

Harvest of the Month

Papaya

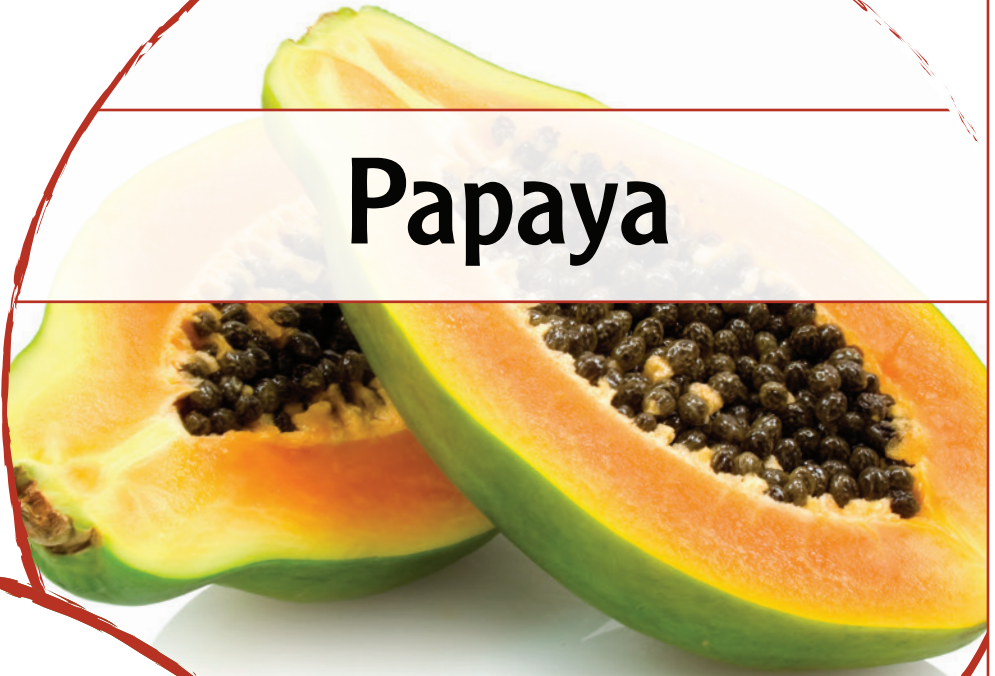
Calories
55

Total Fat
0g

1
cup

Sodium
4mg

Sugars
8g



FUN FACTS:

This tropical fruit is most often eaten raw without the seeds and skin. It has a sweet, tangy taste, and a soft, butter-like consistency.

Called the “Tree of Good Health,” papaya is loaded with nutrients that lower cholesterol, improve digestion, prevent signs of aging, relieve toothaches, and help reduce stress.

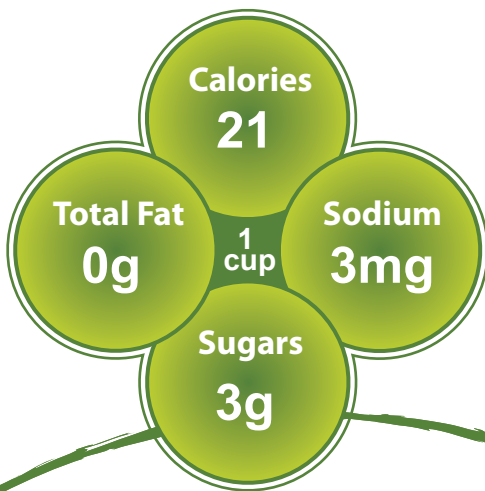
The black, pea-size seeds are edible and have a spicy, peppery taste. In some countries, the seeds are a substitute for pepper.

This institution is an equal opportunity provider.



Harvest of the Month

Asparagus



FUN FACTS:

King of Vegetables & Vitamin Powerhouse

Asparagus spears can be green, white or purple. White asparagus is the same as green asparagus but it grows below the ground in the dark, and is harvested below the ground. Purple asparagus turns dark green when cooked.

Asparagus is high in dietary fiber (good for your digestive system), and one of the best sources of folate (keeps your blood healthy).

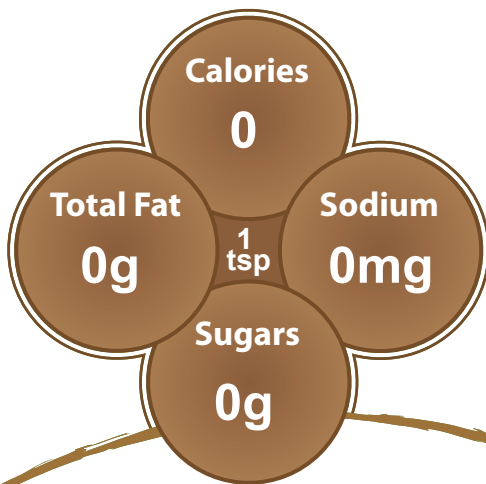
With the right weather, spears can grow 1 inch an hour.

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Chives



FUN FACTS:

Chives are a common herb native to Asia and Europe. Some recipes from China, using chives, go back 5,000 years.

Chives have a mild onion flavor. Their bright green, hollow, thin leaves grow as grassy clumps and reach 6-12 inches tall.

The purple flowers are edible and most often used to garnish dishes.

Chives are often used in Japanese cuisine for their mild flavor and aroma.

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