

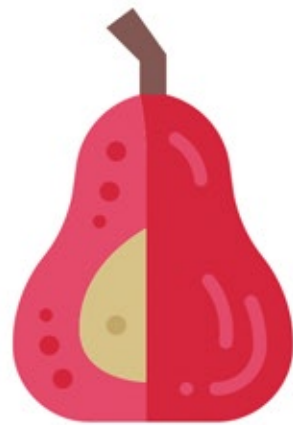


FFVP

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 RED PEAR	3	4
5	6	7 BUTTERNUT SQUASH (LOCAL)	8	9 GRANNY SMITH APPLE	10	11
12	13	14 KALE(LOCAL)	15	16 RED GRAPEFRUIT	17	18
19	20	21 SWEET POTATO	22	23 HAPPY THANKSGIVING!	24	25
26	27	28 TRI COLOR PEPPER	29	30 GREEN GRAPES	1	2
3	4	Notes				

RED PEAR



HEALTH BENEFITS

- in folate, vitamin C, copper, and potassium. They're also a good source of polyphenol antioxidants.
- Pears offer dietary fiber, including prebiotics, which promotes bowel regularity, constipation relief, and overall digestive health. To get the most fiber from your pear, eat it with the skin on.
- Pears harbor many beneficial plant compounds. Those in red pears may protect heart health, while those in green pears may promote eye health.

Fun Facts

- Pears are sweet, bell-shaped fruits that have been enjoyed since ancient times. They can be eaten crisp or soft.
- There are over 3000 varieties of pears worldwide.
- Every United States pears are picked by hand.



BUTTERNUT SQUASH



HEALTH BENEFITS

- Butternut squash is low in calories and packed with fiber – making it a great choice for any healthy weight loss plan.
- Butternut squash is an excellent source of provitamin A carotenoids, vitamin C, B vitamins, potassium, magnesium, and manganese.
- Like other orange-colored fruits and vegetables, butternut squash is full of beta-carotene and alpha-carotene. Your body converts them to vitamin A, which is important for your immune system.

Fun Facts

- The name "butternut" came from the observation that the squash was "smooth as butter, sweet as nut".
- The more orange the color, the riper, drier, and sweeter the squash is.



GRANNY SMITH APPLE



HEALTH BENEFITS

- Granny Smith apples are high in vitamin C, which is great for the immune system. Vitamin C boosts white blood cells and helps fight infections like colds or viruses.
- Apples are particularly filling due to their high fiber and water content. Their polyphenols may also have anti-obesity effects.
- Apples are also good for your cardiovascular health! The pectin found in these tart green apples helps lower LDL cholesterol and promotes healthy blood pressure levels.

Fun Facts

- Granny Smith apples originated in Australia in 1868. They are named after Maria Ann Smith, who propagated the cultivar from a chance seedling.
- Granny Smith apples have a distinct citrusy-tart flavor with elements of lime and grapefruit. They are tart and quite crisp.



KALE



HEALTH BENEFITS

- Kale is low in calories and contains several important nutrients, including vitamin K, vitamin C, and manganese.
- Many powerful antioxidants are found in kale, including quercetin and kaempferol, which have numerous beneficial effects on health.
- Kale is a good source of vitamin C, an antioxidant that aids in the synthesis of collagen and has many important roles in the body.

Fun Facts

- Kale is a notoriously bitter leafy vegetable, but it, along with other members of its family that include Brussels sprouts and broccoli are not only frost tolerant but react to frost by producing sugars.
- Kale has been cultivated for over 2,000 years. It's a descendent of wild cabbage, native to Europe and Asia Minor.



RED GRAPEFRUIT



HEALTH BENEFITS

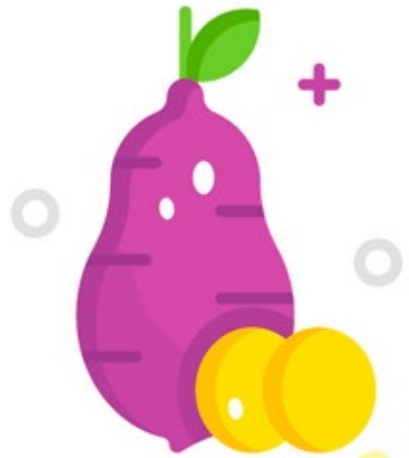
- Grapefruit is low in calories and provides a significant amount of fiber, vitamins, minerals, and antioxidants.
- Grapefruit may benefit your immune system. It contains several vitamins and minerals known for their role in protecting the body against infection.
- Eating grapefruit before meals may help with weight loss. Its fiber and water content can promote fullness and reduce calorie intake.

Fun Facts

- More than 1,500 pounds of fruit can come from a single grapefruit tree!
- The taste can also vary from sweet to sour depending on the variety. White and pink varieties tend to be tart, while reds are sweeter.
- Grapefruit was created accidentally when a sweet orange was crossed with a pomelo.



SWEET POTATO



HEALTH BENEFITS

- Sweet potatoes are mainly composed of carbs. Most of the carbs come from starch, followed by fiber. This root vegetable is also relatively low in protein but still an important protein source in many developing countries.
- Sweet potatoes are an excellent source of beta carotene, vitamin C, and potassium. They are also a decent source of many other vitamins and minerals.
- Sweet potatoes are rich in many plant compounds, such as beta carotene, chlorogenic acid, and anthocyanins.

Fun Facts

- Many people think yams and sweet potatoes are the same, but a true yam is a starchy, edible root of the Dioscorea genus, and is generally imported to America from the Caribbean. Depending on the variety, sweet potato flesh can vary from white to orange and even purple.
- North Carolina's official vegetable is the sweet potato.



TRI-COLOR 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

- Bell peppers are botanically classified as a fruit because they contain seeds and grow from the flower of the plant.
- Bell peppers have the highest amount of vitamin C of any fruit or vegetable. Red bell peppers have more than twice the vitamin C of a green pepper.



GREEN GRAPES



HEALTH BENEFITS

- Green grapes contain many important vitamins and minerals, including copper and vitamins B and K.
- Compounds in grapes may protect against heart disease by lowering blood pressure and cholesterol levels.
- Grapes are rich in antioxidants, which are beneficial plant compounds that may protect against chronic health conditions.

Fun Facts

- Grapes are actually berries. The word "berry" actually meant "grape" in Old English.
- Table and wine grapes are different. Wine grapes are smaller and have thicker skins and lots of seeds.
- There are more than 8,000 different grape varieties known to scientists.

