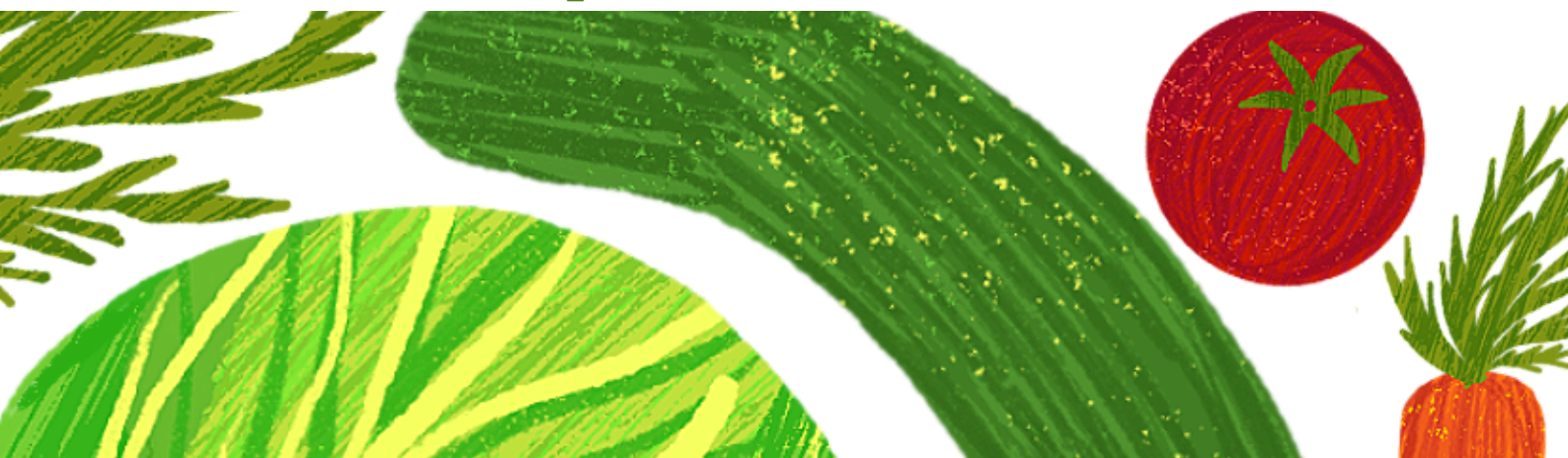


FRUIT AND VEGGIE NEWSLETTER

September Edition



IN THIS MONTH'S ISSUE

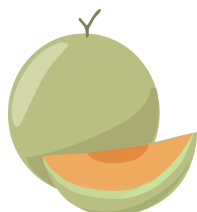
VEGGIE OF THE MONTH



Cabbage

FRUIT OF THE MONTH

Cantaloupe



NEVER TRY, NEVER KNOW!

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

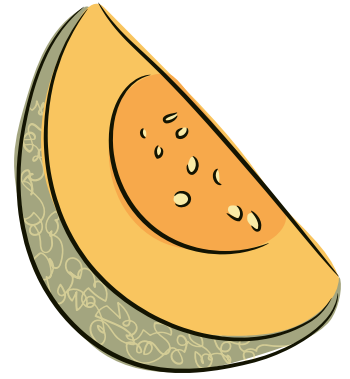
THIS MONTH'S FUN FACT:

Why does Rocky Ford Colorado have the sweetest cantaloupes?

Ideal growing conditions for cantaloupe:

- Temperature swing (hot days, cold nights)
- High mineral content in soil
- Dry climate

CANTALOUPE



Cantaloupe is rich in many nutrients and minerals:

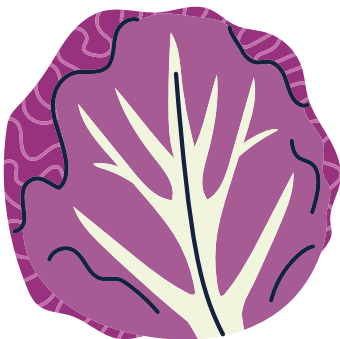
- **Vitamin A** - an important antioxidant for eye health, strong bones, & keeping you healthy
- **Vitamin C** - another important antioxidant that works to keep you cold-free and aids in healing your body
- **Fiber** - supports digestion, improves gut health, & keeps you feeling full

HOW DO THEY GROW?

Cantaloupe grows on vines that can reach up to 5 feet long. They prefer hot temperatures for growing in summer

FUN WAYS TO EAT CANTALOUPE

- In a smoothie
- With cottage cheese
- In a salad
- Made into a sorbet or fruit pop
- In a parfait
- Made into fresh fruit salsa



CABBAGE

FUN WAYS TO EAT CABBAGE

- Coleslaw
- Top fish tacos
- In soups
- Crunchy element in wraps
- In stir fries
- Used to make sauerkraut

Cabbage is a cruciferous vegetable and is a rich source of many nutrients and minerals including:

- **Vitamin K** - an important nutrient for blood clotting, bone health, & heart health
- **Vitamin C** - keep you cold-free and aids in healing your body
- **Fiber** - supports digestion, improves gut health, & keeps you feeling full

HOW DOES IT GROW?

Cabbage prefers to grow in cooler temperatures. Cabbage is ready to harvest when full heads develop on the plant.