

# FRESH FRUIT & VEGETABLE PROGRAM DECEMBER 2023

TUESDAY

5

Honeydew  
Chunks

12

Orange  
Wedges

19

Persimmons

WEDNESDAY

6

Cauliflower/  
Grape Tomato

13

Red and Green  
Pepper Slices

20

Romanesco  
Broccoli

THURSDAY

7

Autumn  
Glory Apple

14

Figs

21

Pink and Yellow  
Pineapple

## Romanesco Broccoli



High in Vitamin K, Vitamin C, dietary fiber, and carotenids, supporting your body's tissue repair, blood clotting, system regularity, and more.

## Cauliflower



A cup of cauliflower has more vitamin C than a whole orange. Watch the video to learn more:



## Red and Green Peppers



If you let a green bell pepper ripen longer, it will turn red as it is exposed to sunlight longer. Red peppers contain 8 times more Vitamin A and 1.5 times more Vitamin C than green peppers.

Find this calendar  
with video links at:  
[SPPS.org/ffvp](https://www.spps.org/ffvp)



# FUN FOOD FACTS

## Figs

- One of the oldest known fruits in the world
- Fig trees can grow over 100 feet tall.
- They have more fiber than prunes and more potassium than bananas.



Watch a time lapse of a fig tree growing:



What is a fig's favorite sport?

FIGure skating!

## Pink and Yellow Pineapple

Lycopene is what gives pink pineapples their pink color. This is the same pigment found in tomatoes, watermelon and red peppers. All pineapples are a good source of fiber. Learn about why pineapples travel upside down and other interesting facts about pineapple harvesting:



## Persimmon

Supports healthy vision and digestive system. They may also promote heart and brain health and reduce inflammation



Watch a farmer from California explain his unique way of keeping birds away from his persimmon trees:

