

Fresh Fruit & Vegetable Program: February 2023

Featured Fresh Fruit: **RASPBERRIES**



Health Benefits:

1. High in Fiber – heart healthy and promotes stable energy
2. Vitamin C – immune system and healing
3. High in Antioxidants – reduces risk of heart disease and cancer



Fun Facts:

1. There are over 200 species of raspberries and although red are most common they can be purple, golden, black, or yellow!
2. Raspberries are very seedy – just one berry has 100-120 seeds
3. Scotland is famous for its raspberries. During the 1950s, raspberries were shuttled from Scotland to London on a train called The Raspberry Express.

