



# FRUIT AND VEGGIE NEWSLETTER

*May Edition*



## IN THIS MONTH'S ISSUE

### VEGGIE OF THE MONTH

Avocado



### FRUIT OF THE MONTH

Apricot

## 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:

Avocados were once used as "butter" by European sailors when traveling to the New World

# APRICOT



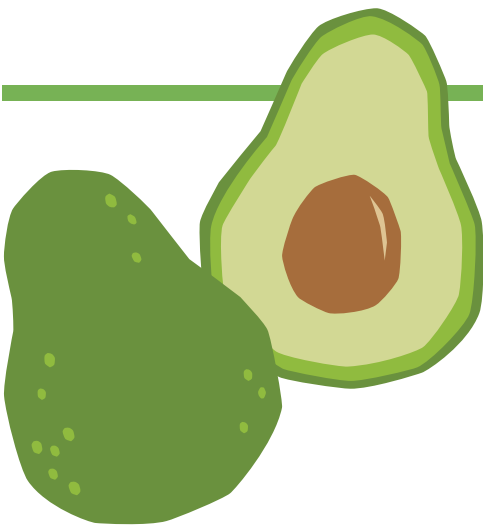
- Apricots are a great source of vitamin A- which helps keep our skin healthy and vision great
- Apricots are also a great source of vitamin C and fiber!
- Apricots are part of the stone fruit family because they have a center pit!
- The country of Turkey grows around 20% of the worlds apricots

## HOW DO THEY GROW?

Apricots grow on trees. Their trees can produce apricots for 20-25 years!

## FUN WAYS TO EAT APRICOTS

- Blended into a smoothie
- Top it on oatmeal
- Added to a breakfast parfait
- Mix dried apricots into a homemade trail mix
- Top a bagel
- Apricots on a log!



## FUN WAYS TO EAT AVOCADO

- Make a guacamole
- Use for a healthy substitute to mayo in sandwiches!
- Tossed into a salad
- Make avocado toast
- Add to your favorite chocolate pudding
- Use as an edible bowl!

# AVOCADO

- Avocados are a great source of healthy fats, making them a heart healthy option!
- The healthy fats are also great for our skin and brain, while keeping us full and satisfied after eating them.
- Avocado come in several varieties, including Hass, Fuerte, and Gwen

## HOW DO THEY GROW?

Avocados are actually considered a fruit, that grows on a tree. Over 400 avocados can grow on one tree in a year's time! They are most commonly grown in California