



FFVP

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
		ZUCCHINI(LOCAL)		BLUEBERRY		
20	21	22	23	24	25	26
		JICAMA		WATERMELON		
27	28	29	30	31	1	2
		CUCUMBER(LOCAL)		PEACHES		
3	4	Notes				

ZUCCHINI



HEALTH BENEFITS

- Zucchini contains a variety of vitamins, minerals, and beneficial plant compounds. Cooked zucchini is particularly high in vitamin A, though raw zucchini contains slightly less.
- Zucchini boasts several antioxidants that may provide various health benefits. The highest levels are found in the skin.
- Zucchini's fiber may increase insulin sensitivity and stabilize blood sugar levels

Fun Facts

- The flower of the zucchini plant is edible. Fried squash blossoms are considered a delicacy.
- The word zucchini comes from 'zucca' the Italian word for squash.
- Zucchini is the only fruit that starts with Z.



BLUEBERRY



HEALTH BENEFITS

- Blueberries are low in calories but high in nutrients
- Blueberries are the king of antioxidant foods. Antioxidants protect your body from free radicals, which are unstable molecules that can damage your cells and contribute to aging and diseases
- A cup (148-gram) serving of blueberries contains 4 grams of fiber, 24% of daily Vitamin C, 5% of daily Vitamin B6, 36% of daily Vitamin K

Fun Facts

- The blueberry is one of the only foods that is truly naturally blue in colour.
- People have been eating blueberries for more than 13,000 years.
- Blueberries were called “star berries” by Native Americans because the five points of blueberry blossoms make a star shape.



JICAMA



HEALTH BENEFITS

- Jicama contains many important vitamins and minerals, including vitamin C, folate, potassium and magnesium. It's low in calories and high in fiber and water
- Jicama contains high amounts of dietary fiber and water, both of which promote digestion
- Jicama is a good source of antioxidants like vitamin C. Diets high in these compounds have been linked to a lower risk of certain chronic diseases.

Fun Facts

- Jicama can weigh up to 50 pounds but should be harvested when under five pounds.
- Jicama can be peeled like a potato and eaten raw. Raw jicama is very similar to raw apples- light, crisp, and sweet.
- It is sweet, crispy, and low in calories. One-half cup contains only 25 calories.



WATERMELON



HEALTH BENEFITS

- Watermelon's high water content may help keep you hydrated – which supports your overall health – as well as feeling full.
- Watermelon boasts numerous nutrients, including a substantial amount of vitamins A and C. It also offers antioxidants like lycopene and cucurbitacin E.
- The lycopene and citrulline in watermelon may support heart health by lowering blood pressure and cholesterol.

Fun Facts

- The white “seeds” in a seedless watermelon are actually empty seed coats where a seed did not fully mature. They are perfectly safe to eat.
- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- Watermelon is 92% water.



CUCUMBER



HEALTH BENEFITS

- Cucumbers are low in calories but high in many important vitamins and minerals.
- Cucumbers are composed of about 96% water, they are especially effective at promoting hydration and can help you meet your daily fluid needs
- Cucumbers may help reduce blood sugar levels and prevent some complications of diabetes.

Fun Facts

- A whole cucumber is just 16 calories.
- Cucumbers can be grown in soilless medium, such as in water (hydroponic).
- The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood.



PEACH



HEALTH BENEFITS

- Peaches are high in fiber, vitamins, and minerals. They also contain beneficial plant compounds like antioxidants, which can help protect your body from aging and disease.
- Peaches contain fiber, which contributes to smooth digestion and a lower risk of gut disorders. Peach flowers also provide certain compounds that appear to support a healthy gut.
- Peaches may help lower your immune system's response to allergens, thus reducing allergy symptoms.

Fun Facts

- California produces more than 50% of the peaches in the United States
- Peaches are a stone fruit, like nectarines, plums, and cherries
- Georgia is known as the Peach State because so many peaches are grown there

