# Fresh Fruit & Vegetable Program
## February 2022

**Tuesday**
- 1 Jicama Sticks
- 8 Apple Slices
- 15 Cauliflower Florets
- 22 Red Grapes

**Wednesday**
- 2 Mango Spears
- 9 Yellow Squash Coins
- 16 Pineapple Chunks
- 23 Yellow Pepper Slices

**Thursday**
- 3 Baby Carrots & Grape Tomatoes
- 10 Melon Medley
- 17 Celery Sticks
- 24 Strawberry/Blueberry Slices

### Pineapple
I grow in places where it's warm year around, like Hawaii (pictured in the fields behind me).

### Celery
Celery is a stem vegetable like asparagus. Eating celery reduces the risk of heart disease by lowering cholesterol levels in your body.

In 1896, a group of Dutch farmers in Kalamazoo, MI were recruited to settle in the area now known as Celeryville, OH. Their expertise in drainage techniques and flood control helped them succeed in turning the mucky marsh soil into productive celery fields.
Fun Food Facts!

Click here to watch how grapes grow.

Vitamin K in grapes makes your bones stronger!

Farmers grow grapes like me on trellises so I can get all the sun I need.

Zambales, Philippines is known as home to the sweetest mangoes in the world. Click the link to watch dancers there perform in the annual mango festival dance competition.

Did you know that there are over 7500 varieties of apples? Scan the QR code below to learn more.

They call me The Big Apple because I'm 35 ft. tall. You can visit me in Colborne, ON Canada.

What lives in an apple and loves to read? A bookworm!

Video: Facts About Apple Trees