

## Vine Ripe Tomato

Did you know that tomatoes are high in Lycopene, which may help fight cancers and help skin protect itself from sun rays?

Tomatoes are native to Mexico. Spanish explorers spread the seeds to Europe.

## Strawberries

Strawberries are named a super fruit for their ability to fight heart disease.

Did you know that strawberries are the only fruit with seeds on the outside and have an average of 200 seeds?

## Kiwifruit

*Kiwi is native to Southern China. It was called the Chinese gooseberry. After the war, it was exported to the U.S. where it was renamed the kiwifruit.*

# Fresh Fruit & Vegetable Program

K-6<sup>th</sup> Grade

February 2019 Newsletter



## Baby Arugula

**Arugula leaves can be harvested when young and mild in flavor. Arugula has many combined flavors: peppery, nutty and mustard.**

Did you know that arugula is a plant also known as “salad rocket”?



## Empire Apples

Empire apples are a hybrid of Red Delicious and McIntosh. They were developed in NY to be resistant to diseases common to those kinds of apples. They were named Empire after NY state, the Empire state.



## RED BELL PEPPERS

Red bell peppers contain lycopene, and antioxidant that gives the pepper its' color. It might also help certain cancers.

Red bell peppers are actually a fruit, but commonly called a vegetable.

They are sweetest bell pepper due to their high sugar content.

## Yellow Squash

Yellow Squash is a good source of:

- Protein
- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

## Carrots

**Carrots are a root vegetable.**

Carrots can be found in a variety of colors such as yellow, red, white and purple.

Carrots can be eaten raw or cooked. Long ago carrots were used as medicine.



## RED BARTLETT PEARS

Red pears have a sweet flavor and smooth texture. They are a tasty addition to any fruit or lettuce salad. They can also be used in baked goods or eaten on their own.

More than half the pears grown in the U.S. are grown in California.



***Turnips are a member of the mustard family. They are juicier and sweeter than a radish.***

In England and Scotland they call turnips a “neep”.



## Green Seedless Grapes

There is a tradition in Spain called “The Twelve Lucky Grapes”. On New Year’s Eve they eat 12 green grapes, one after another at midnight. If you eat all 12 by the end of the bell tolls, you have good luck all year.

