023

Vegetable of the Week: CUCUMBERS



Fun Facts:

1. There are almost 100 varieties of cucumbers!
2. Botanically cucumbers are classified as a fruit since they have seeds on the inside, but nutritionally they are low in fructose, so they are considered vegetables!
3. Cucumbers are a vining plant and require lots of space since their vines can grow over 8 feet long.

Health Benefits:

1. Vitamin K – blood clotting
2. Great source of fiber – good for digestion
3. Rich in Minerals – Calcium, Magnesium, Potassium

Fruit of the Week: HONEYCRISP APPLES



Fun Facts:

1. Honeycrisp apple cells are larger than those of most apples. That's how it got to be so explosively crunchy and extra sweet!
2. Over 2,500 varieties of apples are grown in the United States!
3. It takes 2 pounds of apples to make a 9-inch apple pie!

Health Benefits:

1. High in antioxidants – skin, brain health, and fights off cancer
2. Vitamin C – immune system and healing
3. Eat the skin! Contains fiber and flavonoids

