

FRUIT AND VEGGIE NEWSLETTER

August Edition



IN THIS MONTH'S ISSUE

VEGGIE OF THE MONTH

Tomatoes



FRUIT OF THE MONTH

Peaches

NEVER TRY, NEVER KNOW!

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

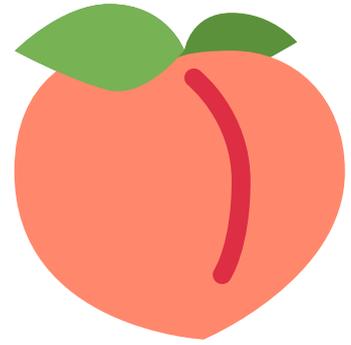
If you never try, you never know!

THIS MONTH'S FUN FACT:

Is a tomato really a fruit?!

Yes! A tomato's plant classification is actually a fruit because it has seeds. This fact is still up for debate and even went to the supreme court in 1886!

PEACHES



Peaches contain a variety of antioxidants and vitamins including:

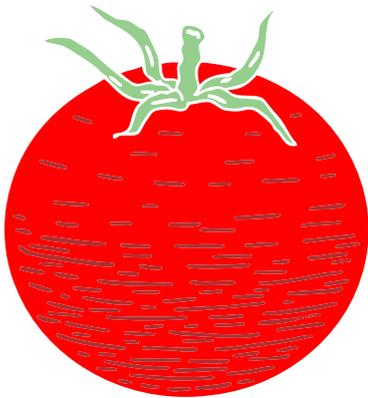
- Vitamin A- helps you to see at night & keeps skin healthy
- Vitamin C- helps grow new cells & fight germs
- Potassium- good for your heart
- Fluoride- needed for your bones & teeth to stay strong

HOW DO THEY GROW?

Peaches grow on trees. They start from a large seed called a pit. This is what makes a peach a "stone" fruit.

FUN WAYS TO EAT PEACHES

- In a smoothie
- On top of pancakes or waffles
- With yogurt and granola
- Grilled and served with a BBQ dinner
- Baked in a cobbler
- As an ice cream topping



TOMATOES

Tomato skin has a high concentration of nutrients. Tomatoes contain a variety of antioxidants and vitamins including:

- Lycopene- a powerful antioxidant that helps protect cells from stress & damage
- Vitamin A, C & E- helps your body to stay healthy
- Potassium- good for your heart

FUN WAYS TO EAT TOMATOES

- Sliced with mozzarella, cheese & basil
- Blended into a sauce or dressing
- In a soup or chili
- On a salad
- Sliced on a pizza, sandwich or burger
- Cooked, raw or marinated

HOW DO THEY GROW?

Tomatoes grow on a vine. As they get bigger, tomatoes can become too heavy, causing the vine to topple over! A trellis helps the tomato vine to stand up so that the tomato can grow!