



FRUIT AND VEGGIE NEWSLETTER

April Edition



IN THIS MONTH'S ISSUE

VEGGIE OF THE MONTH

Baby Bell Peppers



FRUIT OF THE MONTH

Bananas

NEVER TRY, NEVER KNOW!

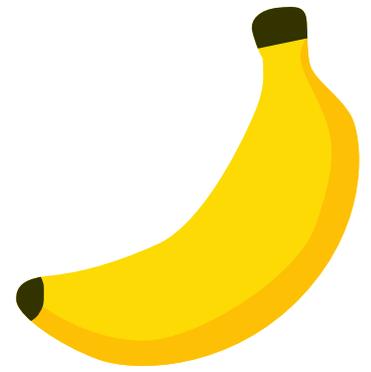
Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

Bananas are curved because they grow towards the sunlight.

BANANAS

- Bananas are a great source of potassium, which supports heart health!
- Bananas provide around 20% of your daily vitamin B6 and vitamin C needs, helping with mood regulation and wound healing.
- 1 medium banana provides 3 grams of fiber! Making it a great snack for supporting digestion and keeping you satisfied.



HOW DO THEY GROW?

The banana plant is not really a tree. It is a giant herb that grows up to 30 feet tall, showcasing the banana fruit clustered at the top of the plant. They grow in hot, tropical areas.

FUN WAYS TO EAT BANANAS

- Frozen bananas blended into a smoothie, makes for a creamy and delicious smoothie
- Top a whole wheat English muffin or toast with sliced bananas and peanut butter
- Make banana “popsicles” by freezing halved bananas on popsicle sticks
- Banana bread or muffins



BABY PEPPERS

- Mini peppers are known for their sweet taste.
- In average these little peppers are 7 centimeters in length.
- Bell peppers are a great source of vitamin A and vitamin C. In fact, red and yellow bell peppers have FOUR times as much vitamin C as citrus fruits!
- Mini peppers are related to tomatoes and eggplants.

FUN WAYS TO EAT BABY PEPPERS

- Due to their small size, makes for a great snack on their own
- Stuffed with cream cheese or beans
- Tossed into a salad or on a veggie tray
- With a veggie egg scramble

HOW DO THEY GROW?

Baby peppers grow on a small plant. They are available year-round, but are in season in the warmer months. They grow best in Mexico, Baja California, and Florida.