

Arbor Fun Page

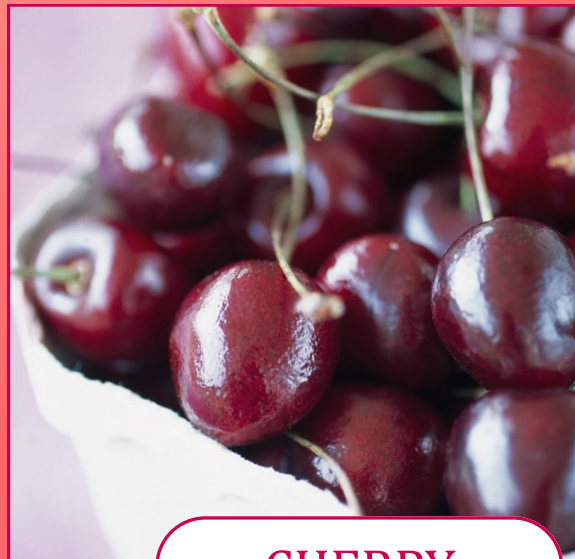


Fruit & Veggie of the Month

Word Search

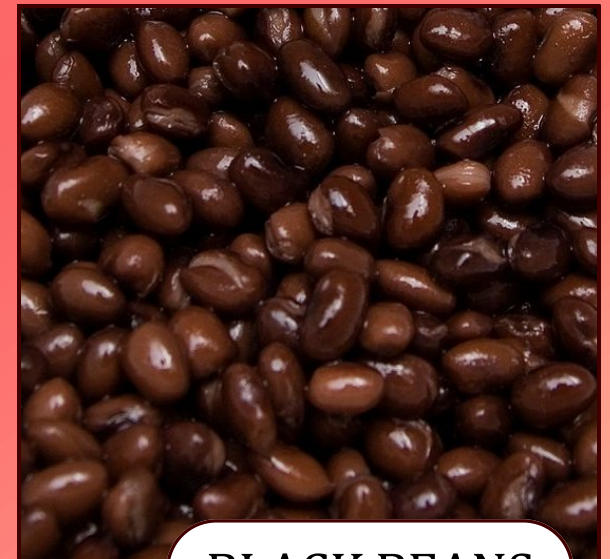
FEBRUARY BLACK BEAN
CHERRY PROTEIN
MELATONIN HEART
ARTERIES ANTIOXIDANT

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



CHERRY

There are two types of cherries—tart and sweet. Tart cherries are mainly grown over in Michigan! Cherries are unique because they are one of the few natural sources of melatonin. Melatonin is a hormone that makes us sleepy. Tart cherries are filled with *antioxidants* that fight cancer, and nutrients that help keep our heart and arteries healthy. For athletes, tart cherries can even help with muscle and joint pain after practices or games when eaten daily for a few weeks!



BLACK BEANS

Black beans are originally from South America, but Spanish explorers brought them back to Europe, and they now are a popular food around the world. Black beans are high in the mineral magnesium, and eating good amounts of magnesium helps prevent heart problems. The dark color is caused by anthocyanins—the darker the color, the more antioxidants they have to keep cells in your body healthy. A serving of black beans is packed with powerful protein!