

## *Fresh Fruit & Vegetable Program*

### Featured Fresh Vegetable: **SWISS CHARD**



#### Health Benefits:

1. Great source of fiber – good for digestion
2. Vitamin K & Vitamin A – blood clotting, healing & vision
3. Good source of calcium & iron – bone health and blood



#### Fun Facts:

1. Rainbow Swiss chard comes in many colors including yellow, pink, orange, purple, red, and white!
2. Despite the common “Swiss” reference, chard is not Swiss in origin. In fact, it is a native of the Mediterranean.
3. Swiss chard can be eaten raw or cooked. Some people only eat the leaves, but the colorful stems are packed with nutrients!

