

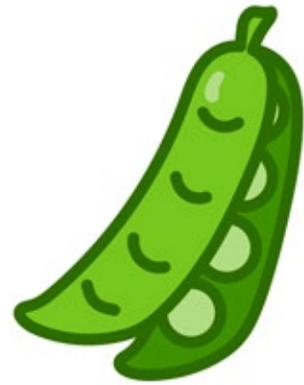


# FFVP

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 SNOW PEAS	6	7 STRAWBERRY	8	9
10	11	12 MEDLEY TOMATO	13	14 GALA APPLE (LOCAL)	15	16
17	18	19 SQUASH(LOCAL)	20	21 BLACK GRAPES	22	23
24	25	26 CABBAGE GREEN (LOCAL)	27	28 WATERMELON	29	30
1	2	Notes				

# SNOW PEAS



## HEALTH BENEFITS

- Snow peas are less starchy than a typical shelled pea. They're also low in calories and provide many nutrients, including fiber, vitamin C, vitamin K and folate.
- Due to their vitamin C, vitamin K and fiber content, snow peas may offer various health benefits, including reduced heart disease risk, improved blood pressure control, gut health and weight loss.

## Fun Facts

- Before eating, you generally remove a tough string along the edge of the pod.
- As snow peas can withstand frost and snow, snow peas are generally available year-round, though their peak season is spring through the beginning of winter.



# STRAWBERRY



## HEALTH BENEFITS

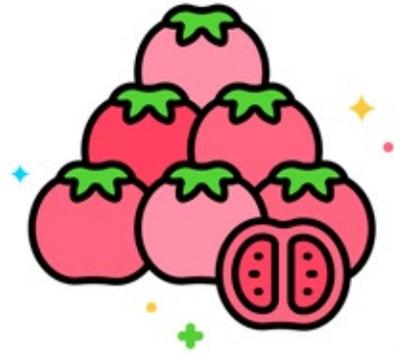
- Strawberries are a good source of vitamin C, manganese, folate (vitamin B9), and potassium. They contain small amounts of several other vitamins and minerals.
- Strawberries' carbs consists mainly of fibers and simple sugars. They have a relatively low GI and should not cause big spikes in blood sugar levels.
- Strawberries contain high amounts of beneficial plant compounds and antioxidants, such as pelargonidin, ellagic acid, ellagitannins, and procyanidins.

## Fun Facts

- The average strawberry has 200 seeds.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries are grown in every single U.S. state and Canadian province.



# MEDLEY TOMATO



## HEALTH BENEFITS

- A good source of fiber which can assist in maintaining a healthy weight over time.
- Potassium in Medley tomato may help reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones.
- Rich in iron which your body uses to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body.

## Fun Facts

- Smaller than a Roma and larger than a cherry tomato, the Medley is one of the juiciest, flavor-packed tomatoes in the marketplace.
- A tomato is technically a fruit that is sometimes considered a vegetable. A fruit is defined as the edible part of the plant containing seeds, such as a tomato, whereas a vegetable is the stem, leaf or root.



# GALA APPLE



## HEALTH BENEFITS

- Apples are a good source of fiber and vitamin C. They also contain antioxidants, like vitamin E, and polyphenols that contribute to the fruit's numerous health benefits.
- Apples are particularly filling due to their high fiber and water content. Their polyphenols may also have anti-obesity effects.
- Apples promote heart health in several ways. They're high in soluble fiber, which helps lower cholesterol.

## Fun Facts

- In 2018, the Gala apple surpassed the classic Red Delicious in popularity. It's currently the number one selling apple in the United States.
- Due to different ripening seasons depending on where they are grown, Gala apples are available year-round at grocery stores.



# SQUASH



## HEALTH BENEFITS

- Squash is rich in iron and folate. Unlike animal sources of iron and folate, yellow squash is one of the healthy alternatives for these nutrients.
- Squash is an excellent source of vitamin C. Vitamin C is a powerful antioxidant that neutralizes free radicals and prevents oxidative stress that may cause cell damage.
- Being low in sugar and calories but high in water and fiber, consuming squash can help you eat less by promoting fullness while promoting fat loss

## Fun Facts

- Squash are also called summer squash. Zucchini is also called a summer squash.
- Squash is in the same family as melons and cucumbers.
- Many squash flowers are edible and can be eaten in salads.



# BLACK GRAPES



## HEALTH BENEFITS

- Black grapes are primarily a source of carbs. They provide a good amount of vitamins C and A as well.
- Black grapes are rich in polyphenols, namely anthocyanins and resveratrol, which provide strong antioxidant properties that may help fight oxidative stress and prevent chronic diseases.
- Anthocyanins and resveratrol in black grapes may reduce the risk of heart disease by protecting against atherosclerosis and lowering blood cholesterol levels.

## Fun Facts

- Around the world there are more than 8,000 varieties of grape. There are 7 different grape colors: red, green, white, black, purple, blue and golden.
- Multiple varieties are available, including seeded and seedless types, most of which are primarily used to make red wine.



# CABBAGE



## HEALTH BENEFITS

- Cabbage is a low calorie vegetable that is rich in vitamins, minerals, and antioxidants.
- Cabbage contains powerful antioxidants that may help reduce inflammation.
- Cabbage contains insoluble fiber, which keeps the digestive system healthy by providing fuel for friendly bacteria and promoting regular bowel movements.
- Cabbage contains powerful pigments called anthocyanins, which have been shown to support several aspects of heart health.

## Fun Facts

- The word "cabbage" comes from the Latin word for "head" (caput). The word "caboche" is also French slang for "head".
- The wild ancestor of cabbage still grows in some coastal areas of Europe.
- The most common types of cabbage in the USA are green, red, and Savoy.



# 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.

