

FRESH FRUIT & VEGETABLE PROGRAM

MARCH 4



Pazazz apples

Which apple variety is your favorite?

MARCH 11



Granny Smith Apples

MARCH 18



Minneolas

Tangerine meets Grapefruit

MARCH 25



Mango Fries

MARCH 5



Sugar Snap Peas

MARCH 12



Broccoli

Green peppers become yellow as they ripen

MARCH 19



Green & Yellow Pepper Slices

MARCH 26



Celery Smiles

MARCH 6



Blood Orange Wedges

MARCH 13



Kiwi Wedges

MARCH 20



Bartlett Pear

MARCH 27



Watermelon Plum

Very high in fiber which helps your tummy digest food!

FUN FRUIT & VEGETABLE FACTS

Granny Smith Apples

- The Granny Smith apple was accidentally discovered by a woman named Anna Maria "Granny" Smith in Australia
- Unlike most apples, Granny Smith apples are "sun-shy" and prefer shaded conditions to grow properly



Kiwi Fruit

- Kiwi fruit originates from China and was called Chinese gooseberry
- Kiwi was later renamed after the national bird of New Zealand
- Kiwis are high in vitamin C, potassium, fiber, and vitamin E
- Eat the kiwi flesh and skin to receive these nutrients that keep us healthy



Sugar Snap Peas

- Sugar snap peas are named from the sounds they make when you snap them in half



Bartlett Pears

- The Bartlett pear is a unique pear in that its skin color brightens as it ripens

Hear all about it from a pear grower!



Blood Orange

- High in antioxidants which protect our bodies from sickness and give blood oranges their dark red color!
- Why is it important to "eat the rainbow"? Check out this video to see!

