

FRESH News

April 2014

Get out your gardening gloves and unearth your pruners! April is [National Garden Month](#). To celebrate we want to launch our new Arizona gardening section to your monthly FRESH News issue. Trying exotic fruits can be fun, but we would encourage you to try some simple gardening lessons this month. Try watching a [pinto bean sprout](#), [extract DNA from a strawberry](#) or [identify](#) some fruits and vegetables that are available in the garden this time of year. School gardens are a great way to encourage students to try fresh fruits and vegetables. [Research](#) has shown that students involved in growing their own food are much more willing to consume those items. In response to the increased use of school gardening as an education tool, we want to create a place to provide you updates on all things garden-related as an additional resource for your nutrition education development. If you see something you like here, please let us know! If you are looking for something more specific for your area, give us a call. Your feedback is important to us. Here's a quick reminder to check out our [School Garden Webpage](#) for more helpful resources on school gardening in Arizona. "Like" us on Facebook at [Arizona Farm to School](#). Plant on, Arizona!



RESOURCES FOR EDUCATORS

This year, Seeds of Change is making \$190,000 available for community and school gardens in the form of **two** \$20,000 grants and **fifteen** \$10,000 grants. These funds will be awarded to programs that demonstrate their ability to enhance the environmental, economic, and social well-being of gardens, farms, farmers and communities. In addition, Seeds of Change is also awarding fifty individuals with prizes valued at \$550 to help start a garden in their own backyard if they share their passion for healthy, sustainably grown food and make a "Pledge to Plant" on social media. <http://www.seedsofchangegrant.com/>

[Western Growers Foundation](#) Western Growers Foundation (WGF) is pleased to announce the 2014 Arizona Edible School Garden Grant. This grant is open to all K-12 Arizona schools. Fifty schools will receive \$1,500 each to create and sustain their fruit and vegetable gardens. These competitive garden grants will be awarded to schools that can demonstrate how they will use garden-enhanced education to teach students where their food comes from and the important of good nutrition.

[USDA Farm to School Grant](#) The purpose of the USDA Farm to School Grant Program is to assist eligible entities in implementing farm to school programs that improve access to local foods in eligible schools.

A BITE OF THE SEASON

Ricotta and Tomato Toast

Ingredients

1 thick slice whole-wheat bread, lightly toasted
¼ cup part-skim ricotta cheese
½ beefsteak tomato, sliced
Fresh basil leaves
¼ teaspoon olive oil
Coarse salt and ground pepper

Yield: makes 1 serving

Preparation

1. Spread bread with ricotta.
2. Top with tomato and basil.
3. Drizzle with oil and season with salt and pepper.



*Find this recipe and others at <http://www.marthastewart.com>

Vegetable Pasta Salad

Ingredients

1 cup cooked orzo pasta
1 cup lightly steamed asparagus, cut the same size as the pasta, or peas
½ cup chopped red bell pepper or carrots
½ cup sliced green onions
½ cup chopped yellow summer squash
1 cup chopped fresh spinach
1 cup small cherry tomatoes (optional)
2 tablespoons grated parmesan cheese
¼ cup low-fat oil and vinegar dressing
Salt to taste

Yield: makes 4 servings

Preparation

1. Wash fresh vegetables before preparing.
2. Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan cheese in a large bowl.
3. Toss to coat with the dressing and add salt to taste.



*Find this recipe and others at <http://www.eatwellbewell.org>



In the Spotlight



This month we are highlighting Hidden Hill Elementary for their successful school garden program of 14 years! Some brief highlights:

- School garden is incorporated into curriculum daily throughout each grade level
- Gardens and curriculum revolve around the [seven biomes](#)
- 6th grade honor students are responsible for most of the grants used to fund specific garden projects
- Louis Falrin has been a strong garden advocate and garden manager for 14 years
- Strong PTA support has influenced the school-wide participation beyond the original after school garden club
- Gardening is a part of the school and community's culture

Tasty Tidbits

April is...

National Garden Month!

SAVE MONEY THE EASY WAY



IT'S THRIFTY
IT'S PATRIOTIC
PLANT TODAY!

National Food Month &

Days in April

April is National Fresh Florida
Tomato Month

16th – Day of the Mushroom

19th – National Garlic Day

30th – National Raisin Day

Local Produce

Fruits:

Red Blush Grapefruit, White Grapefruit, Lemons,
Canary Melons, Mandarin Oranges, Sweet
Oranges

Vegetables:

Artichokes, Arugula, Asparagus, Beets, Bok Choy,
Broccoli, Brussel Sprouts, Cabbage, Carrots,
Cauliflower, Celery, Cucumber, Collard Greens,
Mustard Greens, Kale, Lettuce, Green Onions,
Radishes, Spinach Swiss Chard, Tomatoes,
Turnips



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News from the Garden

Who's in the garden?

One of our local schools, Brunson-Lee Elementary School within the Balsz School District (located at 1350 N. 48th St. Phoenix, Arizona 85008) has implemented a new classroom curriculum in partnership with ASU.

This curriculum will help the children to:

1. Understand which healthy foods come from the garden by looking at nutrients found at harvest time.
2. Learn where fresh food comes from.
3. Understand science concepts, like soil analysis.
4. Increase knowledge & positive attitudes about environmental issues.
5. Increase positive attitudes towards fruits & vegetable consumption.



Monthly Crunch

Tomato



How to Select

- Select tomatoes that are deeply colored and firm.
- Tomatoes should have a sweet woody smell.

How to Store

- Keep tomatoes at room temperature on a plate; never store them in a plastic bag.
- Once tomatoes are ripe they will last two to three days.

Nutritional Benefits

- Great antioxidant benefits
- Great source of vitamin C & E
- Great source of beta-carotene
- Great source of mineral manganese

Asparagus



How to Select

- Select firm, straight, smooth, rich green stalks with tightly-closed tips.

How to Store

- Do not wash asparagus before storing and never soak them.
- Store spears in the refrigerator for up to two days.

Nutritional Benefits

- High levels of beta-carotene
- Good source of vitamin C
- Good source of vitamin E
- Good source of vitamin K
- Good source of folic acid, iron, and potassium

Chef Solus Common Cooking Vocabulary

Cooking words and their descriptions.

Before you dive into a recipe, here are some cooking words that you might come across. Remember not to use electric appliances without an adult present to help.

- To cook food in an oven
- To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer
- To mix ingredients together gently with a spoon, fork, or until combined
- To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface
- To cook under direct heat
- To cook over medium or high heat until surface of food browns or darkens
- To cut into small pieces
- To cut into small cubes
- To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container
- To scrape food against the holes of a grater making thin pieces
- To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking
- To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands
- To soak food in a liquid to tenderize or add flavor to it (the liquid is called a "marinade")
- To squash food with a fork, spoon, or masher
- To cut into very small pieces, smaller than chopped or diced pieces
- To stir ingredients together with a spoon, fork, or electric mixer until well combined



Chef Solus Common Cooking Vocabulary

Cooking words and their descriptions.

-To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes)

-To cook quickly in a little oil, butter, or margarine

-To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface

-To cook food over steam without putting the food directly in water (usually done with a steamer)

-To quickly cook small pieces of food over high heat while constantly stirring the food until it is crispy tender (usually done with a wok)



Answer Choices

Boil	Marinate
Knead	Preheat
Bake	Beat
Grate or Shred	Stir Fry
Mash	Chop
Grease	Brown
Mince	Drain
Sauté	Steam
Blend	Dice
Mix	Broil
Simmer	

Answer Key 1. Bake 2. Beat 3. Blend 4. Boil 5. Broil 6. Brown 7. Chop 8. Dice 9. Drain 10. Grate or Shred 11. Grease 12. Knead 13. Marinate 14. Mash 15. Mince 16. Mix 17. Preheat 18. Sauté 19. Simmer 20. Steam