

Fresh Fruit and Vegetable Program Nutritional Education

SANGER AND SERVICE OF THE PARTY OF THE PARTY

Did you know

Cappors have been traced to go back as far as 5,000 years!!!!!

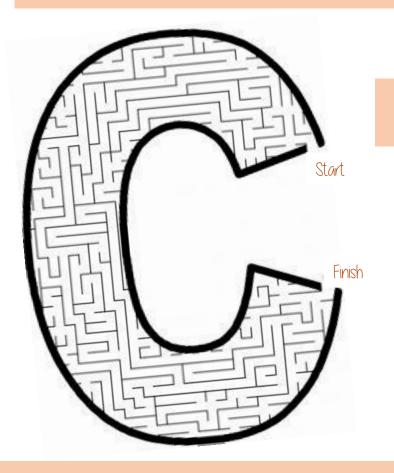
They were first grown as medicine for many sicknesses, not as food.

Cappors actually grow in many different colors.

They grow in white, yellow, red and purple!

Cappors are a vegetable but are a ROOT also.

They are closely related to a specialty veggie called parsnips.



Nutrition

Baby Carrots are good for your heart ision.

and your

