



FFVP

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5 PEA PODS	6	7 KIWI	8	9
10	11	12 GRAY SQUASH	13	14 HONEYCRISP APPLE	15	16
17	18	19 JICAMA	20	21 CANTALOUPE	22	23
24	25 Spring Break	26	27	28	29	30
31	1	Notes				

PEA PODS



HEALTH BENEFITS

- Pea pods are full of dietary fiber. Insoluble dietary fiber can help feed the “good” bacteria in your digestive system, acting as a prebiotic. This helps keep your digestive system healthier and more efficient.
- Pea pods are an excellent source of vitamin K, which plays an important role in keeping your skeletal system strong.

Fun Facts

- Only 5 percent of peas grown are sold fresh.
- Peas are most commonly green. They can also be yellow or purple.
- Snap peas and snow peas make a great snack. The entire sweet, crunchy pod is edible.



KIWI



HEALTH BENEFITS

- Kiwis are highly nutritious and contain a variety of vitamins and minerals, plus fiber. They're particularly high in vitamin C, a nutrient that's essential for immune health.
- Eating kiwis is an excellent way to increase your consumption of vitamin C, plus many other antioxidant and anti-inflammatory compounds. Kiwis may also benefit the health of your heart and digestive system.

Fun Facts

- Kiwis are small fruits that come in green- and yellow-fleshed varieties. New Zealand is a top kiwi producer, and these fruits grow in many other areas of the world as well.
- Originally called Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.



GRAY SQUASH



HEALTH BENEFITS

- Grey Squash are low in calories but contain high amounts of Vitamins A and C, potassium, foliate and niacin, and is used externally for rheumatism and swelling.
- Squash boasts several antioxidants that may provide various health benefits. The highest levels are found in the fruit's skin.
- Grey Squash contains a variety of vitamins, minerals, and beneficial plant compounds. Cooked grey squash is particularly high in vitamin A, though raw squash contains slightly less.

Fun Facts

- Grey Squash, like other Summer squash is ingredient in "schumaakwe cakes".
- Fresh squash is cut into spiral strips, folded into hanks and hung up to dry for winter use.
- Fresh squash, either whole or in pieces, is roasted in ashes and used for food.



HONEYCRISP 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

- Honeycrisp apple was developed in the Twin Cities by the University of Minnesota's fruit breeding program.
- In 2006, the Honeycrisp was named the state fruit of Minnesota, and even today it remains the most popular apple variety grown in the state.



JICAMA



HEALTH BENEFITS

- Jicama contains many important vitamins and minerals, including vitamin C, folate, potassium and magnesium. It's low in calories and high in fiber and water
- Jicama contains high amounts of dietary fiber and water, both of which promote digestion
- Jicama is a good source of antioxidants like vitamin C. Diets high in these compounds have been linked to a lower risk of certain chronic diseases.

Fun Facts

- Jicama can weigh up to 50 pounds but should be harvested when under five pounds.
- Jicama can be peeled like a potato and eaten raw. Raw jicama is very similar to raw apples- light, crisp, and sweet.
- It is sweet, crispy, and low in calories. One-half cup contains only 25 calories.



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.

