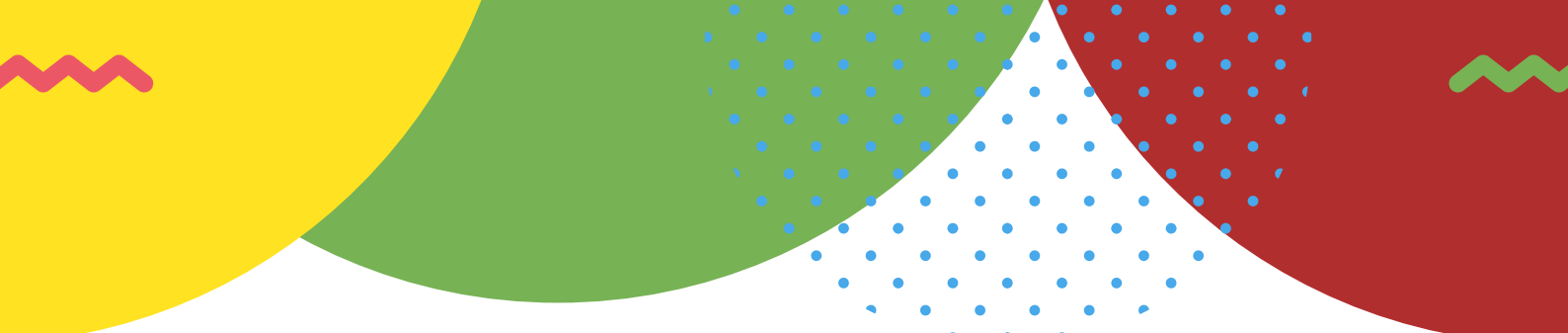




FRUIT AND VEGGIE NEWSLETTER

December/January Edition



IN THIS MONTH'S ISSUE

VEGGIE OF THE MONTH

Edamame



FRUIT OF THE MONTH

Mango

NEVER TRY, NEVER KNOW!

Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

Edamame is a soybean that has not yet hardened. Farmers across the U.S. harvest about 2 billion bushels of soybeans per year, growing more than anywhere else in the world!

MANGO



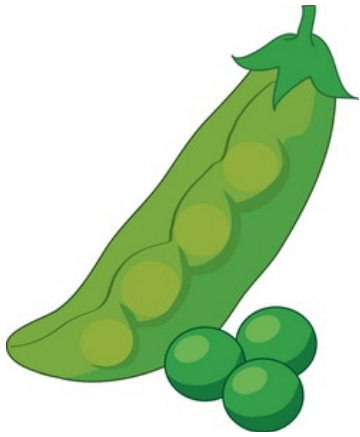
- Mangoes have over 20 different vitamins and minerals, making them a super-food.
- Folate is also found in this fruit which boosts your immunity and keeps you feeling your best.
- Beta-carotene gives mango its bright orange color. This vitamin keeps you and your eyes healthy!
- Mango is the national fruit of Pakistan, India, & the Philippines.

HOW DO THEY GROW?

Mangoes grow best in sub-tropical and tropical environments. This stone fruit starts as a seed, but you also use the pit of one to grow your own tree!

FUN WAYS TO EAT MANGO

- Blended into a smoothie
- Top it on oatmeal
- Added as a condiment on a taco
- In a salad
- Use to make salsa
- Stir into plain yogurt



EDAMAME

FUN WAYS TO EAT EDAMAME

- Steam the whole pod and season with garlic and salt
- Add to a stir fry
- Mash with avocado for a creamy veggie sandwich
- Puree into a dip for veggies, chips or crackers

- Edamame is a great source of protein, containing 17 grams in 1 cup!
- Edamame is considered a complete protein because it contains all of the essential amino acids.
- Edamame contains abundant dietary fiber and omega-3 fatty acids as well as zinc, calcium and iron!

HOW DO THEY GROW?

Edamame grows well in temperatures around 70 degrees Fahrenheit. It is planted in rows and the beans develop inside pods. Edamame plants are about 2 feet tall when mature!