

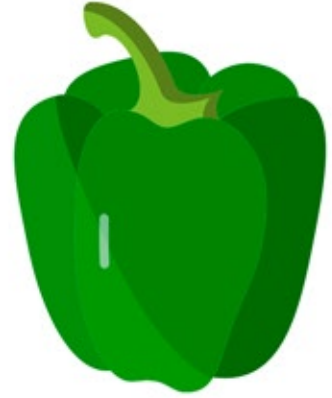


# FFVP

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 GREEN PEPPER LOCAL	4	5 CANTALOUPE	6	7
8	9	10 RADISH COIN LOCAL	11	12 PINEAPPLE	13	14
15	16	17 BEETS LOCAL	18	19 CLEMENTINE	20	21
22	23	24 RED CABBAGE LOCAL	25	26 FUJI APPLE LOCAL	27	28
29	30	31 ORANGE PEPPER	1	2	3	4
5	6	Notes				

# GREEN PEPPER



## HEALTH BENEFITS

- Green sweet peppers are low in calories and a particularly rich source of vitamins C and B6.
- Green sweet peppers are a good source of fiber. Adding fiber-rich foods to your diet can promote healthy gut function and protect against conditions that affect the digestive system.
- Green sweet peppers are high in antioxidant and anti-inflammatory plant compounds, including vitamin C, carotenoids, and phenolic acids.

## Fun Facts

- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.
- The bell pepper is the only member of the pepper family that does not produce capsaicin, a chemical that can cause a strong burning sensation when it comes in contact with your tongue.



# CANTALOUPE



## HEALTH BENEFITS

- Cantaloupe has more beta-carotene than apricots, grapefruit, orange, and peaches.
- Beta-carotene is a type of carotenoid, once eaten, beta-carotene is either converted into vitamin A or acts as a powerful antioxidant
- 1 cup of balled cantaloupe contains over 100 percent of the recommended daily value (DV) of vitamin C
- One wedge of a medium-sized cantaloupe provides 4% of your potassium daily value

## Fun Facts

- When choosing a cantaloupe use your nose- pick the cantaloupe that has a sweet smell.
- Cantaloupes received their name from Cantalupo, Italy where they were cultivated in the 1700s
- Cantaloupes are related to watermelon, honeydew, cucumbers, pumpkins, and squash.



# RADISH COINS



## HEALTH BENEFITS

- Radishes are a good source of vitamin C. Just 1/2 cup offers about 14 percent of your recommended daily allowance.
- A 1/2-cup serving of radishes gives you 1 gram of fiber. Eating a couple servings each day helps you reach your daily fiber intake goal.
- Radishes are a good source of antioxidants like catechin, pyrogallol, vanillic acid, and other phenolic compounds.

## Fun Facts

- There are five common radish varieties grown in the United States. The most well-known variety is the Red Globe radish. The other radishes grown in the US are the Daikon, California Mammoth White, White Icicle, and Black varieties.
- Radishes are a type of root vegetable. Radish leaves may be harvested and eaten





# PINEAPPLE



## HEALTH BENEFITS

- Pineapples are especially rich in vitamin C and manganese, as well as numerous other vitamins and minerals.
- Pineapples are a rich source of antioxidants that may reduce your risk of ailments such as heart disease, diabetes, and certain cancers.
- Pineapples contain bromelain, a group of digestive enzymes that may help break down protein and aid digestion.

## Fun Facts

- Pineapples regenerate! You can plant pineapple leaves to grow a new plant.
- Pineapples contain the bromelain enzyme which can break down proteins, so you can use them to tenderize meat.
- Hawaii produces about 1/3 of all pineapples in the world.



# BEETS



## HEALTH BENEFITS

- Beets are loaded with vitamins and minerals yet low in calories and fat. They're also a good source of several key nutrients, including folate, manganese, and copper.
- Beets contain a high concentration of nitrates, which can help lower your blood pressure levels. This may lead to a reduced risk of heart disease and stroke.
- Eating beets may enhance athletic performance by improving oxygen use and endurance.

## Fun Facts

- White rings inside the vegetable are created by the weather during growing season.
- Small beets have a sweeter taste- shop for beets no larger than a baseball.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long pointed root. Sautéed beet greens anyone?



# CLEMENTINES



## HEALTH BENEFITS

- Clementines contain natural sugars and a small amount of protein. They're rich in vitamin C and contain several other vitamins and minerals, notably thiamine and folate.
- Clementines are rich in antioxidants and fiber and can help improve your skin and gut health. In addition, they may promote fruit intake among children.

## Fun Facts

- Clementines are hybrids between mandarin oranges and sweet oranges.

Although tangerines and clementines are both linked to mandarins, clementines taste

- very sweet while tangerines taste sour.

You can recognize a clementine by its small shape and smooth, glossy skin.



# RED CABBAGE



## HEALTH BENEFITS

- Purple cabbage is low in calories yet a good source of fiber and vitamins A, C, K, and B6. It also contains small amounts of other vitamins and minerals.
- Purple cabbage is a great source of beneficial plant compounds and offers one of the highest amounts of health-promoting antioxidants per unit cost.
- Purple cabbage may help fight inflammation and reduce accompanying symptoms, such as pain, swelling, and discomfort.

## Fun Facts

- Red cabbage has a flavonoid called anthocyanin, which is also found in blueberries and flower petals.
- Red cabbage can also be used as a natural dye for cloth or food.





# FUJI 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

- Fuji apples are a relatively new variety. They were first bred in Japan in the late 1930s, but were only brought to the world market in 1962.
- Known for their sweetness, Fuji apples have one of the highest sugar contents of apples on the market at about 14g of sugar per 100g.





# ORANGE PEPPER



## HEALTH BENEFITS

- Bell peppers are mainly made up of water and carbs. Most of the carbs are sugars, such as glucose and fructose. Bell peppers are also a decent source of fiber.
- Bell peppers are very high in vitamin C, with a single one providing up to 169% of the RDI. Other vitamins and minerals in bell peppers include vitamin K1, vitamin E, vitamin A, folate, and potassium.

## Fun Facts

- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.
- The bell pepper is the only member of the pepper family that doesn't produce capsaicin, a chemical that can cause a strong burning sensation when contact with your tongue.

