



# FFVP

# April 2024

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# WATERMELON RADISH



## HEALTH BENEFITS

- Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, vitamin A and vitamin C.
- This colourful vegetable is also a good source of phytochemicals and antioxidants. Another bonus? One cup contains just 16 calories.

## Fun Facts

- Watermelon radishes can range from the size of a golf ball to a softball
- They have a white and light green exterior and a vibrant pink or magenta interior, which resembles a watermelon when cut.
- They have a mild flavor that is slightly sweet yet peppery.



# STRAWBERRY



## HEALTH BENEFITS

- Strawberries are a good source of vitamin C, manganese, folate (vitamin B9), and potassium. They contain small amounts of several other vitamins and minerals.
- Strawberries' carbs consists mainly of fibers and simple sugars. They have a relatively low GI and should not cause big spikes in blood sugar levels.
- Strawberries contain high amounts of beneficial plant compounds and antioxidants, such as pelargonidin, ellagic acid, ellagitannins, and procyanidins.

## Fun Facts

- The average strawberry has 200 seeds.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries are grown in every single U.S. state and Canadian province.



# RED RADISH



## HEALTH BENEFITS

- Radishes are a good source of vitamin C. Just 1/2 cup offers about 14 percent of your recommended daily allowance.
- A 1/2-cup serving of radishes gives you 1 gram of fiber. Eating a couple servings each day helps you reach your daily fiber intake goal.
- Radishes are a good source of antioxidants like catechin, pyrogallol, vanillic acid, and other phenolic compounds.

## Fun Facts

- There are five common radish varieties grown in the United States. The most well-known variety is the Red Globe radish. The other radishes grown in the US are the Daikon, California Mammoth White, White Icicle, and Black varieties.
- Radishes are a type of root vegetable. Radish leaves may be harvested and eaten





# HONEYDEW



## HEALTH BENEFITS

- Honeydew melon contains a wide variety of nutrients and plant compounds that may be responsible for its many potential health benefits.
- Honeydew melon may help reduce blood pressure due to its high potassium and low sodium content.
- Honeydew contains multiple nutrients that are vital for bone health, including folate, vitamin K and magnesium.

## Fun Facts

- Honeydew is the third most popular melon- watermelon and cantaloupe are the first and second.
- Melons are related to squash and cucumbers.
- The skin of honeydew melons can be green, white or yellow, while the interior flesh is usually a light green colour.



# RED BEETS



## HEALTH BENEFITS

- Beets are loaded with vitamins and minerals yet low in calories and fat. They're also a good source of several key nutrients, including folate, manganese, and copper.
- Beets contain a high concentration of nitrates, which can help lower your blood pressure levels. This may lead to a reduced risk of heart disease and stroke.
- Eating beets may enhance athletic performance by improving oxygen use and endurance.

## Fun Facts

- White rings inside the vegetable are created by the weather during growing season.
- Small beets have a sweeter taste- shop for beets no larger than a baseball.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long pointed root. Sautéed beet greens anyone?



# GOLDEN PINEAPPLE



## HEALTH BENEFITS

- Pineapples are especially rich in vitamin C and manganese, as well as numerous other vitamins and minerals.
- Pineapples are a rich source of antioxidants that may reduce your risk of ailments such as heart disease, diabetes, and certain cancers.
- The Golden pineapple is low in calories and rich in fiber, which makes it the perfect food to facilitate weight loss.

## Fun Facts

- Golden pineapples are a cross between cayenne pineapples and have a golden skin, large green crown, and narrow leaves.
- Golden pineapples have a deep golden color, a more aromatic fragrance, and a sweeter and juicier tropical flavor.
- Hawaii produces about 1/3 of all pineapples in the world.





# TRI COLOR CARROTS



## HEALTH BENEFITS

- Orange carrots contain beta and alpha carotene pigment. This promotes vitamin A production by the body, which is essential for healthy eyes.
- Yellow carrots contain xanthophylls and lutein. Xanthophylls is a plant based nutrient that has numerous health benefits in humans. One of the important health benefits is that it keeps your reproductive system strong.
- Red carrots are rich in lycopene, which is one of the most powerful antioxidants in the world. The antioxidant power of lycopene fights against toxins.

## Fun Facts

- Carrots are different colors because of their pigment. The orange color is due to carotenes and yellow due to anthocyanins.

Legend has it that Dutch growers in the 17th century cultivated orange carrots as a tribute to William of Orange, who led the Dutch in the fight for independence from Spain. However, according to Carrot Museum, it is more likely that Dutch growers cultivated the orange carrot through selective breeding as a sweeter and less bitter variety than its yellow counterparts.





# RUBY RED GRAPEFRUIT



## HEALTH BENEFITS

- Ruby red grapefruits are an excellent source of vitamin C, which helps the body fight off infection and aids in wound healing.
- Ruby red grapefruits are a good source of potassium, which helps lower blood pressure
- Ruby red grapefruits are high in dietary fiber, which can help lower cholesterol and promote healthy bowel movements..

## Fun Facts

- Ruby red grapefruit is a natural mutation of the pink grapefruit tree. In 1929, a citrus grower in South Texas found the first red grapefruit, which was sweeter than other grapefruits.
- Ruby red grapefruit has deep red flesh, a sweet taste, and a blush to its skin.
- Ruby red grapefruit has less naringin, a flavonoid that gives grapefruit its bitter taste, than other grapefruit varieties.



# YELLOW PEPPER



## HEALTH BENEFITS

- Bell peppers are mainly made up of water and carbs. Most of the carbs are sugars, such as glucose and fructose. Bell peppers are also a decent source of fiber.
- Bell peppers are very high in vitamin C, with a single one providing up to 169% of the RDI. Other vitamins and minerals in bell peppers include vitamin K1, vitamin E, vitamin A, folate, and potassium.

## Fun Facts

- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.
- The bell pepper is the only member of the pepper family that doesn't produce capsaicin, a chemical that can cause a strong burning sensation when contact with your tongue

