

FRUIT AND VEGGIE NEWSLETTER

March Edition



IN THIS MONTH'S
ISSUE

VEGGIE OF THE MONTH

Eggplant



FRUIT OF THE MONTH

Star Fruit

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:

Many people think that eggplant makes for a great meat substitute because of its meat-like texture.

STAR FRUIT



- Star fruit, including the peel, is a good source of dietary fiber which is healthy for your digestive system!
- Star fruit is rich in antioxidants and contains many B-complex vitamins such as folate, riboflavin and B-6 that help your metabolism function properly!
- Star fruit is one of the lowest calorie tropical fruits.

FUN WAYS TO EAT STAR FRUIT

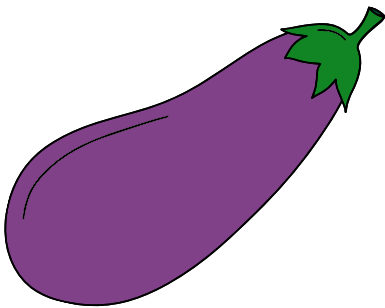
When you cut starfruit into cross sections it looks like a star! The entire fruit is edible!

- Dip stars into yogurt
- Top a cake, muffins or pancakes with star fruit to make a beautiful design
- Add to smoothies for a sweet and sour tropical taste

HOW DO THEY GROW?

Star fruit grows on a tree in tropical climates with humidity and at least 70 inches of rainfall per year. Star fruit grows well in Sri Lanka, Indonesia, India and Southeast Asia.

EGGPLANT



FUN WAYS TO EAT EGGPLANT

- Make a dip with pureed eggplant - called baba ganoush!
- Use for making ratatouille
- Add for a fun homemade pizza topping
- Make eggplant parmesan or eggplant lasagna -- works great as a meat replacement option
- Add to a kebob!

- Eggplant is a great source of vitamin C and vitamin K, to help our bodies heal quickly
- Smaller eggplants are typically less bitter than larger eggplants. Sprinkle with salt after cutting into pieces and let sit for around 30 minutes to remove any bitterness. Rinse eggplant before cooking to remove salt!
- Eggplants are very sensitive to temperature. Make sure to store in refrigerator. The white flesh can quickly brown, so cut right before cooking!

HOW DO THEY GROW?

Eggplants need warm weather to grow in and love the sun. They did not like the cold season for growing. Eggplants are relatives to peppers and tomatoes, and grow on similar vines and plants.