



Fresh Fruit & Veggie Program

APRIL 2024

M 	T 2nd	W	Th 4th	F
	T 9th  Mini Sweet Peppers	W	Th 11th  Apricots	F
M	T 16th  Easter Egg Radish	W	Th 18th  Halo Mandarin Orange	F
	T 23rd  Ya Pears	W	Th 25th  Pink Lemon Wedge	F

FARMERS MARKET

Sweet Peppers



- Red peppers are the sweetest, while green peppers have the least sugar.
- Sweet peppers are full of vitamins and nutrients– many of which are lost when cooked. Try them raw!
- The spice paprika is made from red bell peppers.

.....| *fresh & delicious* |



PRESENTS

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Apricots



- Apricots are rich in potassium, phosphorus and beta carotene
- Apricots originated in China approx 4,000 years ago!
- California produces approx 95% of all apricots in the US
- Apricots are a relative o the peach

..... | *fresh & delicious* |

For more information, please visit sfellc.org

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Easter Egg Radish



- Easter Egg Radishes are a blend of varieties that are planted together
 - The seeds are mixed together creating the multiple color harvest
 - Easter egg radishes offer a mild flavor with a slight peppery bite

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PRESENTS

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Halo Mandarin Oranges



- The smallest mandarin orange.
 - Cross between oranges and mandarin oranges.
 - Less acid than a naval orange and sweeter!
 - Spain is the world's largest producer and exporter of Clementine's.
- One Clementine has about 35 calories.**

.....| *fresh & delicious* |.....

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Ya Pears



- Ya Pears or Asian Pears are native to Japan and China
- Ya Pears have been grown for more than 3000 years
- The Ya Pear is reminiscent of European pears with similar appearance and flavor

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FARMERS MARKET

Pink Lemon Wedge



- Pink lemons have a sweet, tangy flavor
- Pink Lemons were discovered in California in the 1930's randomly
- Pink Lemons have few seeds and have a strong flavor

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