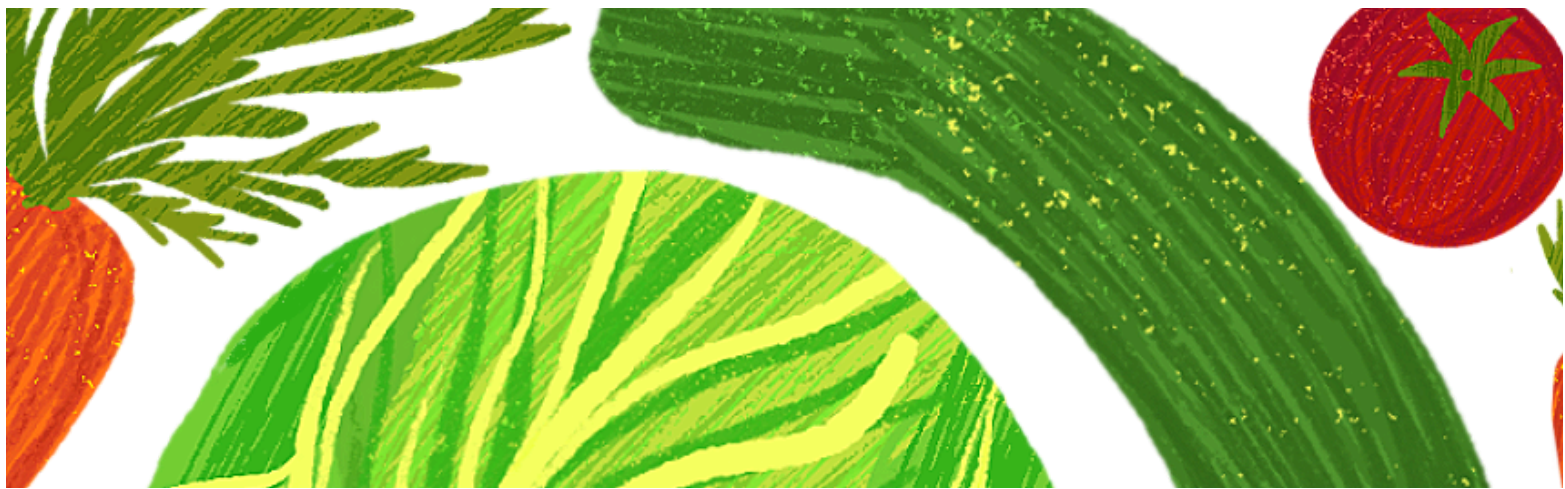




# FRUIT AND VEGGIE NEWSLETTER

*August Edition*



## IN THIS MONTH'S ISSUE

### VEGGIE OF THE MONTH

Tri-Color Cauliflower

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### 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:

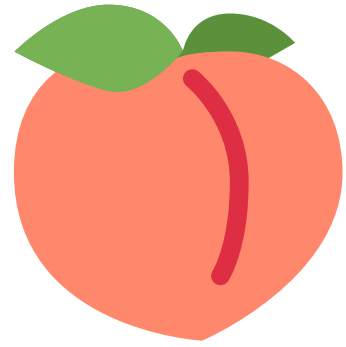
***We serve local peaches!***

Each year we source peaches from Palisade or a  
nearby local peach farm and serve them in all PSD  
cafes

# 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



## 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

## 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.

# TRI-COLOR CAULIFLOWER

## FUN WAYS TO EAT CAULIFLOWER

- Substitute for rice
- Mashed cauliflower
- Use to make a pizza crust
- Roasted
- Fresh with a dip
- Blended to make a soup base



Tri-color cauliflower is unique due to its dark purple color. This vibrant colored vegetable provides a health benefit called phytochemicals:

- Rich in antioxidants- helps protect cells from stress & damage
- Great source of fiber- helps with weight control & promotes digestive health

## HOW DO THEY GROW?

Cauliflower prefers to grow in cooler temperatures, so they do better when planted in the spring or fall. Tri-color cauliflower gets its color from cross breeding with other plants, such as broccoli.