

# FRESH FRUIT & VEGETABLE PROGRAM

**DEC 3**

**Persimmons**

Sweet, mild flavor. Eat the peel!

**DEC 4**

**Cherry Tomatoes**

**DEC 5**

**First Kiss Apple**

**LOCAL**

**DEC 10**

**Red Bartlett Pear**

**DEC 11**

**Green Zucchini Coins**

**DEC 12**

**Watermelon Chunks**

**DEC 17**

**Pomegranate Seeds**

**DEC 18**

**Tri-Color Carrot Coins**

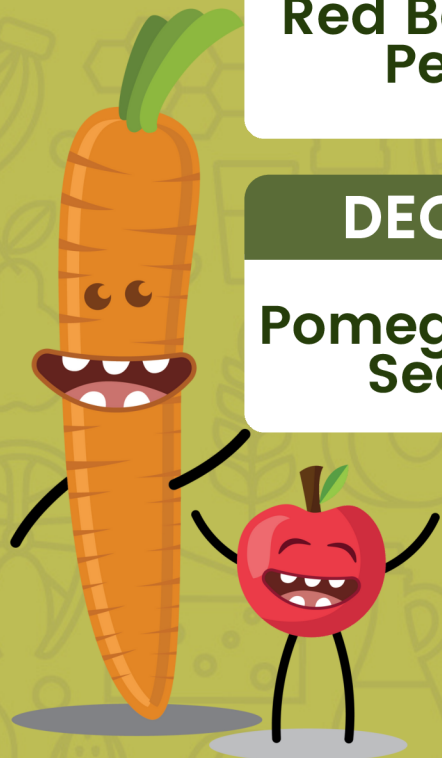
**LOCAL**

**DEC 19**

**Green Kiwi**

**“5 things you didn’t know about rainbow carrots”**

[youtube.com/watch?v=aSxjn8WhaUQ](https://www.youtube.com/watch?v=aSxjn8WhaUQ)



## DEC 5: First Kiss Apples!

Last month we served Minneiska apples, which were developed by the University of MN. First Kiss apples were also developed by the U. Both apples are bred from Honeycrisp plus one other “parent”. You will find the honey-flavored First Kiss apples to be a bit tangier due to the higher acidity level, with a slightly softer, jucier bite.

## DEC 18: Tri-Color Carrots

The tri-color carrots are from Fresha, a local farm in Morris, MN.

### What causes the different carrot colors?

The color variety comes from different types of pigments, or phytochemicals, that give vegetables their vibrant hues.

Each color has its own nutritional benefit:

Purple- Anthocyanins can improve memory and vision.

Red- Lycopene has cancer fighting properties and can improve heart health.

Yellow- Xanthophylls are good for keeping the reproductive system healthy.

Orange- Beta carotene is essential for Vitamin A production, a vitamin important for eye development!

