• Botanically, orange is the citrus fruit belonging in the Rutaceae family, of the genus Citrus. The genus citrus also includes other related species of oranges such as pomelo, tangerine (mandarin orange), yuzu, lemon, and grapefruit.

• The orange is unknown in the wild state; may have originated in southern China, northeastern India, and perhaps southeastern Asia, and that they were first cultivated in China around 2500 BC.

• Oranges are excellent sources of vitamin C, and fiber. Additionally, they carry health benefiting phytonutrients.
ZUCCHINI/SQUASH

Zucchini squash (courgette) is one of the most popular summer squashes in Americas and Europe. As in gourds, it too belongs within the cucurbita-pepo family of vegetables.

Summer squashes are believed to be originating in the Central America and Mexico. Several different cultivars of summer squash are grown throughout the United States during warmer, frost-free seasons.

Zucchini squash is one of very low calorie vegetables. The squash and blossoms are prized delicacies in Europe and Americas.

GALA APPLE

• Apples are obtained from medium-sized tree belonging to the Rosaceae family. There are hundreds of varieties of apples!

• The apple tree is thought to have originated in nutrient-rich mountain ranges of Kazakhstan. (Located north of the Tien Shan Mountains, south of Siberia, west of the Caspian Sea, and east of China, has been inhabited since the Stone Age) Today, it is cultivated in many parts of the world including the US.

• Apple fruit's rich flavor comes from phyto-chemical, tartaric acid. This simple, low-calorie fruit compose good combination of fiber, minerals and vitamins.
Broccoli is a cabbage family vegetable grown for its nutritious flower heads. It has green or purple florets. Botanically, the vegetable is a member of large cruciferous family of vegetables, which also include cauliflower, Brussel sprouts, cabbage, and arugula.

Originated in Italy, more than 2,000 years ago. The word broccoli comes from the Italian plural of broccolo, which means "the flowering crest of a cabbage". Broccoli is often boiled or steamed but may be eaten raw.

Fresh Broccoli is a storehouse of many phyto-nutrients and flavonoids like beta-carotene, Fiber and Vitamin C.
CLEMENTINE ORANGES

Similar to tangerines, they tend to be easy to peel. They are typically juicy and sweet, with less acid than oranges

The clementine fruit is small and seedless, and has become very popular in the US. It is seedless. This varietal was created by a French missionary in Algeria over 100 years ago. His name was Marie-Clement Rodier.

For 50 calories, you get 2 grams of fiber, and just over 2 teaspoons worth of sugar. Each will provide half a day's worth of vitamin C, as well as multiple other antioxidants.
CUCUMBER

The cucumber is a member of the same family as gourds, melons, and squash. Cucumbers are actually fruit, but is used as a vegetable. Cucumbers grown on vines. Both the skin and flesh of cucumbers are edible.

There are varieties of cucumbers. The most popular are English, Persian, and Pickling cucumbers. English cucumbers are sometimes known as gourmet cucumbers, “burpless,” or seedless cucumbers. English cucumbers are usually shrink-wrapped to seal in moisture because they are not waxed. Persian cucumbers are also known as regular cucumbers with soft, edible seeds. The skin is often waxed to seal in moisture. Pickling cucumbers are those used to make pickles.

Cucumbers are 95% water, low in calories and have small amounts of vitamins A and C. Have you ever heard of the saying “cool as a cucumber?” Well it isn’t just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air!
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GREEN BEANS

Broadly, tender green beans are classified depending on their growth habits as "bush beans" which stand without the need of support, and "Pole Beans" that need climb supports (trellis). The other varieties of unripe fruit pods of bean family include shell beans, Pinto or mottled beans, White beans, Red or kidney beans, Black beans, Pink beans and Yellow wax beans.

Almost all the varieties of beans can be available year around across the world. They are grown in The Northeastern and Western US, and in Mexico.

Green beans are good sources of vitamin-A, folic acid, vitamin-C and dietary fiber.
REFERENCES

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