

# COLLIER FFVP MENU AND FUN FACTS

## August 30, 2010 – Cantaloupe

- The name comes from Cantaloupe, Italy.
- Another name is muskmelon (because of the sweet smell).
- One serving has 400% of Vitamin A requirement in a day and almost 100% of Vitamin A!

## August 31, 2010 – Red PLUMS

- Every continent except Antarctica has plum trees.
- Plums are members of the drupe family (pitted fruit) and are related to the nectarine, peach, and apricot.
- Some plums are really sweet and some are tart.
- Plums are a great source of natural fiber and help digestive health!

## September 1, 2010 – Grape Tomatoes

- Grape tomatoes are smaller than cherry tomatoes and have teardrop shape and a sweet taste.
- Tomatoes were first domesticated in Mexico, after originating from wild plants found in the Andean regions of Chile.
- Florida is a major grower of tomatoes. Some of the best tomatoes in the world are grown in Florida.
- Tomatoes are one of the most popular vegetables eaten by Americans although they are technically a member of the fruit family. Go figure.....☺
- Tomatoes contain large amounts of an antioxidant called lycopene which may reduce certain kinds of cancer.
- Tomatoes provide lots of Vitamin C and Vitamin A.

## September 2, 2010 – Blueberries/Strawberries

- Native Americans once called Blueberries, “Star Berries”, because the five points of the blossom makes a star.
- Early American settlers made grey paint by boiling blueberries in milk.
- Blueberries are one of the only foods naturally blue.
- Blueberries are high in antioxidants and high in fiber.
- Strawberries are members of the Rose family.
- Strawberries are grown in every state of the United States of America.
- Florida is second in the country for strawberry production.
- Florida strawberry season is December to May with the peak in March and April.
- Strawberries are high in Vitamin C.

## September 3, 2010 – Spring Mix (Baby Lettuce)

- Green Oak, Red Oak, Lollo Rossa and Tango are the names of the baby lettuce in our Spring Mix this week.
- Find the different types of lettuce in the spring mix to compare taste, shape and color. Which one is the sweetest and which one has the most “bite”?
- Baby Lettuce is an excellent source of Vitamin A and fiber.