

FRUIT AND VEGGIE NEWSLETTER

April Edition



IN THIS MONTH'S ISSUE

VEGGIE OF THE MONTH

Baby Bell Peppers



FRUIT OF THE MONTH

Mango

NEVER TRY, NEVER KNOW!

Check out the salad bar every
Wednesday in the Cafe to try
this month's fruit and veggie!

If you never try, you never
know!

THIS MONTH'S FUN FACT:

Mangoes are known as "the kings of
fruits". They are seen in many
cultures as symbols of life, love,
& happiness.



MANGO

- Mangoes have over 20 different vitamins and minerals, making them a **super-food**.
- **Folate** is also found in this fruit which boosts your immunity and keeps you feeling your best.
- **Beta-carotene** gives mango its bright orange color. This vitamin keeps you and your eyes healthy!
- Mango is the national fruit of Pakistan, India, & the Philippines.



HOW DO THEY GROW?

Mangoes grow best in sub-tropical and tropical environments. This stone fruit starts as a seed, but you also use the pit of one to grow your own tree!



FUN WAYS TO EAT MANGO

- Blended into a smoothie
- Top it on oatmeal
- Added as a condiment on a taco
- In a salad
- Stirred into salsa



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 in best in Mexico, Baja California, and Florida