

FRESH FRUIT & VEGETABLE PROGRAM

NOV 5

Plum

NOV 6

Yellow Peppers

NOV 7

Minnieska Apple



NOV 12

Papaya



NOV 14

Carnival Cauliflower

NOV 13

Black Grapes



NOV 19

Pink Pineapple

NOV 20

Sea Beans

Naturally salty, similar crunch as green beans

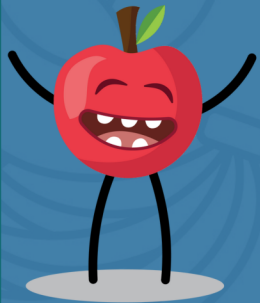
NEW

NOV 21

Golden Kiwi Wedges

NOV 26

Heirloom Grape Tomatoes



NOV 27

Romanesco
[jollytomato.com/
romanesco-a-math-lovers-vegetable](http://jollytomato.com/romanesco-a-math-lovers-vegetable)



NOV 28

No School

Nov 7: Minneiska Apples!

Also called SWEETANGO. Minneiska apples are a cross between Honeycrisp and Zestar apples. This newer apple variety was developed by the University of Minnesota and patented in 2008.

The Minneiska apples you will get come from Westcott Orchards in Elgin, MN. The owner of Westcott Orchards also develops new apple varieties and is credited with Pazazz and Riverbelle apples.

Fun Facts

- Pink pineapples are grown in Costa Rica and get their color from lycopene, a natural pigment that also gives tomatoes and watermelons their red color.
- Black grapes are much higher in antioxidants than green or red grapes. They can give you healthier hair and skin, improve your heart health, and even protect your cells against cancer.
- Colored cauliflower gets its color from cross-breeding with other plants. The addition of color adds phytochemicals, which have disease fighting and protective properties for your body.

