

Arbor Fun Page

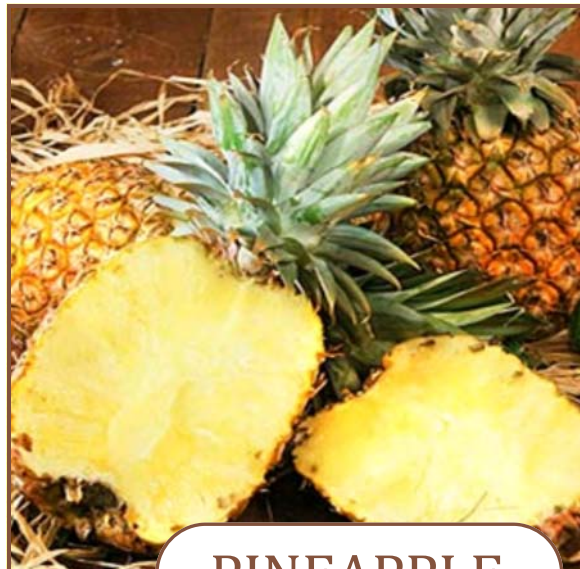


Fruit & Veggie of the Month

Word Search

MARCH
PINEAPPLE
MANGANESE
BONES
BEETS
DETOX

X J D C M A R C H
C L L G A Q M N W
H G B O N E S T Y
R F H I G E B E D
P I N E A P P L E
P C R X N K O E T
O I Z E E N D F O
I T U G S R S C X
D N X B E E T S J



PINEAPPLE

Pineapples were discovered by the Europeans in the Caribbean. Christopher Columbus and other explorers tried to bring it back to Europe to grow, but they found that it needed the tropical climate. Pineapples are an excellent source of vitamin C and manganese. Vitamin C keeps your immune system strong and protects your gums from scurvy. Manganese is a helper mineral that keeps your bones and nerves healthy and strong.



BEETS

The ancient Greeks and Romans used the leaves and root of beets as both a medicine and an herb.

Beets contain a phytonutrient called betalains, which fight free radicals and help the body detox. Beets are also a source of folate, which helps prevent birth defects. Beets come in a variety of colors ranging from white to deep purple.

FUN FACT: Beets are in the same family as the Venus Fly Trap!