

FFVP

FEBRUARY - 22

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SUGAR BEE APPLE

DID YOU KNOW?

- The Sugar Bee apple is the latest Honeycrisp cross to hit the marketplace.
- It is unknown what other apple is it crossed with. This new apple was created by the bees doing their job of pollinating the apple blossoms. A new apple was discovered from that work.

HOW TO CHOOSE:

Check the apple's firmness: Pick up the apple and feel the fruit's skin. You can even gently press a small area of the skin to make sure it's firm to the touch.

NUTRITION FACTS:

SugarBee apples are a source of **vitamin C** to strengthen the immune system while reducing inflammation and **fiber** to regulate the digestive tract. These apples also provide **potassium** to balance fluid levels within the body. They also include calcium, phosphorus, vitamin E, magnesium, boron, zinc, copper, and vitamin K.

HOW TO PREPARE:

SugarBee apples have a mild, sweet flavor and crisp consistency well suited best for fresh preparations rather than cooked.



SUGAR SNAP PEAS

DID YOU KNOW?

- Snap Peas were created in the 1970s.
- They are a cross between the snow pea and the garden pea
- Snap peas are sometimes called "sugar Snap Peas" because they are slightly sweeter than snow peas.

HOW TO CHOOSE:

Look for a bright red apple with fewer yellow or green accents. The flesh of the apple is white. A ripe jazz apple will be crisp, sweet, and juicy.

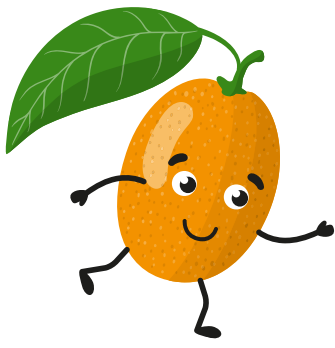
NUTRITION FACTS:

Snap Peas are a great source of **Vitamin C, Vitamin A, Vitamin K, Iron, and Magnesium!**

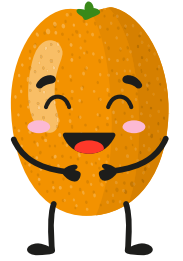
Did you know? 1 cup of sugar snap peas provides nearly a day's vitamin C needs.

HOW TO PREPARE:

Fresh sugar snap peas are a great snack and many people prefer them raw. They go great on top of a green salad. Saute them in lite Italian dressing with garlic for a real treat.



KUMQUATS



DID YOU KNOW?

- Kumquats were first described in Chinese literature in 1178. They are now grown mainly in California, Florida, and Texas.
- Kumquats grow on a tree. After pollination, the flowers swell to become the kumquats we eat.

HOW TO CHOOSE:

Kumquats are considered "in season" **November through June**. Select kumquats that are firm, smooth, and brilliant orange in color.

NUTRITION FACTS:

Kumquats are unique because the **outer peel is edible too!** You can eat the entire thing like a berry. The peel is rich in essential oils, antioxidants, and fiber.

- Kumquats are high in **vitamin C** and **vitamin A**.

HOW TO PREPARE:

Wash fresh kumquats in a bowl of cool water. They taste best if gently rolled or squeezed before being eaten. This combines the sugary ingredients in its rind with those of its tart flesh.



BABY HEIRLOOM TOMATOES

DID YOU KNOW?

Generally an heirloom variety is one that has been around more than fifty years and can reproduce from seed and has a history of its very own.

HOW TO CHOOSE:

Look for baby heirloom tomatoes that are firm with outstanding vivid colors. They should also have a smooth surface, a generally rounded shape, and no obvious defects.

NUTRITION FACTS:

Baby Heirloom tomatoes are high in **Vitamin C**, a good source of **Vitamin A** and **Potassium**.

What does "good source" mean?

HOW TO PREPARE:

This is one of the most versatile foods out there, you can eat them raw, in salads, roasted with garlic, and even in soups. The sky is the limit!





MINI SWEET BELL PEPPER

DID YOU KNOW?

- Mini peppers are smaller versions of traditional capsicums, bell peppers, paprika, and other sweet peppers.
- The early sweet pepper forms originated from Central/South America, developed from the wild bird pepper which is quite spicy.

HOW TO CHOOSE:

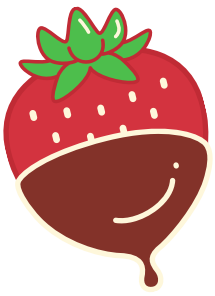
The peppers should be uniformly colored and have unblemished, glowing skin. Often they can be found in multi-packs of different colours.

NUTRITION FACTS:

Mini sweet peppers are low in calories and exceptionally rich in **vitamin C** and other **antioxidants**, making them an excellent addition to a healthy diet.

HOW TO PREPARE:

Wash the mini peppers and pat dry. Cut in half lengthwise and remove the small core, then prepare as necessary. Alternatively, trim off the top and remove the core, leaving the fruit whole and intact ready for stuffing.



LONG STEM STRAWBERRIES

DID YOU KNOW?

- Long stem strawberries are exactly the same as regular strawberries, the only difference is their extremely long stem.
- The average strawberry has **200+ seeds** on the outside.
- California grows about **1 billion pounds** of strawberries each year.

HOW TO CHOOSE:

When picking nice long stem strawberries, make sure the berry is bright red, plump, firm, with a fancy long stem coming out of the berry.

NUTRITION FACTS:

Fresh long-stem strawberries contain nutrients such as **Manganese, Potassium, Folate,** and high amounts of **Vitamin C** and **Water.**

91% of the strawberry are made out of water. **Water** can help with **digestion, regulate body temperature,** and **protect joints.**

HOW TO PREPARE:

Although long stem strawberries can be enjoyed on their own, they are typically used for chocolate dipping and adding toppings onto the chocolate to make fun chocolate covered strawberries!



CARA CARA ORANGES

DID YOU KNOW?

- Cara Cara oranges are pink on the inside because they contain a natural compound called lycopene, which gives a reddish color to certain fruits and vegetables.

HOW TO CHOOSE:

Look for a Cara Cara orange that is brightly colored. A fresh orange will have a light citrus scent when you smell it. If the smell is too strong, it may be a sign the fruit is overripe and could be going bad.

NUTRITION FACTS:

Cara Cara oranges are a good source of **Vitamin C** and **Vitamin A** and **Folate**.

This type of orange contains more vitamin C than other types of navel oranges. Vitamin C is essential in the body's healing process and helps to form collagen to promote wound healing.

HOW TO PREPARE:

Remove the peel and eat it raw. It would also be delicious added into a salad!

Make orange juice! Use a juicer or slice the orange in half and squeeze the juice into a glass. Enjoy!



GREEN APPLE

DID YOU KNOW?

- Green apples have a more tart/sour taste compared to other apples. This is because unlike other apples, green apples contain a higher amount of malic acid. Malic acid is a naturally occurring compound that tastes very sour!

HOW TO CHOOSE:

A ripe green apple will be firm to the touch. Avoid apples that feel soft or easily leave an indentation when you touch it. Also check for bruises (dark spots) around the apple. This is a sign it may have been dropped.

NUTRITION FACTS:

Green apples are a good source of **vitamin A**. Vitamin A is also known as retinol/retinoic acid. Its job in the body is to promote healthy eye sight and a strong immune system. It also helps with new cell growth, which is important for skin health.

HOW TO PREPARE:

Cut the apple into slices and eat it raw. Use sun butter or peanut butter as a dip for a quick and satisfying snack!

PRO TIP: When cutting the apple, leave the peel on for more fiber!