FRESH News

May 2013

The month of May 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! The FFVP grant application for school year 2013-2014 is now available. Schools can access the grant application by visiting Arizona's FFVP website. FFVP applications are due by Friday, May 10th and awarded schools will be announced by Friday, May 17th. Mandatory FFVP trainings are set to occur in mid to late June and will be regionally located. Keep this in mind so that if awarded, you can begin anticipating your travel plans and will be prepared to learn. In our continued effort to improve and provide you with *knock your socks off service*, an end of the year survey will be emailed to all FFVP schools in the coming weeks. Your participation and constructive feedback is greatly appreciated. Cheers to another year of success and health!

Arizona Department of Education

Monthly Crunch

Peaches

How to Select

- Choose peaches with a sweet fragrance
- Peaches should have firm, fuzzy skin and should be soft to the touch
- Avoid peaches that are mushy or blemished

How to Store

- Store firm peaches at room temperature to ripen
- Refrigerate ripe peaches and consume within a week

Nutritional Benefits

- Good source of vitamins A and C
- Good source of soluble fiber
- Good source of niacin and potassium
- Low in calories and total fat
- Sodium and cholesterol free
- Contain the antioxidant, lutein

Parsnips

How to Select

- Choose parsnips that are firm
- Parsnip tops should be fresh and green
- Avoid parsnips with soft spots, discoloration, or hairy secondary roots

How to Store

- Refrigerate unwashed parsnips in a tightly sealed bag for up to two weeks

Nutritional Benefits

- Excellent source of vitamins C and K
- Excellent source of folate
- Good source of vitamin E, thiamine, riboflavin, and niacin
- Excellent source of copper
- Good source of potassium and magnesium
- Low in calories and total fat

A BITE OF THE SEASON

Frozen Peach Yogurt Pops

Ingredients

- 1 (28 ounce) can sliced peaches in water
- 1/4 cup granulated sugar
- ½ cup plain, low-fat yogurt
- 2 cups no sugar added cranberry juice
- 8 popsicle sticks
- 8 popsicle molds or small cups

Yield

- 8 servings

Preparation

- Drain the peaches, reserving ¼ of the juice.
- In a blender, puree the peaches, reserved juice, and sugar until smooth.
- Add the yogurt and blend.
- Divide the mixture between popsicle molds or cups.
- Place in the freezer for one hour or until partially set.
- Insert one stick into the center of each pop.
- Divide and pour the cranberry juice over each pop.
- Lightly cover the molds with plastic wrap and freeze into completely firm (about 6 hours).
- Enjoy!

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

Baked Parsnip Fries with Rosemary

Ingredients

- 2 ½ pounds parsnips, peeled and cut into 3 x 1/2" strips
- 1 tablespoon finely chopped fresh or dried rosemary
- 1 large garlic clove, minced
- 3 tablespoons olive oil
- ½ teaspoon ground cumin
- Kosher salt, to taste
- Black pepper, to taste

Yield

- 8 servings

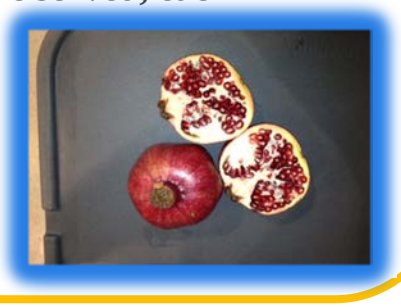
Preparation

- Preheat oven to 450°F.
- Toss parsnips, rosemary, garlic, oil, salt, and pepper together.
- Place tossed ingredients on a large baking sheet and spread evenly in a single layer.
- Roast for 10 minutes, turn parsnips over, and then roast for 10-15 additional minutes.
- Sprinkle cumin over the parsnips; add additional salt and pepper, if desired.
- Enjoy immediately!

Find this recipe and others at http://www.epicurious.com/recipes.

In the Spotlight

This month we recognize Redbird Elementary School, a school within Mesa Unified District, located in Mesa, AZ. This K-6 school is in its third year of participation and serves fresh fruits and vegetables in the classroom twice a week. Student volunteers deliver the produce in insulated bags imprinted with the Fresh Fruit and Vegetable Program (FFVP) logo to each classroom for service. The principal announces what fruit or vegetable will be served during the morning news program (K-Red News) that is broadcasted throughout the school campus. The teachers at Redbird have embraced the FFVP and students often enjoy their fruit or vegetable snack outdoors under shade trees while listening to their teacher read a story or give a lesson. When a new or unusual fruit or vegetable is served, the cafeteria staff will send a sample of the whole fruit to each classroom for teachers to display. For example, when pomegranate seeds were served, each classroom received a pomegranate cut in half so that the students could see what the inside of the fruit looked like. Redbird Elementary School also has a garden club where students learn about where their food comes from. The students and faculty have demonstrated outstanding implementation of the FFVP. Well done Redbird Elementary!



To nominate a school for the monthly "In the Spotlight" feature, please email 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.

Tasty Tidbits

May is…

Salad Month

Strawberry Month

Asparagus Month

Salsa Month

National Food Days & Weeks in May:

Days

3rd	School Lunch Superhero Day
13th	National Fruit Cocktail Day
20th	Pick Strawberries Day

Weeks

5th-11th	Herb Week
6th-10th	School Nutrition Employee Week

Local Produce in May:

Fruits: Apricots, Cherries, Figs, Red Blush & White Grapefruit, Perlette Grapes, Canary Melon, Cantaloupe, Watermelon, Valencia Oranges, Peaches

Vegetables: Artichokes, Asparagus, Green Beans, Sweet Corn, Red & Green Cabbage, Carrots, Cilantro, Iceberg Lettuce, Green & Sweet Onions, Parsnips, Red & Russet Potatoes, Radishes, Tomatoes

FRESH FRUIT & VEGETABLE PROGRAM

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Fresh for Kids®
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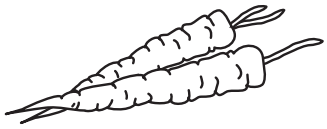
Summa Strawberry's Wicked Word Jumble



Summa Strawberry needs your help to unscramble the names of these fruits and vegetables

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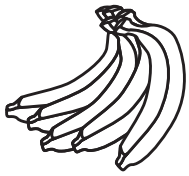

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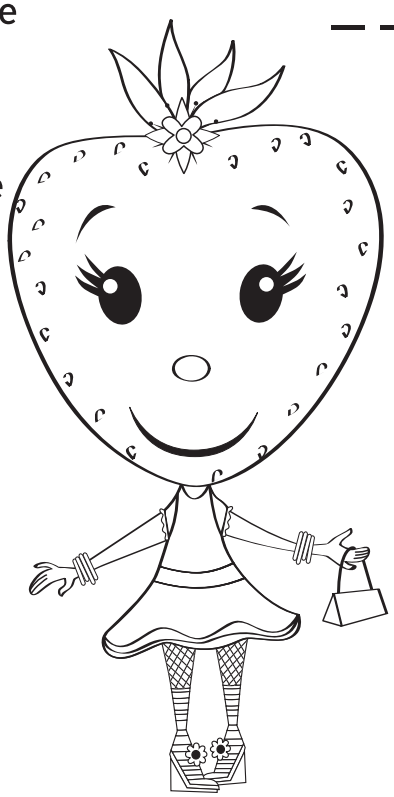

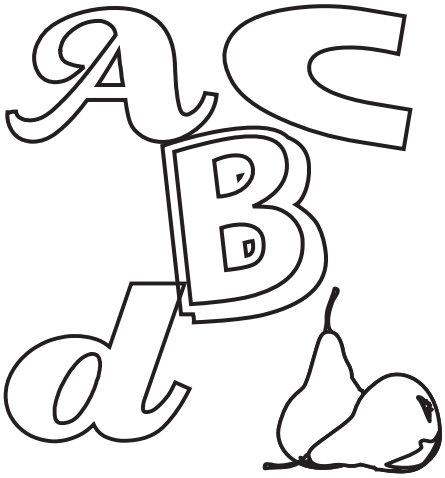

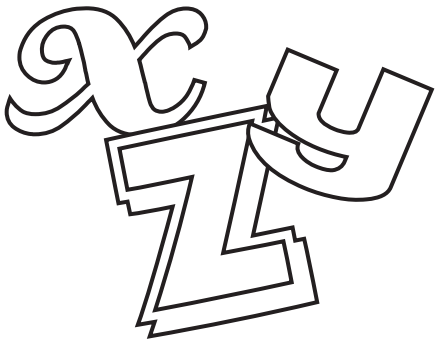

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