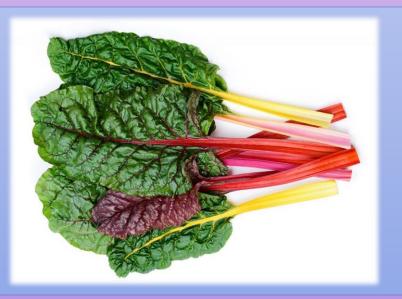
## Fresh Fruit & Vegetable Program: May 2023

## **Featured Fresh Vegetable: SWISS CHARD**



## Health Benefits:

 Great source of fiber – good for digestion

2. Vitamin K & Vitamin A – blood clotting, healing & vision

3. Good source of calcium & iron – bone health and blood



## **Fun Facts:**

 Rainbow Swiss chard comes in many colors including yellow, pink, orange, purple, red, and white!

 Despite the common "Swiss" reference, chard is not Swiss in origin. In fact, it is a native of the Mediterranean.

3. Swiss chard can be eaten raw or cooked. Some people only eat the leaves, but the colorful stems are packed with nutrients!





serving up happy & healthy