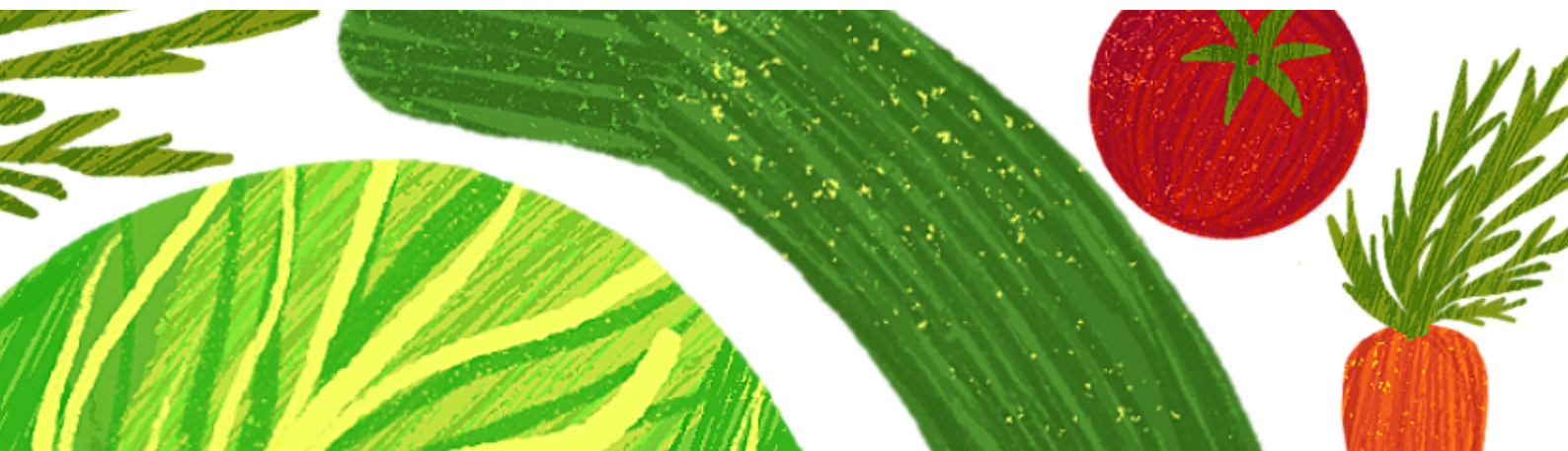




# FRUIT AND VEGGIE NEWSLETTER

*May Edition*



IN THIS MONTH'S  
ISSUE

VEGGIE OF THE MONTH

**Rainbow Kale**



FRUIT OF THE MONTH

**Strawberries**

NEVER TRY,  
NEVER KNOW!

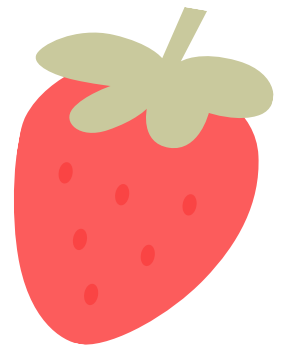
Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

**THIS MONTH'S FUN FACT:**

Strawberries are the only fruit with seeds on the outside!

On average there are 200 seeds on each berry.

# STRAWBERRIES



- This fruit is a great source of fiber and Vitamin C!
- Just 1 cup of strawberries supplies your body with more than 100% of its total daily Vitamin C need!
- Fiber helps to keep you full, slows down absorption of sugar, and helps to control energy levels!

## HOW DO THEY GROW?

This berry is a perennial, a plant that dies each winter and start to grow again during Spring. Strawberries like to grow in full sunlight!

## FUN WAYS TO EAT STRAWBERRIES

- Blend into a smoothie
- Add to a salad
- Put on top of pancakes ,waffles or french toast
- Dip in dark chocolate
- Puree and add to muffins
- Add to a fruit salsa



## FUN WAYS TO EAT KALE

- Make into crunchy kale chips
- Add to an omelet
- Chop into a fresh salad
- Use as a pizza topping
- Add kale to smoothies
- Use in a hearty veggie soup

# RAINBOW KALE

- Rainbow kale is a cross between Redbor and Lacinato kale. It is a deep green color with a bright purple stem. When left outdoors in the winter, the kale will turn a dark purple, almost black
- Kale is a great source of vitamin C and A, and is a good source of calcium. Half cup contains 20% of daily calcium needs.



## HOW DOES IT GROW?

- Kale likes to be grown in the cold! It is planted 4-5 weeks before the last frost in the spring, or after fall frost occurs. Kale can be harvested right up to Christmas in Northern Colorado because it is so cold tolerant. Rainbow kale is extra cold-hardy!