



# FFVP

## NOVEMBER-21



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	2	4  Pomegranate (IW)	5  Jazz Apple
8	9	10	11  Pink Grapefruit	12  Raspberries
15	16	17	18  Cantaloupe	19  Korean Pear
22	23	24	25	26



# POMEGRANATE

## DID YOU KNOW?

- The pomegranate tree is native from Iran to Northern India and has been around since ancient times.
- The word pomegranate comes from the Middle French word pome garnete which translates to 'seeded apple'.

## HOW TO CHOOSE:

Ripe pomegranates turn from round to slightly angular, with the sides becoming more square and the stem and blossom ends becoming flatter. The skin of a ripe pomegranate becomes slightly rough and soft to touch.

## NUTRITION FACTS:

Pomegranates are rich in **vitamin K, potassium, and folate**. **Potassium** is a type of mineral your body needs to function properly. Potassium helps your muscles contract, your heartbeat, and moves nutrients into your bodies cells.

## HOW TO PREPARE:

The outside of a pomegranate contains a hard skin that is inedible (meaning you can't eat it!). To get to the pomegranate seeds, slice the top off and open the fruit. Eat the seeds raw or add them to salads, dips, and desserts.



# JAZZ APPLE



## DID YOU KNOW?

- Jazz apples are grown all over the world and are available year-round.
- Jazz apples mainly come from the United Kingdom and United States late October through April and New Zealand and Chile March through September.

## 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:

Jazz apples are a great source of **vitamin A**, **vitamin C**, and **fiber**. **Vitamin C** and **vitamin A** are both antioxidants which are molecules that fight free radicals in your body. Free radicals are molecules that cause damage to the body. Antioxidants are important in keeping you healthy!

## HOW TO PREPARE:

Jazz apples are very crisp so it may be easier to slice them into pieces to eat them. They also make a wonderful addition to oatmeal, pies, and many other recipes.



# PINK GRAPEFRUIT

## DID YOU KNOW?

- The pink grapefruit originated in Barbados as an accidental cross between a sweet orange and a pomelo.
- When it was first found it was called the "forbidden fruit"

## HOW TO CHOOSE:

Ripe pink grapefruits should have a pink/orange color with little to no green on the skin. A ripe grapefruit will have more of an oval shape and should be plump and heavy.

## NUTRITION FACTS:

Pink grapefruit is a great source of **fiber, vitamin C,** and **folate**. **Folate** is a vitamin important in forming red blood cells and for healthy cell growth.

## HOW TO PREPARE:

To eat a grapefruit either peel it like an orange or cut it in half and eat it with a spoon or cut out the wedges with a knife. Eat the grapefruit raw or add to a salad.





# RASPBERRY

## DID YOU KNOW?

- Raspberries are indigenous to North America. In the US, about 90% of all raspberries sold come from Washington, California, and Oregon.
- An average raspberry contains 100-120 seeds.

## HOW TO CHOOSE:

Look for a bright, and consistent color throughout the whole berry. Look for roundness and fullness for a ripe raspberry.

## NUTRITION FACTS:

Raspberries are a great source of **Manganese**, **vitamin C**, and **fiber**. Manganese helps the body form connective tissues, bones, and helps your blood clot.

## HOW TO PREPARE:

Eat raspberries raw or make them into a jam. They also make great additions to smoothies and toppings to pancakes and waffles.



# CANTALOUPE

## DID YOU KNOW?

- The cantaloupe most likely originated in a region from South Asia to Africa. It was later introduced to Europe
- and around 1890, became a commercial crop in the United States.

## HOW TO CHOOSE:

A heavier cantaloupe is a good thing, it is an indication of the cantaloupe's ripeness. Next, you can tap on the cantaloupe, if it sounds dull and deep, you have a ripe cantaloupe!

## NUTRITION FACTS:

Raw cantaloupe is **90% water**, and 8% carbohydrates.

Fresh cantaloupe is a rich source of **Vitamin C** and **Vitamin A**.

## HOW TO PREPARE:

Plums don't need to be peeled. You can enjoy them on their own or in smoothies, salad, and even jam! (they are sweet, so no extra sugar is needed).



# ASIAN PEAR

## DID YOU KNOW?

- The name Asian pear is a general descriptor used to encompass thousands of varieties of pears native to Eastern Asia, each varying slightly in shape and color.
- During the Edo period in Japan, pears were believed to ward off evil and misfortune and were often planted near gates for protection.

## HOW TO CHOOSE:

Asian pears feel hard as rocks, but they actually bruise quite easily. Russet varieties should be deep golden brown; smooth-skinned round fruit should be yellow, not green.

## NUTRITION FACTS:

Asian pears are a good source of **vitamin C**, **Vitamin K**, and **Fiber**.

**Vitamin C:** Antioxidant that strengthens the immune system, boosts collagen production within the skin, and provides anti-inflammatory properties

**Vitamin K:** a nutrient that supports bone growth and blood clotting.

## HOW TO PREPARE:

You eat an Asian pear just like you would any apple and pear. Bite into the skin and eat around the core. Enjoy~!