



FFVP

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 BLOOD ORANGES	2	3
4	5	6 FENNEL	7	8 STRAWBERRY	9	10
11	12	13 TURNIP	14	15 MINNEOLAS	16	17
18	19	20 TRI COLOR CARROTS	21	22 BLACK GRAPES	23	24
25	26	27 GOLD BEETS	28	29 BOSC PEAR	1	2
3	4	Notes				

BLOOD ORANGE



HEALTH BENEFITS

- Blood oranges are low in calories but high in fiber, vitamin C, antioxidants, and several other key vitamins and minerals.
- Blood oranges are low in calories and high in fiber, which can help increase feelings of fullness. Some research also shows that eating more citrus fruits may be beneficial for weight loss.
- Blood oranges are high in vitamin C and antioxidants, both of which can support immune health.

Fun Facts

- Blood oranges are the primary orange grown in Italy.
- The anthocyanins which give the blood orange its distinct color will only develop when temperatures are low at night and warm during the day.
- Blood oranges tend to be easier to peel than other oranges, often have fewer seeds, and have a sweeter taste.



FENNEL



HEALTH BENEFITS

- Summary Fennel and fennel seeds provide important nutrients, such as vitamin C, calcium, magnesium, potassium, and manganese.
- All parts of the fennel plant are rich in powerful antioxidants like chlorogenic acid, limonene, and quercetin – all of which may benefit health.
- Fennel and its seeds contain fiber, potassium, magnesium, and calcium – all of which are essential for good heart health.

Fun Facts

- Fennel is a member of the carrot/parsley family.
- The original name of common fennel is Finocchio. Also known as Florence fennel, this swollen, bulb-like stem base is used as a vegetable and originated along the coasts of southern Europe.



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.



TURNIP



HEALTH BENEFITS

- Both turnips and turnip greens provide over 30% of the DV for vitamin C. Additionally, the greens are a great source of folate, vitamin K, and provitamin A.
- Turnips' vitamin and antioxidant contents may provide anti-inflammatory, anticancer, and antibacterial effects.
- May help control blood sugar levels.

Fun Facts

- Large turnips were used to carve Jack-O-Lanterns prior to the pumpkin.
- The roots, stems and leaves of a turnip are all edible.
- The smaller the bulb of a turnip, the sweeter it will taste.



MINNEOLA



HEALTH BENEFITS

- Minneolas are an excellent source of vitamin C, which helps boost the immune system and promotes healthy skin, bones, and teeth.
- Minneolas are also a good source of dietary fiber, which helps keep the digestive system healthy and can lower the risk of heart disease.
- Minneolas are rich in antioxidants, which can help protect the body against damage from harmful molecules called free radicals and may reduce the risk of certain chronic diseases.

Fun Facts

- Minneolas are a hybrid fruit, created by crossing a tangerine and a grapefruit. They are also known as Honeybells because of their bell-like shape.
- Minneolas are sometimes referred to as "the easiest fruit to peel" because of their loose skin, which makes them easy to peel by hand.



TRI COLOR CARROTS



HEALTH BENEFITS

- Orange carrots contain beta and alpha carotene pigment. This promotes vitamin A production by the body, which is essential for healthy eyes.
- Yellow carrots contain xanthophylls and lutein. Xanthophylls is a plant based nutrient that has numerous health benefits in humans. One of the important health benefits is that it keep your reproductive system strong.
- Red carrots are rich in lycopene, which is one of the most powerful antioxidants in the world. The antioxidant power of lycopene fights against toxins

Fun Facts

- Carrots are different colors because of their pigment. The orange color is due to carotenes and yellow due to anthocyanins.

Legend has it that Dutch growers in the 17th century cultivated orange carrots as a tribute to William of Orange, who led the Dutch in the fight for independence from Spain. However, according to Carrot Museum, it is more likely that Dutch growers cultivated the orange carrot through selective breeding as a sweeter and less bitter variety than its yellow counterparts.



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.



GOLDEN BEET



HEALTH BENEFITS

- Beets have are high in water, moderate in fiber and protein, and low in calories. All of these properties can balance your energy intake and improve your diet quality.
- Golden beets are an excellent source of folate, manganese, beta-carotene, and are a very good source of potassium, copper, and fiber.
- Beetroot is a delicious and versatile vegetable that's easy to add to your diet. If possible, choose beets that feel heavy for their size with green tops still attached.

Fun Facts

- Golden beets are believed to have a smoother texture and a sweeter taste than red beet varieties and are increasing in popularity.
- Golden beets are cultivated on a small commercial scale as a table variety and are also favored by home gardeners for their mild flavor and bright color.



BOSC PEAR



HEALTH BENEFITS

- Pears are especially rich 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 are a rich source of flavonoids, which are antioxidants that may help reduce inflammation and protect against certain diseases.

Fun Facts

- The Beurre Bosc was cultivated first in Belgium or France. The name Bosc is given after a French horticulturist named Louis Bosc, and "Beurré" means "buttery," referring to the fruit's soft, juicy texture.
- Famous for its warm cinnamon color, the Bosc pear is often used in drawings, paintings, and photography due to its shape.

