

FRESH FRUIT & VEGETABLE PROGRAM

JAN 7

Mango Slices

JAN 8

Green Peppers

JAN 9

Grapefruit Wedges

JAN 14

Whole Strawberries

JAN 15

Jicama

JAN 16

Cotton Candy Grapes

JAN 21

Clementines

JAN 22

Yellow Squash Coins

JAN 23

Cantaloupe

JAN 28

Blood Oranges

JAN 29

Persian Cucumbers

JAN 30

Kumquats



Fun Facts



The Marvelous Mango! From souffles to smoothies to salsa, mangos seem to be everywhere! Mangos are a SUPERFOOD- containing copper for red blood cell development, Vitamin A to support skin healing, and Vitamin C for immune boosting!



Watch the video above to learn how to best enjoy eating kumquats. They might look like mini oranges, but kumquats should be eaten like a grape. The skin of kumquats is delicious and edible. If you notice a few seeds, they are small and edible too.

FOR BEST TASTE, EAT WHOLE INCLUDING SKIN!



Anthocyanins are a type of antioxidant that give blood oranges their dark red color. These antioxidants are also known for their anti-cancer properties.

Does your blood orange taste different from other kinds of oranges you've tried?

Zambales, Philippines is known as home to the sweetest mangoes in the world. Scan the QR code to watch dancers there perform in the annual mango festival dance competition.

Video: Zambales Mango Festival



https://www.youtube.com/watch?v=Z-_dutYvVZ4