

# purple menu

THINGS YOU MAY KNOW ABOUT PURPLE FOODS???

## BLUEBERRIES

They are a native plant in north America and the largest quantity 25% is grown in Maine

They are really nutritious and very good for you, packed full of vitamin c, potassium and iron

Early Americans made grey paint by boiling blueberries in milk

If all the blueberries grown in north America were spread out in a single layer they would form a four lane motorway stretching 789 miles



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## RED CABBAGE

Cabbage is one of the oldest vegetables dating back to the 5<sup>th</sup> Century China

It is really high in Vitamin C and a 100gm portion will give you a whole days intake

Cabbages are 90% water

Juice made from red cabbage can be used as an indicator of pH



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## PLUMS

there are 2,300 people in America with the surname plum

the Chinese believe plums symbolize good fortune

plums and prunes help increase the absorption of iron in  
your body

More than 100 varieties of plum stones were found on  
Henry VIII's flagship the Mary Rose which sank in 1545

Little Jack Horner  
Sat in the corner,  
Eating a Christmas pie;  
He put in his thumb,  
And pulled out a plum,  
And said "What a good boy am I"



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