

Arbor Fun Page



Fruit & Veggie of the Month

Word Search

SEPTEMBER

POTATO

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PECTIN

HEART

QUERCITIN

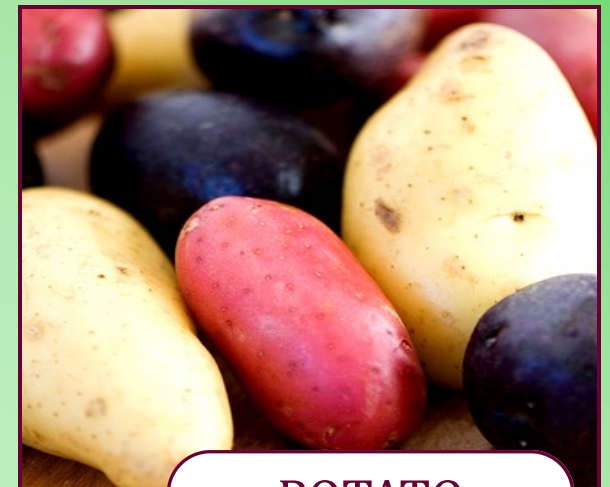
EAT THE SKINS

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



APPLE

Apples are originally from Asia, but it's a good thing they are now all around the world! "An apple a day keeps the doctor away", and there are many reasons why! The skin on apples has lots of pectin, a kind of fiber that is great for our digestive system and arteries. Flavonoids, like quercetin, are healthy for our heart and lungs. People who eat apples every day tend to be thinner, have less fat in their waist, and have lower blood pressure. Apples also have vitamin C, but keep them in a cool cupboard—hot, sunlit areas can make them lose a lot of vitamin C!



POTATO

Did you know that potatoes originally came from the Incans in Peru, South America? Potatoes may have a bad reputation, but they are packed with nutrients—especially the skins! They are a good source of vitamin C, B₆, potassium, and fiber. Potassium keeps our kidneys, heart, and other organs running properly. They are not as healthy when they are fried or topped with big globs of sour cream, butter, and bacon. Try them baked or sautéed in olive oil and with fresh herbs instead.

FUN FACT: Potatoes were the first vegetable to grow in space! 🚀🌍