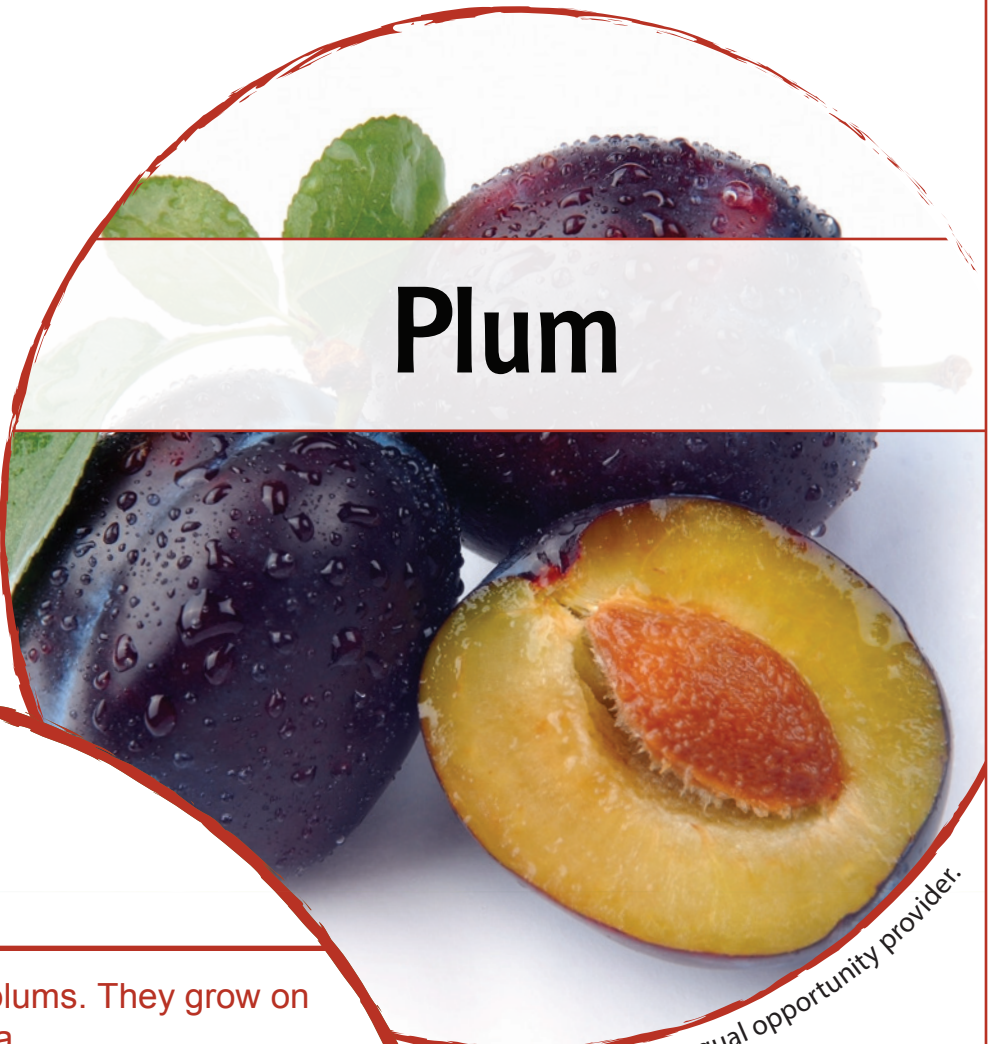
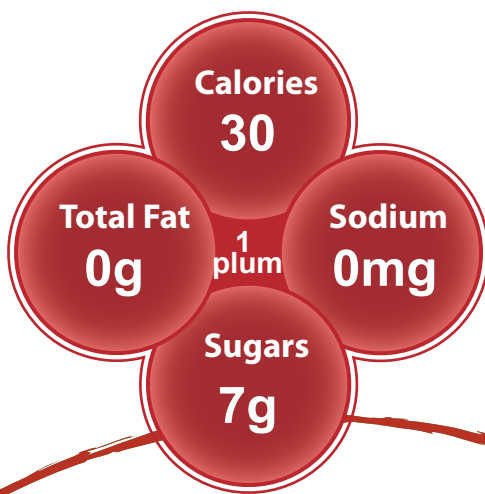


Harvest ^{of the} Month



FUN FACTS:

There are over 200 varieties of plums. They grow on every continent except Antarctica.

Their sweetness comes from natural sugars that digest slowly, giving plums a low glycemic index.

Red-fleshed varieties have more nutrients than yellow flesh plums. They also have a higher sugar content that makes them sweeter.

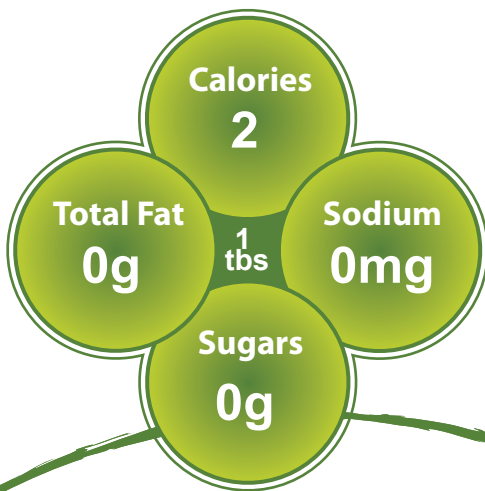
Prunes are dried plums. California is the largest producer of dried plums.

This institution is an equal opportunity provider.



Harvest ^{of the} Month

Sweet Pepper



FUN FACTS:

The best-known sweet peppers are bell peppers, named for their bell-like shape. They have a mild, sweet flavor, and crisp juicy flesh.

They come in a rainbow of colors ~ red, green, yellow, orange, brown, black, and even purple!

Enjoy sweet peppers grilled, roasted, steamed, sautéed, braised or stuffed with savory fillings.

Sweet peppers are especially high in vitamin C, and help protect your heart and eyes.

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Harvest of the Month

Basil

Calories

1

Total Fat

0g

Sodium

0mg

Sugars

0g

1
tbs

FUN FACTS:

Basil, the King of Herbs, is a tropical plant.

Egypt is the main source, followed by the U.S. Basil is a leading spice in many Italian and Thai dishes.

Ever since pesto became popular, basil has become one of the most recognizable herbs.

The natural "oils" found in basil help the body fight infection.

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