

Arbor Fun Page



Fruit & Veggie of the Month

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S U M M E R F O L A T E
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I M Y O U N G E R A E G
D I E T I T I A N Y E I
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B E A N S L E G U M E S



STRAWBERRY

Strawberries are the most popular berry in the world! An excellent source of vitamin C and manganese, strawberries are a delicious berry that packs a powerful punch of nutrients. Strawberries are also a very good source of fiber and folate. Folate is a nutrient that helps keep growing babies' brain and spine healthy.

FUN FACT: The "seeds" on the outside of the strawberry are actually considered separate fruits because they each contain their own seeds!



EDAMAME

"Edamame" is the Japanese name for young soybeans. This legume is loaded with protein and fiber. The many nutrients and antioxidants in edamame help to fight cancer! Eating edamame is fun! Place the pod in your mouth. Using your teeth, squeeze out the beans by pulling. Eat the beans, but not the pod. Edamame is a great snack either hot or cold. Try adding shelled edamame to salads or Asian dishes!