

FRUIT AND VEGGIE NEWSLETTER

October Edition



IN THIS MONTH'S ISSUE

VEGGIE OF THE MONTH

Carrots



FRUIT OF THE MONTH

Apples

NEVER TRY, NEVER KNOW!

Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

Despite the word "baby" in the name, baby carrots actually come from longer carrots. Grimmway Farms, located in the United States, is the world's largest carrot grower.

APPLES



Apples contain a variety of antioxidants and vitamins including:

- Vitamin C- helps grow new cells & fight germs
- Apples are a great source of fiber- particularly in the skin. 1 apple provides 3 grams of fiber! Which helps with digestive health and feeling satisfied
- Potassium-supports heart health, and muscle and bone strength

HOW DO THEY GROW?

Apples grow on trees. They grow best in climates that are cold in the winter, moderate summer temperatures, and medium to high humidity - such as in Hotchkiss, CO, where we purchase our local apples!

FUN WAYS TO EAT APPLES

- Bake them to make apple chips!
- Add to salads for a satisfying crunch
- Apple dipping bar- dip into peanut butter or low-fat vanilla yogurt
- Homemade applesauce
- Pair with a slice of cheddar cheese

CARROTS



FUN WAYS TO EAT CARROTS

- With dip, hummus or nut butter
- Tossed into a stir fry
- Baked, steamed or boiled
- Chopped into a fresh salad
- Shredded into cole slaw
- Grated and used in muffins or cakes

Carrots are abundant in healthy nutrients and are low in fat and calories. Carrots are a wonderful source of Vitamin A which helps promote healthy eyesight. Include carrots as part of a well-balanced meal or snack for your health!

Although we usually eat the orange ones, carrots come in a variety of different colors!

HOW DO THEY GROW?

Carrots are a root vegetable that grow down into sandy soil with green "tops" that come out above the ground.