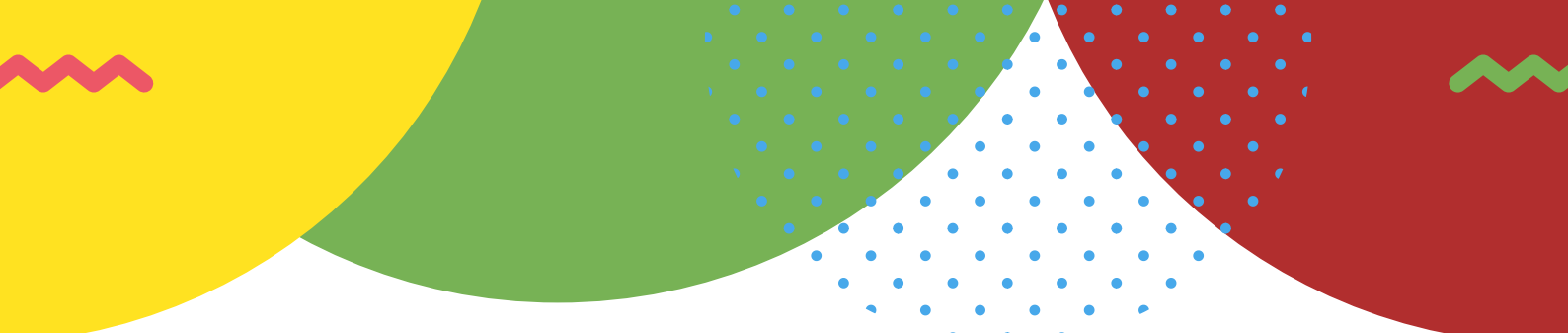




FRUIT AND VEGGIE NEWSLETTER

November Edition



IN THIS MONTH'S ISSUE

VEGGIE OF THE MONTH

Tri-Color Carrots

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FRUIT OF THE MONTH

Pears

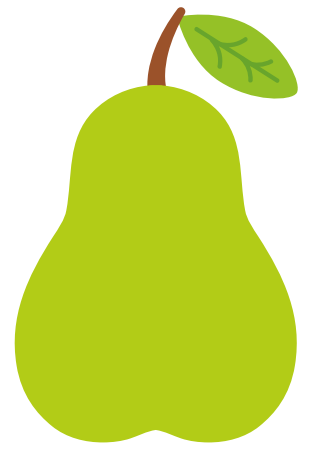
NEVER TRY, NEVER KNOW!

Check out the salad bar each week in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

Despite the word "baby" in the name, baby carrots actually come from longer carrots. Grimmway Farms, located in the United States, is the world's largest carrot grower.

PEARS



- One medium pear has about 6 grams of fiber, 24% of what we need each day. Dietary fiber helps to keep us full for longer and helps to maintain a healthy digestive tract.
- Pears are rich in potassium, a mineral important for heart health and muscle contractions.
- Pectin found in pears aids in lowering cholesterol.

FUN WAYS TO EAT PEARS

- Simply wash and eat
- Mixed with yogurt
- Baked with cinnamon
- On a salad
- Grilled on the BBQ

HOW DO THEY GROW?

A majority of the pears grown in the United States are grown on trees in the volcanic soil of Oregon and Washington.



TRI-COLORED CARROTS



FUN WAYS TO EAT CARROTS

- With dip, hummus or nut butter
- Tossed into a stir fry
- Baked, steamed or boiled
- Chopped into a fresh salad
- Shredded into cole slaw
- Grated and used in muffins or cakes



Carrots are abundant in healthy nutrients and are low in fat and calories. Carrots are a wonderful source of Vitamin A which helps promote healthy eyesight. Include carrots as part of a well-balanced meal or snack for your health!

Although we usually eat the orange ones, carrots come in a variety of different colors!

HOW DO THEY GROW?

Carrots are a root vegetable that grow down into sandy soil with green "tops" that come out above the ground.