

# FRESH News

November 2013

November is the beginning of the holiday season. It may be a shorter school month, but remember you are still required to serve the FFVP at least two times each school week. A creative way to meet this requirement is to use the holiday season as an opportunity to educate students on the fruits and vegetables that were served during the first Thanksgiving. Now is also a perfect time to introduce students to the fruits and vegetables which are in season like cranberries, pumpkins, green beans, butternut squash, yams and apples.

Yuma produces more lettuce during our winter months than any other city in the nation. Consumers from all around the country receive fresh fruit & vegetables from the Southwestern region of our state during this time of year. Encourage students to be thankful for Arizona's bountiful harvest by visiting a local farm, pumpkin patch, or corn field. As the weather cools, enjoy outside time by incorporating physical activity breaks into the FFVP or try snacking outside.



## Monthly Crunch Monthly Crunch

### Cranberries



#### How to Select

- Cranberries should be shiny and bright/dark red
- Often packaged in 12 ounce bags
- Reject discolored or shrunken berries
- Fresh cranberries are firm and will bounce if dropped

#### How to Store

- Refrigerate cranberries in a tightly sealed bag for up to 2 months
- Remove any rotting cranberries immediately

#### Nutritional Benefits

- Good source of vitamin C
- Good source of dietary fiber
- Good source of manganese
- Source of polyphenol antioxidants

### Green Beans



#### How to Select

- Green beans should be firm and smooth
- The pod should be bright green in color
- Fresh green beans will snap if bent in half
- The beans should be hidden in the pod

#### How to Store

- Keep away from sunlight
- Refrigerate in a loose plastic bag

#### Nutritional Benefits

- Good source of antioxidants
- Good source of carotenoids such as beta-carotene
- Good source of folic acid
- Good source of vitamin C
- Good source of vitamin K

# A BITE OF THE SEASON

## Cranberry Sauce

### Ingredients

- 12 ounces cranberries
- 1 cup white sugar
- 1 cup orange juice

### Yield

- 8 – 12 Servings

\*Find this recipe and others at  
<http://allrecipes.com>

### Preparation

- In a medium saucepan, combine sugar and orange juice and dissolve the sugar over medium heat.
- Stir in cranberries and cook until cranberries start to pop.
- Remove from heat and place sauce in a bowl.
- Cranberry sauce will thicken as it cools.



## Festive Green Beans

### Ingredients

24 oz. of fresh green beans  
¼ cup roasted red peppers  
2 TBSP. fresh lemon juice  
¼ teaspoon salt  
2 TBSP garlic butter  
Black pepper to taste

**Yield** 6 Servings

\*Find this recipe and others at  
<http://womansday.com>

### Preparation

- Heat garlic butter in a large skillet or wok over medium heat.
- Add green beans and roasted red peppers.
- Cook, stirring frequently until beans turn bright green.
- Cover and cook until beans are tender, about 10 minutes.
- Add salt and pepper to taste.





# In the Spotlight

The School Food Team would like to Introduce **Michael Soto III**, your NEW Fresh Fruit & Vegetable Specialist!

**School Food Team:** Michael, tell us why you like fresh fruits and vegetables?

**Michael:** They have been a huge part of my upbringing, in the small agricultural town of Salinas, California.

**School Food Team:** What's your favorite fruit or vegetable?

**Michael:** I love anything that contains avocado.

**School Food Team:** If you could introduce avocados to students for the first time, how would you do it?

**Michael:** I would have an avocado demo on how to cut, serve, and enjoy.

**School Food Team:** Tell us what you like to do when you're fueled up from your fresh fruits and veggies?

**Michael:** Workout or doing something active outside!

**School Food Team:** Great answers! Welcome aboard! We can't wait to see all the great things you will do with the program!



# Tasty Tidbits

## November is...

National Pomegranate Month!



## National Food Days & Weeks in November

1st Week – Fig Week  
7th- National Eat Healthy Day  
23rd – Eat a Cranberry Day

## Local Produce

Fruits: Granny Smith Apples, White & Red Blush Grapefruit, Lemons, Navel Oranges, Tangelos, Tangerines, Canary, Crenshaw & Casaba Melons, Honeydew, Cantaloupe, Watermelon

Vegetables: Beets, Bok Choy, Broccoli, Red & Green Cabbage, Carrots, Corn, Celery, Cauliflower, Varieties of Greens, Varieties of Lettuce, Kale, Leeks, Green Onions, Red Chili Peppers, Radishes, Spinach, Winter Squashes, Swiss Chard, Tomatoes, Turnips



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# Harvest Fruits & Veggies Word Search

Z	E	P	Y	T	U	N	O	C	O	C	P	O	H
W	J	S	C	A	B	B	A	G	E	E	B	S	F
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Orange  
Apple  
Cabbage  
Peach  
Banana  
Broccoli  
Carrots  
Cherry  
Coconut  
Tomatoes  
Potato  
Squash  
Turnip  
Radish  
Corn  
Grapes  
Eggplant  
Beans  
Watermelon  
Mango



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