

MINNEOLA



This fruit has the nickname "The Honeybell" because of its bell shape and sweet honey flavor.

PRODUCE PARTICULARS

The Minneola is a cross between a tangerine and a grapefruit. Making it the perfect combination of sweet and tangy!

It is named after Minneola, Florida, where the fruit originated and is abundantly grown.

Minneolas are an excellent source of fiber to stimulate the digestive tract and Vitamin C to strengthen the immune system.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	12g	4%
Dietary Fiber	2g	8%
Total Sugars	9g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.1mg	0%
Potassium	180mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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RED BEET COINS



Did you know?

Beets have the highest sugar content of any vegetable.

PRODUCE PARTICULARS

This root vegetable, which is harvested all summer through late fall, stores well and keeps for months.



In 1975, during the Apollo-Soyuz Test Project, astronauts from Apollo 18 were served beet soup on the space ship!



Need a little energy? The nitrates in beets have been shown to help your blood carry more oxygen, which in turn helps the blood cells in your body perform at their best!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

% Daily Value *

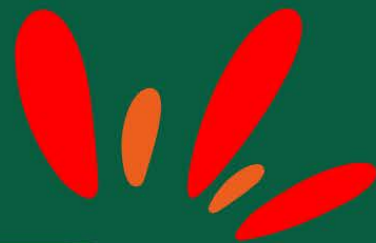
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	10%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.8mg	4%
Potassium	320mg	6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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SNAPDRAGON APPLE SLICES



SnapDragon Apples have a long shelf life which means you can keep them around longer without throwing them out.

PRODUCE PARTICULARS

SnapDragon Apples are said to have a sweet taste with a slight hint of spice, as well as a vanilla flavor!

These apple varieties are an excellent source of fiber, and are high in Vitamin C.

They were bred from the popular honeycrisp apple and are favored by consumers for their sweet, crisp, and juicy flesh.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

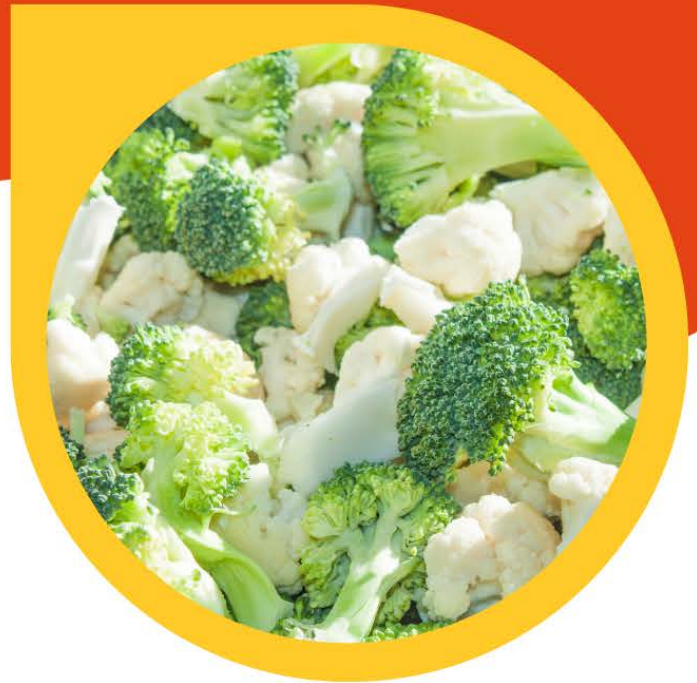
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 110mg	2%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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BROCCOLI & CAULIFLOWER



Some people call broccoli "little trees". Can you see why? What could you nickname cauliflower? What about "little clouds"?

PRODUCE PARTICULARS

Broccoli is like a superhero food because it's filled with special vitamins and minerals that make our bodies strong and healthy, like Vitamin C, which helps us fight off germs, and Vitamin K, which helps our bones stay super strong!



Cauliflower is packed with Vitamin C that helps keep us strong and healthy, and has fiber that helps our tummies feel good.



Both are especially high in fiber, an important nutrient that helps keep you full and regulates blood sugar!



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	30
<small>% Daily Value *</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 310mg	6%

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OROBLANCO WEDGES



Referring to the slight “white” flesh of the fruit, oro blanco in Spanish translates to “white gold.”

PRODUCE PARTICULARS

Oroblanco is a hybrid of a pomelo and a white grapefruit created at the University of California, Riverside.

Also called a “Sweetie”, these citrus fruits taste similar to a grapefruit without the bitterness.

They are easy to peel and packed with Vitamin C, making them a great snack!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 1%

Total Carbohydrate 10g 4%

Dietary Fiber 3g 10%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0mg 0%

Potassium 180mg 4%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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SUGAR SNAP PEAS



They actually make a SNAP sound when you break them in half! See the little peas inside?

PRODUCE PARTICULARS

Unlike some peas, you can eat the entire pod of sugar snap peas. No need to shell them!



Snap peas are unique because although they're legumes, they are considered part of the protein and vegetable groups.



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	40	
% Daily Value *		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 8g	3%	
Dietary Fiber 3g	9%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
Protein 3g		
Vitamin D 0mcg	0%	
Calcium 40mg	4%	
Iron 2.1mg	10%	
Potassium 200mg	4%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

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KUMQUATS



Kumquat trees are popular as displays and gifts for the Chinese Lunar New Year — the plant symbolizes wealth and good luck.

PRODUCE PARTICULARS

Kumquats are a good source of Vitamins C & fiber.

Kumquats are native to South Asia and were introduced to America in the mid 1800s.

Kumquats' name derived from the Chinese word for golden orange.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 70

% Daily Value *

Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	16g	6%
Dietary Fiber	7g	23%
Total Sugars	9g	
Includes	0g Added Sugars	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	60mg	4%
Iron	0.9mg	4%
Potassium	190mg	4%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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JICAMA STICKS



Can you practice the pronunciation of this word?

Jicama: "hick-uh-ma"

PRODUCE PARTICULARS

Jicama is an excellent source of fiber, Vitamin C and is low in calories.

Jicama is native to Central and South America. Spanish traders introduced it to the Philippines and China in the 1800s.

Jicama is also called the Mexican potato, Mexican yam bean, or Chinese potato.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	5g	18%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.6mg	4%
Potassium	150mg	4%

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Calories per gram:
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