

Meet Your New BFF!

(Best Fruit Forever)

Tally up the total number of letters you chose

_____ A's

_____ B's

_____ C's

_____ D's

_____ E's



Mostly A's: Cherry is your new BFF!

GET TO KNOW CHERRY

- Cherries are one of nature's only food sources of melatonin, which helps the body promote healthy and restful sleep.
- Michigan is home to more than 30,000 acres of cherry trees. Traverse City, Michigan is known as the cherry capital of the world.
- Enjoy cherries fresh in the summer months when they are in season, or dried at any time of year.



Mostly B's: Mango is your new BFF!

GET TO KNOW MANGO

- Mangoes are an excellent source of beta carotene, a nutrient that's important for good vision.
- Mangoes grow in places with tropical climates, like Puerto Rico.
- Mangoes are in season from May through September, but you can find them available fresh year-round in many supermarkets.



Mostly C's: Pineapple is your new BFF!

GET TO KNOW PINEAPPLE

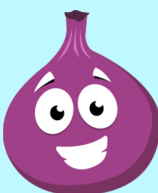
- Pineapple is an excellent source of vitamin C, which helps your body heal when you get a cut or scrape on your skin.
- Hawaii produces about 1/3 of all pineapples in the world.
- Pineapples are in season from March through July, but you can enjoy them fresh year-round.



Mostly D's: Pear is your new BFF!

GET TO KNOW PEAR

- Pears are high in fiber, which is important for keeping your tummy happy and your digestion working smoothly.
- Most pears grown in the United States come from states on the west coast, like Washington.
- Like apples, pears are a fall fruit. They are in season from August through October, but you can find canned versions in any month.



Mostly E's: Fig is your new BFF!

GET TO KNOW FIG

- Figs are one of the best fruit sources of iron, which is important for giving you enough energy for your favorite activities.
- Most figs grown in the United States come from California, as the trees grow best in warm climates.
- The best time to find fresh figs in the grocery store is between July and September, but dried figs are available year-round.