



FFVP

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 HOLIDAY	2	3	4	5	6
7	8	9 CELERY	10	11 AMBROSIA APPLE	12	13
14	15 HOLIDAY	16 SAVOY CABBAGE	17	18 HONEYDEW	19	20
21	22	23 NAPA CABBAGE	24	25 RED GRAPE	26	27
28	29	30 PARSNIPS	31	1	2	3
4	5	Notes				

CELERY



HEALTH BENEFITS

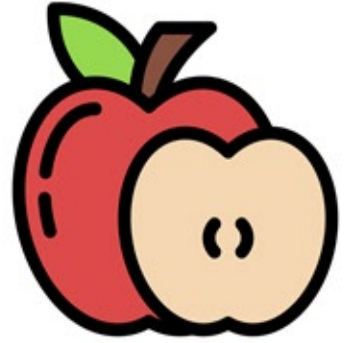
- Celery is a great source of important antioxidants. Antioxidants protect cells, blood vessels, and organs from oxidative damage.
- Celery reduces inflammation. Celery and celery seeds have approximately 25 anti-inflammatory compounds that can offer protection against inflammation in the body.
- While its antioxidant and anti-inflammatory nutrients offer protection to the entire digestive tract, celery may offer special benefits to the stomach.

Fun Facts

- Celery can be eaten raw. It is most often used as a seasoning ingredient in soups, stews, and casseroles.
- Celery seeds are also used as a seasoning.
- Celery allergies are uncommon in America, but many people in Europe are allergic to it



AMBROSIA 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

- The Mennell family named the apple Ambrosia, which means "food of the gods" in Greek mythology, after tasting the fruit.
- There may be an estimated 7500 varieties of apples in the history of the planet. Ambrosia is a variety that was discovered (thanks to a chance seedling) back in the early 90's.



SAVOY 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

- Savoy cabbage is named after the Savoy region in France, which is close to the borders of Switzerland and France. It is also known as Milan cabbage or Lombard cabbage.
- Savoy cabbage is believed to have originated in Europe in the 1500s in a region that bordered France, Italy, and Switzerland. It was introduced to northern Europe in the 18th century.



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.



NAPA 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 reduces the risk of high blood pressure, stroke, gallstones, hemorrhoids, and diverticular disease
- Cabbage contains powerful pigments called anthocyanins, which have been shown to support several aspects of heart health.

Fun Facts

- Napa cabbage is less pungent than other types of cabbage and has a mild, slightly sweet taste.
- Napa cabbage is native to China and was first documented in the 14th century.



RED GRAPES



HEALTH BENEFITS

- Since grapes are a great source of vitamin C, they may help your immune system fight against bacterial and viral infections like yeast infections.
- Grapes are very low in sodium, they fit well into a low-sodium diet plan helping to reduce blood pressure.
- You'll find plenty of fiber in grapes, making them a good option to help lower high cholesterol.

Fun Facts

- Raisins are dried, sweet grapes. The drying happens naturally when the grapes are left in sunlight.
- Instead of drinking grape juice or eating raisins, the original, unprocessed grape is where you'll get the most nutrition.



PARSNIP



HEALTH BENEFITS

- Parsnips are a type of root vegetable, closely related to carrots and parsley root. They're rich in several important nutrients and antioxidants that may improve immunity, enhance digestive health, and aid weight loss.
- Being a rich source of fibre, it's no surprise that parsnips help promote digestive regularity. They may also benefit a number of other gut-related conditions, including reflux and diverticulitis. Rich in both soluble and insoluble fibre, parsnips help promote a greater mix of beneficial gut microbes.

Fun Facts

- The parsnip is native to Eurasia; it has been used as a vegetable since antiquity. It was cultivated by the Romans. It was used as a sweetener before the arrival in Europe of cane sugar.
- The plant is closely related to carrot and parsley; all belong to the family Apiaceae. Its long, tuberous root has cream-colored skin and flesh. Left in the ground to mature, it becomes sweeter in flavor after winter frosts.

