

FRESH FRUIT & VEGETABLE PROGRAM JANUARY 2024

TUESDAY

9

Black
Grapes

16

Clementines

23

Cara Cara
Orange
Wedges

30

Bosc Pears

WEDNESDAY

10

Snap
Peas

17

Rainbow
Carrots

24

Cucumber
Slices

31

Red Pepper
Slices

THURSDAY

11

Papaya
Chunks

18

Star Fruit
Slices

25

Strawberries

Snap Pea



You can eat snap peas whole! Did you know peapods start out as flowers?
See how they grow:



Bosc Pear



Bosc pears are firmer than other varieties and are popular for use in recipes that call for baking, poaching or broiling pears. The first bosc trees planted in the US began to bear fruit in 1836.

Cara Cara Orange



Full of vitamins and minerals, cara cara oranges are an excellent source of vitamins A and C. Contains lycopene, which protects cells from damage and gives the fruit its reddish color.

FUN FOOD FACTS

Papaya

Did you know that papaya fruit is a berry? Rich in antioxidants like lycopene, papaya grows on plants (not trees) that can reach 20-30 feet in height. Watch the time lapse video of a papaya plant growing:



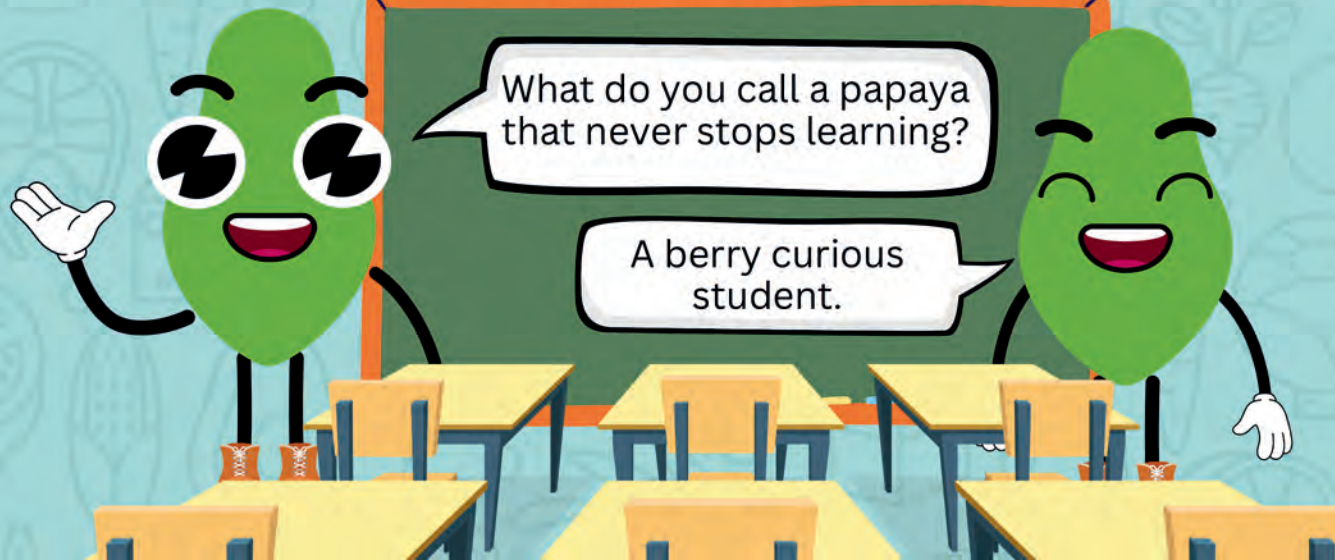
Strawberry

The first fruit to ripen each spring, strawberries are a good source of Vitamin C, manganese, folate and potassium. Watch *The Little Mouse, the Red Ripe Strawberry & the Big Hungry Bear* to find out how the mouse saves the strawberry it picks:



Clementine

Clementines are a great source of vitamin B6, calcium and magnesium. Fiber found in clementines and other fruits can lower cholesterol levels and decrease the risk of type 2 diabetes. Learn more about the health benefits of clementines:



Star Fruit

Also known as carambola, star fruit contains 90% water and can help your body stay hydrated. Other health benefits include boosting your metabolism and improving digestion.

