



# FRUIT AND VEGGIE NEWSLETTER

*January Edition*



IN THIS MONTH'S  
ISSUE

VEGGIE OF THE MONTH

**Edamame**

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FRUIT OF THE MONTH

**Nectarines**

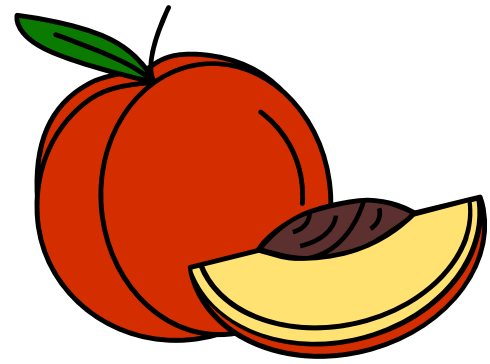
NEVER TRY,  
NEVER KNOW!

Check out the salad bar every Wednesday 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!

# NECTARINES



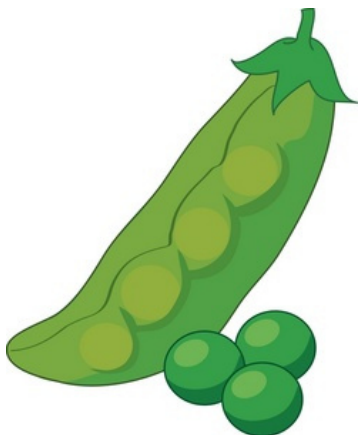
- The “nectar” in nectarines comes from the meaning - food of the Gods.
- Nectarines are a good source of vitamin A, which helps our eyesight!
- Nectarines are very similar to peaches. The only difference is one gene, that makes them not have the fuzzy skin like peaches.
- They are also a great source of vitamin C and fiber! Make sure to eat the nectarine skin to get all the fiber!

## HOW DO THEY GROW?

Nectarines grow on trees and are similar to peach and almond trees. Their skin grows thicker to protect from pests and the environment, since they do not have a fuzzy skin.

## FUN WAYS TO EAT NECTARINES

- Add into a yogurt parfait
- Chop into a salad
- Add to smoothies for healthy a sweet taste
- Make a salsa with nectarines
- Top whole grain waffles or pancakes



# 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!