



FFVP

December 2023

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3	4	5 BABY CUCUMBER	6	7 HONEY TANGERINE	8	9
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BABY CUCUMBER



HEALTH BENEFITS

- Cucumbers are low in calories but high in water and several important vitamins and minerals. Eating cucumbers with the peel provides the maximum amount of nutrients
- Cucumbers contain antioxidants, including flavonoids and tannins, which prevent the accumulation of harmful free radicals and may reduce the risk of chronic disease.
- Cucumbers are composed of about 96% water, which may increase hydration and help you meet your daily fluid needs.

Fun Facts

- Baby cucumbers, botanically classified as *Cucumis sativus*, are not cucumbers picked prematurely, but are varieties that remain miniature even when mature.
- Known for its prolific and vigorous fruit production, baby cucumbers provide bite-sized fruits that are crunchy and easy to grow.



HONEY TANGERINE



HEALTH BENEFITS

- Eating tangerines may benefit your immune system because they contain lots of vitamin C. This vitamin strengthens your body's ability to defend itself against viruses and bacteria.
- Tangerines' vitamin C content may promote collagen synthesis, which improves wound healing and reduces signs of aging.
- Tangerines provide antioxidants that may help reduce risk factors for heart disease.

Fun Facts

- Honey tangerines are a cross between a tangerine, or tangerine-orange hybrid, and another mandarin variety. They are also known as California Honey mandarins.
- Tangerines are easier to peel than other citrus fruits and are sometimes known as 'easy peelers'.
- A tangerine tree is much smaller than most of the other citrus fruit trees.



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.



HONEYDEW



HEALTH BENEFITS

- Honeydew melon contains a wide variety of nutrients and plant compounds that may be responsible for its many potential health benefits.
- Honeydew melon may help reduce blood pressure due to its high potassium and low sodium content.
- Honeydew contains multiple nutrients that are vital for bone health, including folate, vitamin K and magnesium.

Fun Facts

- Honeydew is the third most popular melon- watermelon and cantaloupe are the first and second.
- Melons are related to squash and cucumbers.
- The skin of honeydew melons can be green, white or yellow, while the interior flesh is usually a light green colour.



DAIKON RADISH



HEALTH BENEFITS

- Daikon is low in calories yet high in many nutrients, particularly vitamin C and folate.
- Daikon is a high-fiber vegetable that contains plant compounds that may help protect against conditions like heart disease, diabetes, and certain cancers.

Fun Facts

- Daikon radishes are native to Asia but grown around the world. Varieties include Alpine, KN-Bravo, and Shunkyo. They all come with a unique shape, taste, and color.
- Daikon can be used in many ways and makes an excellent addition to salads, soups, and curries. You can eat all parts of the daikon plant, as well as its sprouts.



CARA CARA ORANGE



HEALTH BENEFITS

- One medium cara cara orange has 80 calories, 19 grams of carbs, and 3 grams of fiber.
- It's an excellent source of the antioxidants vitamin A and C and a good source of folate.
- Cara cara oranges also contain a powerful antioxidant known as lycopene, which helps give them their gorgeous hue.

Fun Facts

- Cara Cara oranges are much sweeter in taste with lower acidity than a regular navel orange. Like all navel oranges they are easy to peel and seedless.
- Cara Cara Oranges look like regular oranges on the outside, but with pink or red flesh on the inside.

