



# FRUIT AND VEGGIE NEWSLETTER

*March Edition*

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## VEGGIE OF THE MONTH

### **Green Beans**



## FRUIT OF THE MONTH

### **Pineapple**



## 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:**

- Wisconsin grows over  $\frac{1}{3}$  of the United States' green beans every year. They grow over 300,000 TONS every year. And we thought they were just good at cheese....
- Pineapples used to be a sign of wealth and you could rent a pineapple as a centerpiece as late as the 1700s.

# PINEAPPLE



- Pineapples "piña" are named after pinecones!
- Pineapple is a good source of manganese which is important for our bone health
- Pineapple is also a good source of vitamin C, which helps boost our immune system and heals wounds.

## HOW DO THEY GROW?

Pineapples grow in soil at ground level, not in trees. They are native to Central and South America, but are commonly sourced from Hawaii and Florida now. They grow best in warm temperatures. Pineapples can grow from planting the leafy top of a pineapple!

## FUN WAYS TO EAT PINEAPPLE

- Add pineapple to a stir-fry
- Make a pineapple salsa!
- Slice and add to a fruit salad
- Top pizza with pineapple and Canadian bacon to make Hawaiian pizza
- Grill pineapple and serve as a healthy side
- Add a slice of pineapple to a turkey or chicken burger!

# GREEN BEANS



## FUN WAYS TO EAT GREEN BEANS

- Roast them with garlic and parmesan
- Add canned green beans to mac & cheese
- Coat in bread crumbs and air fry for a crispy dipping veggie.
- Wrap in crescent dough with soft cheese for a tasty appetizer.

- Green beans are a legume.
- Green beans are a versatile green vegetable and harvested at their peak flavor and nutrition.
- Green beans contains abundant dietary fiber, as well as vitamin C and iron!
- Green beans are native to Central and South America. They were brought to Europe in 1493 by Christopher Columbus.

## FARM FACT

Green beans have over 130 varieties and come in a variety of colors like red and yellow. Farmers started cultivating them for mass consumption in the 1800's.