FRESH News

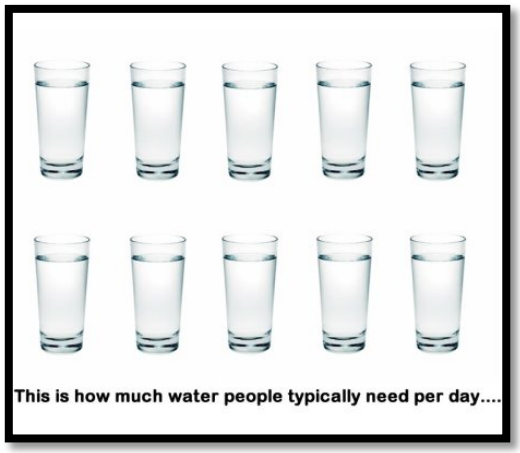
June 2014

"Summer Hydration"

Get ready folks! We're in the months of 100 degree plus weather! Staying hydrated in the Arizona desert is sometimes a challenge but a necessity. The sun in Arizona will suck the moisture straight from your body. You may be dehydrated if you start experiencing a headache, lightheadedness, weakness and a racing heart. I've heard it said in Arizona that if you allow yourself to become thirsty, you're already to the point of dehydration. "Once you're thirsty, it's too late!"

How much water?

We've all heard the recommendation of ten 8 oz. glasses of water per day. This recommendation might be okay in "normal" areas of the country. Here in Arizona, it's a different story. It is suggested that people in Arizona lose **THREE GALLONS** of water per day without exertion. The Institute of Medicine determined adequate intake for men is roughly thirteen 8 oz. glasses of water per day and nine 8 oz. glasses of water per day for women. Here is a graphical representation of average intake of ten 8 oz. glasses of water:



*This information and more can be found at www.mayoclinic.org

Monthly Crunch

Cherries

How to Select

- Select only those cherries that are glossy, plump and dark-colored for their variety.
- Pass on undersized cherries or those that are overly soft.

How to Store

- For top quality, keep cherries in refrigerator in a plastic bag or covered container for up to a week.

Nutritional Benefits

- Great source of potassium
- Great source of dietary fiber
- One of the top antioxidant-rich foods
- No fat, sodium or cholesterol

Carrots

How to Select

- Select carrots with their tops on because the greens are delicate and will show their age.
- Select carrots by their intensity of deep color. The pigment fades with time revealing the quality of the carrot.

How to Store

- For top quality, store carrots in a plastic bag in the refrigerator for two weeks.
- Remove the tops of the carrots, as the greens will pull moisture from the roots.

Nutritional Benefits

- Good source of vitamin A
- Good source of beta-carotenes and antioxidants

Carrot Dip

Ingredients

6 carrots, shredded
1½ cups fat free plain yogurt
1 clove of garlic, mashed
1 tablespoon olive oil
Juice from half a lemon
½ teaspoon salt
Yield: makes 6 servings

Preparation

1. Wash hands with soap and warm water. Wash fresh fruit and vegetables before preparing. Peel and grate carrots.

2. Add garlic, olive oil, lemon juice, and salt to yogurt and stir. Add carrots and mix well

3. Serve as a dip with whole grain crackers or veggies.

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

Cherry Almond Cereal Bars

Ingredients

1/3 cup almond butter
1/3 cup honey
2 cups whole-grain cereal flakes
2 cups oat and bran cereal
2 tablespoons chopped, unsweetened dried cherries

Yield: makes 10 servings

Preparation

1. Coat an 8-inch square baking pan with cooking spray. In a medium microwave-safe bowl, microwave the almond butter and honey on high for 30 seconds, then stir until blended. In a large microwave-safe bowl, combine the cereal flakes, bran cereal, and cherries. Microwave on high for 1 ½ minutes, stirring every 30 seconds, until warm.

2. Gradually stir the almond butter mixture into the cereal until thoroughly and evenly coated. Press into the prepared pan. Refrigerate until set and firm. Cut into 10 bars.

*Find this recipe and others at http://www.health.com

In the Spotlight

The month of June signifies the end of another school year, complete with testing, graduations, and anticipation of the summer break. It is the time to reflect on the successes of the year and examine strategies for improvement moving forward. Hopefully you have enjoyed your experience with the Fresh Fruit and Vegetable Program (FFVP) and found that students have enjoyed their exposure to a variety of produce and are ultimately consuming more fruits and vegetables!

With this being said, I would strongly encourage schools to submit for the monthly *In the Spotlight* feature by emailing FFVP@azed.gov with the name of the school, grades served, number of years on the FFVP, the primary FFVP contact for the school and the reasons why this school should be recognized for going above and beyond the FFVP requirements. I'm looking forward to the upcoming school year 2015. Have a great summer and remember to stay hydrated!

Tasty Tidbits

June is…

National Fruit & Vegetable Month

National Food Days in June:

11th – National Corn on the Cob Day

16th – Fresh Veggies Day

Local Produce

Fruits:
Apricots, Cherries, Figs, Red Blush Grapefruit, Grapes, Canary Melon, Cantaloupe, Honeydew, Watermelon, Oranges, Peaches, Plums

Vegetables:
Green Beans, Sprouts, Green Cabbage, Carrots, Sweet Corn, Cucumber, Onions, Green Chili Peppers, Red Potatoes, Summer Squash, Tomatoes

FRESH FRUIT & VEGETABLE PROGRAM

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WELCOME SUMMER

C	X	A	G	N	B	H	R	C	I	Y	J	D	L	M	K	R	A	P	E	M	E	H	T
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M	L	R	H	J	W	K	K	E	Y	S	E	I	L	F	E	R	I	F	B	L	E	U	K
P	B	M	N	T	K	E	O	Y	F	P	O	U	Q	I	W	X	R	I	H	F	S	M	O
I	L	D	V	I	C	E	C	R	E	A	M	R	X	S	D	W	Y	R	G	L	Y	P	Z
N	A	P	B	O	V	C	G	P	D	S	H	E	R	H	F	S	S	E	G	I	V	R	H
G	R	P	H	U	L	A	H	O	O	P	S	I	J	I	J	J	A	W	K	P	H	O	L
M	O	D	N	A	O	F	L	O	P	G	Q	J	R	N	S	K	N	O	T	F	U	P	V
W	L	F	X	P	Y	J	Z	L	A	A	W	E	S	G	B	L	D	R	C	L	P	E	D
E	L	H	F	J	G	O	H	X	I	Q	J	W	E	K	R	L	A	K	G	O	M	H	N
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V	R	G	U	H	T	D	E	R	T	H	J	K	V	L	O	H	S	B	T	S	D	R	G
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S	S	T	R	N	O	N	N	E	G	H	W	O	E	V	X	B	P	A	R	A	D	E	S
H	T	U	E	A	D	J	U	L	Y	R	I	B	J	R	K	E	Y	M	M	G	H	E	V
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M	Q	W	E	L	R	T	U	C	T	I	I	O	P	K	A	H	S	D	A	A	F	G	C
H	J	K	L	I	Z	X	A	C	V	B	N	N	M	N	Q	R	W	L	E	L	N	U	I
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AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS
FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL
POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION

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