

Fresh Fruit & Vegetable Menu

September 2017



September 1 – Apples & Grapes



September 4 – Labor Day



September 6 – Celery & Carrots



September 8 – *Florida* Dragon Fruit



September 11 – *Florida* Starfruit



September 13 – Green Beans



September 15 – Apple Slices



September 18 – Pineapple



September 20 – Broccoli Florets



with Ranch Dressing

September 22 – Cantaloupe



September 25 – *Florida* Pomelo



September 27 – Edamame



September 29 – Orange Smiles



Fun Facts!

- **Dragon fruit is this month's TRY IT item!**
- **Dragon fruit** is also known as pitaya or strawberry pear
- **Dragon fruit** can be dark red, white, or bright pink on the inside
- **Dragon fruit** is juicy and sweet with tiny edible black seeds like kiwi fruit
- **Dragon fruit** is high in vitamin C to keep your immune system strong
- **Dragon fruit** grows in South Florida from June through November



- **Edamame** is a little bean, but a nutritional giant! It is loaded with lots of vitamins, minerals, and protein to keep your body strong!
- **Edamame** originated in China and means “beans on a branch”
- **Edamame** has a nutty, sweet flavor and slightly crunchy texture
- **Edamame** is popular in Asia, specifically Japan, Korea, and China
- **Edamame** are immature soybeans



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Fresh Fruit and Vegetable Menu



October 2017



October 2 – Pineapple



October 4 – Cauliflower



October 6 – Honeydew Melon



October 9 – Mango



October 11 – Asparagus



with Ranch Dressing

October 13 – Melon Mix



October 18 – Carrot Snacks



October 20 – Rambutan



October 23 – Apple Slices

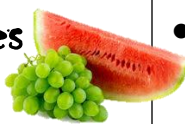


October 25 – Butternut Squash



with Ranch Dressing

October 27 – Watermelon & Grapes



October 30 – Cantaloupe



Fun Facts

Rambutan is this month's TRY IT item!

- **Rambutan** fruit grows in clusters on rambutan trees.
- 90% of the world's **rambutans** are grown in SE Asia.
- **Rambutan** fruit is closely related to the lychee.
- The name, **rambutan**, is an Indonesian word that means "hairy", due to numerous soft, hair-like spikes on the outer surface of the fruit.
- Below the spiny outer shell is the **rambutan** fruit, which tastes fresh and sweet (like to a lychee) and has a single seed in the center. The seed is bitter, so it is best to not eat it.
- To eat a **rambutan** fruit, simply peel off the hairy skin and pop the white juicy fruit into your mouth. Remember to not eat the bitter seed!



- **Asparagus** was first grown in Greece nearly 25,000 years ago!
- The name, **asparagus**, comes from the Greek language and means "sprout" or "shoot".
- **Asparagus** comes in 3 different colors: green, white, and purple! Green asparagus has color because of 'photosynthesis', which is when sunlight produces chlorophyll in plants and makes them GREEN.
- **Asparagus** is in the same family as onions & garlic.



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Fresh Fruit and Vegetable Menu

November 2017



Did you know?

November 1 – Rutabaga Stick

with ranch dressing



- **Rutabagas** are believed to have originated as an accidental cross between a turnip and a cabbage, probably in Europe in the 1600's
- **Rutabagas** are high in vitamin C, which helps our body heal and also fiber to keep our digestive system healthy
- **Rutabaga** belongs to the cruciferous vegetable family, along with cauliflower, broccoli, cabbage, Brussel sprouts, and more

November 3 – Red Grapes



November 6 – Tangerine



November 8 – Grape Tomatoes



November 10 – Apple Slices



November 13 – Cranberries



- **Cranberries** do not grow in water, but on vines in sandy bogs and marshes
- **Cranberries** are native to North America and are primarily grown in five states: Massachusetts, Wisconsin, New Jersey, Oregon, and Washington
- You can eat fresh, raw **cranberries!** They have a tart taste and are full of antioxidants to protect your body from illness

November 15 – Multicolor Carrots



November 17 – Honeydew Melon



November 29 – Jicama Stick



with ranch dressing

December 1 – Apple Slices & Grapes



- **Jicama** is pronounced HEE-kah-mah
- **Jicama** is a relative to the potato family and tastes like a cross between a potato and a pear – sweet and crispy!
- **Jicama** is high in vitamin C, fiber, and antioxidants to keep our body healthy



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Fresh Fruit & Vegetable Menu

December 2017



December 1 – Apples & Grapes



December 4 – Apple Slices



December 6 – Edamame



December 8 – Cantaloupe



December 11 – Pineapple



December 13 – Golden Beet



with ranch dressing

December 15 – Honeydew Melon



December 18 – Kiwifruit



December 20 – Candy Cane Beet

with ranch dressing



Did you know?

- Once cut in half lengthwise, **candy cane beets** reveal their beautiful striped centers
- **Candy cane beets** are mild in flavor, tender, and sweet compared to regular beets
- **Candy cane beets** are an excellent source of fiber to keep our digestive track healthy
- **Beets** benefit your body in many ways, including supporting your heart and protecting your brain, eye, and digestive health



- **Kiwifruit** is a flowering plant that grows on vines similar to how grapes grow
- Originally called the Chinese gooseberry, it was renamed the **kiwifruit** due to similarities in appearance with the kiwi bird, the national bird of New Zealand. Both are fuzzy, brown, and round in shape.
- **Kiwifruit** contains 2 times more vitamin C than oranges! Vitamin C helps to keep our immune system strong.
- **Kiwifruit** is an excellent source of fiber to keep our digestive track healthy



Winter Break December 22, 2017 – January 5, 2018

Happy Holidays!

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Fresh Fruit & Vegetable Menu

Happy
NEW
Year!

January 2018



January 10 – **Florida Green Peppers with ranch dressing**

January 12 – **Pineapple**



January 17 – **Cauliflower & Carrots**



January 19 – **Red Grapes**



January 22 – **Apple Slices**



January 24 – **Multi Color Carrots**



January 26 – **Cara Cara Oranges**



January 29 – **Black Grapes**



January 31 – **Broccoli Florets with ranch dressing**

Did you know?

- **Florida bell peppers** are full of vitamin C, which boosts your immunity!
- Most **green peppers** are actually premature red, yellow, or orange bell peppers. All young peppers start out green and will change color as they ripen on the vine.
- Most green **bell peppers** sold in the U.S. are grown in **Florida** (even here in Palm Beach County)!
- **Bell peppers in Florida** come in a variety of colors, including: red, yellow, orange, green, purple, white, and brown



- Anthocyanins are natural antioxidants that gives **black grapes** their dark color. Antioxidants protect your body from free radicals that can damage your cells.
- Eating **black grapes** regularly can help increase our memory and brain function!
- **Grapes** are a type of fruit that grow on vines in clusters of 15 to 300.
- **Grapes** come in a variety of colors: crimson, black, dark blue, yellow, green, orange, and pink!
- **Grapes** were first cultivated over 8,000 years ago in what is now the Middle East.



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Fresh Fruit & Vegetable Menu



February 2018



February 2 – Apples & Grapes



February 5 – Red Grapes



February 7 – Grape Tomatoes



February 9 – Apple Slices



February 12 – White Asparagus



with ranch dressing

February 14 – Pineapple



February 19 – Green Asparagus



with ranch dressing

February 21 – Melon Mix



February 23 – Orange Smiles



February 26 – Baby Carrots



February 28 – Edamame



March 2 – Mango



Fun Facts:

- **Asparagus** was first grown in Greece nearly 25,000 years ago!
- The name, **asparagus**, comes from the Greek language and means “sprout” or “shoot”.
- **Asparagus** comes in 3 different colors: green, white, and purple!
- Green **asparagus** has color because of ‘photosynthesis’, which is when sunlight produces chlorophyll in plants and makes them GREEN.
- **Asparagus** is in the same family as onions & garlic.



- **Mangos** are one of the most popular fruits in the world!
- **Mangos** were first grown in India over 5000 years ago.
- A basket of **mangos** is considered a gesture of friendship in India.
- **Mangos** are an excellent source of vitamin C, which helps your body heal, and fiber to keep your digestive tract healthy
- **Mangos** are related to cashews and pistachios



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Fresh Fruit & Vegetable Menu



March 2018



March 5 – Melon and Grape Combo



March 7 – Sweet Potato



March 9 – Cantaloupe



March 12 – Red Grapes



March 14 – Color Cauliflower



with ranch dressing

March 16 – Honeydew Melon



March 19 – 23 - Spring Break

March 28- Celery and Radish Combo

with ranch dressing



Fun Facts:

George Washington grew **sweet potatoes** on his farm in Mount Vernon, Virginia.

Sweet potatoes have Vitamins A, C, and E. Vitamin A helps maintain healthy eyes, skin and the brain. Vitamin C helps to heal your body quickly and promotes good oral health. Vitamin E is an antioxidant which helps to protect the body.

Sweet potatoes and yams are not the same. They are both root vegetables but belong to two different plant families.

Honeydew melons were first grown in southern France and Algeria.

Honeydew melons are also referred to as honeymelons and winter melons.

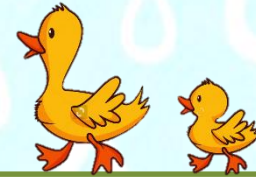
Honeydew melons are very sweet due to the high content of natural sugars and become even sweeter as it ripens.



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Fresh Fruit & Vegetable Menu



April 3 – Pineapple



April 4 – Butternut Squash
with ranch dressing



Try it!

April 6 – Honeydew Melon



April 9 – Apple Slices



April 11 – Baby Carrots



April 13 – Orange Smiles



April 16 – Melon Mix



April 18 – Green Beans

with ranch dressing



April 20 – Red Grapes



April 23 – Granny Smith Apple Slices



April 25 – Zucchini Coins



April 27 – Watermelon



April 30 – Apple Slices



Fun Facts:

- **Butternut Squash** is an excellent source of Vitamin A and Vitamin C as well as fiber, magnesium, and potassium!
- **Butternut Squash** has a sweet, nutty taste similar to a pumpkin. The name came from its being described as “smooth as butter, sweet as a nut.”
- **Butternut Squash** seeds can be eaten as a nutritious snack just like pumpkin seeds!
- **Zucchini** along with other squashes and pumpkins belongs to the species *Cucurbita pepo*. Some can reach nearly 39 inches long!
- **Zucchini** plants have a golden flower blossom that are also edible.
- **Zucchini** can be shaped into noodle-like spirals that can be eaten just like spaghetti!
- **Watermelon** originated in Africa over 5,000 years ago.
- **Watermelons** can be found in Western Florida from April to July.
- **Watermelon** seeds can be white or black and are a good source of protein!



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Fresh Fruit & Vegetable Menu

May & June, 2018



May 2 – Sweet Potato



May 4 – Red Grapes



May 7 – Sliced Apples



May 9 – Euro Cucumber



May 11 – Honeydew Melon



May 14 – Grapefruit



FUN FACTS ABOUT CUCUMBERS!

- **Cucumbers** contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- **Cucumbers** can help cool the body and the blood which gave rise to the phrase “cool as a cucumber.”
- **Christopher Columbus** is said to have taken cucumbers to Haiti in 1494, starting their distribution around the “New World.”
- **Cucumbers** are made up of 95% water!

FUN FACTS ABOUT ROMANESCO!

- **Romanesco** is an edible flower from the family that includes broccoli, cauliflower, brussel sprouts, and cabbage.
- **Romanesco** has spiral buds which form a natural approximation of a **fractal**, meaning each bud in the spiral is composed of a series of smaller buds.
- **Romanesco** is loaded with Vitamins A, B, C and K, manganese, magnesium, protein, phosphorous, potassium, and omega 3 fatty acids. Vitamin A boosts your eye health while the omega 3s boost heart health, regulate blood sugar, blood pressure, and cholesterol levels.
- **Romanesco** has been grown in Italy since the 16th century and is also known as Roman Cauliflower.

TRY IT!



May 16 – Romanesco
with ranch dressing

May 18 – Kiwi Wedges



May 21 – Apples & Grapes



May 23 – Colored Carrots



May 25 – Melon Mix



May 29 – Squash Mix
with ranch dressing



June 1 – Pineapple



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