



FRESH News

August, '15
September, '15
October, '15

August is Children's Eye Health and Safety Month

It's back-to-school time and you're prepared with your child's enrollment forms, orientation schedules, and immunizations—but what about their eyes? August is Children's Eye Health and Safety Month—a great time for you to get your child's eyes checked before school starts. Most children have healthy eyes, but there are conditions that can threaten good vision. You can't always "look" into your child's eyes to tell if they have eye health problems, so set up some time today for an eye exam:

- Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.
- Parents should be aware of signs that may indicate their child has vision problems, including:
 - Wandering or crossed eyes
 - A family history of childhood vision problems
 - Disinterest in reading or viewing distant objects
 - Squinting or turning the head in an unusual manner while watching television.

You can find this info and more at <http://www.hap.org/health/topic/eyemonth.php>

Quarterly 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 1 week.

Nutritional Benefits

- Good source of vitamins A and C
- Good source of soluble fiber
- Good source of niacin and potassium
- Contain the antioxidant, lutein

Green Bell Pepper



How to Select

- Look for peppers that are firm, deeply colored and glossy.

How to Store

- Refrigerate peppers tightly wrapped in a plastic bag for up to 1 week.

Nutrition Benefits

- Great source of vitamins A, C, and E
- Great source of potassium, folic acid, and fiber
- Full of various antioxidants (protects against free radicals).

Watermelon



How to Select

- Look for watermelon that has bright skin, is firm, symmetrical, and free of cuts.
- Watermelon should feel heavy for its size. The ripest watermelons have the most water.

How to Store

- Watermelons will keep for 7 to 10 days at room temperature.
- After cutting, store watermelon in the refrigerator for 3-4 days.

Nutrition Benefits

- Good source of vitamins A, B6, and C
- Good source of lycopene, potassium, antioxidants, and amino acids.

Red Cabbage



How to Select

- Select cabbage with fresh, well-defined veins in their leaves.
- The cabbage leaves should be compact and tight with no slime, brown spots, or blemishes.

How to Store

- Store cut cabbage in tight plastic wrap in refrigerator for 2 days.
- Whole cabbage can store in refrigerator crisper in a plastic bag for 2 weeks.

Nutrition Benefits

- Excellent source of vitamins C and K
- Good source of calcium, potassium, manganese, iron and magnesium.

Pears



How to Select

- Choose firm pears.
- Push the neck to check for ripeness. Apply gentle pressure to the stem- end of the pear with thumb.
- When it yields to pressure, it's ready to eat.

How to Store

- Refrigerate pears for 5-7 days.

Nutrition Benefits

- Pears are packed with health benefiting nutrients such as dietary fiber, antioxidants, minerals, and vitamins.

Spaghetti Squash



How to Select

- Look for spaghetti squash that is firm, has a dry rind, and free of soft spots and cracks. Squash should be heavy for its size with a firm, dry, rounded stem.

How to Store

- Store squash in a cool, dry place up to 3 months.
- Refrigeration will make the squash spoil quickly, but squash can be stored in the refrigerator 1 to 2 weeks.

Nutrition Benefits

- Good source of vitamins A, B, and C
- Good source of calcium, phosphorus, magnesium and sodium.

A BITE OF THE SEASON

Spaghetti Squash Broccoli & Lasagna



Ingredients

- 1 3-pound spaghetti squash, halved lengthwise and seeded
- 2 tablespoons water
- 1 tablespoon extra-virgin olive oil
- 1 bunch broccolini, chopped
- 4 cloves garlic, minced
- 1 cup shredded part-skim mozzarella cheese, divided
- ¼ cup shredded Parmesan cheese, divided
- ¾ teaspoon Italian seasoning
- ¼ teaspoon ground pepper
- ½ teaspoon salt

Yield: 4 servings

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetables before preparing.
- Position racks in upper and lower thirds of oven; preheat to 450°F.
- Place squash cut-side down in microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes.
- Meanwhile, heat oil in a large skillet over medium heat. Add broccolini and garlic; cook, stirring frequently, for 2 minutes.
- Use a fork to scrape the squash from the shells into bowl. Place the shells in a broiler-safe baking sheet. Stir 1 cup

Mozzarella, ¼ cup Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide in between the shells.

- Bake on lower rack for 10 minutes. Move to upper rack, turn broiler to high, until cheese browns.

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

Pear & Blue Cheese Flatbread



Ingredients

- 2 teaspoons extra-virgin olive oil
- 20 ounces prepared whole-wheat pizza dough
- 2 teaspoons balsamic vinegar
- 2 teaspoons chopped fresh sage
- Freshly ground pepper, to taste
- 3 cups thinly sliced onions
- 2 ripe but firm pears, sliced
- ½ cup chopped walnuts
- ½ cup finely crumbled blue cheese

Yield
6 servings

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetable and fruit before preparing.
- Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
- Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until starting to brown, about 6 minutes. Reduce heat to low, cover and cook, stirring occasionally, until very soft and golden, 5 to 8 minutes more.
- Meanwhile, roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
- Stir vinegar, sage and pepper into the onions. Spread on the crust and top with pears, walnuts and cheese. Bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes. Slice and serve.

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

Red Cabbage Salad

Ingredients

- 4 cups shredded red cabbage, small head
- 4 carrots, shredded
- 1 cup green onions, chopped
- 1 cup cilantro, chopped
- 2 tablespoons apple cider vinegar
- 2 teaspoons canola oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Yield: 4 serving (1 cup per serving)

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetables before preparing.
- In a large bowl combine cabbage, carrots, green onions and cilantro.
- In a smaller bowl, whisk together apple cider vinegar, canola oil and lemon juice.
- Toss dressing with vegetables.
- Season with salt and pepper to taste.
- Serve immediately.



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

Peachy Peanut Butter Pita Pockets

Ingredients

- 2 medium whole wheat pita pockets
- ¼ cup reduced fat chunky peanut butter
- ½ apple, cored and thinly sliced
- ½ banana, thinly sliced
- ½ fresh peach, thinly sliced

4 servings (serving size ½ pita)

Preparation

- Wash hands with warm water and soap.
- Wash fresh fruits before preparing.
- Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
- Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
- Fill with a combination of apple, banana, and peach slices.
- Serve at room temperature.



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

In the Spotlight

The School Food Team would like to recognize the **Holbrook Unified School District** for their continued excellence in the Fresh Fruit and Vegetable Program!



The Holbrook Unified School District is on their 7th year with the Fresh Fruit and Vegetable program (FFVP)! Indian Wells School is located on the Navajo reservation, which serves the Navajo and Hopi populations. Fresh fruits and vegetables are served every Tuesday and Thursday. Indian Wells School uses their 5th grade students to deliver the FFVP snack. The students who deliver are given a list of teachers and a count of students for each class. Using 2 carts they deliver the fresh fruit or vegetable to the classrooms. The teachers conduct a mini nutrition education lesson about the fruit or vegetable given to the class that day. Indian Wells School has also compiled a notebook that includes nutrition education lessons for grades K – 6th. Additionally, they also have PowerPoint lessons for the fruits and vegetables on the staff database, so any teacher can conduct a nutrition education lesson.

Holbrook Unified School District is proud to be on the program for 7 years and wants to continue their success in the upcoming FFVP SY 16.



**To nominate a school for the monthly "In the Spotlight" feature, please email FFVP@azed.gov providing 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

August is...

National Peach
Month



National Food Days in August:

3rd Watermelon Day
8th Zucchini Day
22nd Eat a Peach Day

Local Produce in August:

Fruits: Apple, Grapefruit, Grape, Lemon, Honeydew, Cantaloupe, Canary Melon, Watermelon, Peach, Pear, Plum

Vegetables: Green Cabbage, Carrot, Sweet Corn, Cucumber, Sweet Onion, Bell Pepper, Squash, Tomato

September

is...

Fruit and Veggie –
More Matters Month



National Food Days in September:

21st National Banana Day

Local Produce in September:

Fruits: Apple, Grapefruit, Grape, Lemon, Canary Melon, Cantaloupe, Casaba Melon, Honeydew, Watermelon

Vegetables: Green Bean, Carrot, Sweet Corn, Cucumber, Green Onion, Bell Pepper, Pumpkin, Squash, Tomato

October is...

Apple Month



National Food Days in October:

9th World Egg Day

Local Produce in October:

Fruits: Apple, Grapefruit, Canary Melon, Crenshaw Melon, Honeydew, Watermelon, Valencia Orange, Plum

Vegetables: Cabbage, Carrot, Sweet Corn, Cucumber, Green Onion, Bell Pepper, Pumpkin, Radish, Spinach, Squash, Tomato

Garden NEWS

Pumpkin Planting!

October is National Farm to School Month and it's time to plan for pumpkins NOW! The University of Arizona Cooperative Extension is our Land Grant College tasked with agriculture research and gardening. They know A TON about growing food within Arizona's diverse climates. Check out their [Planting and Harvest Calendar](#) for all of your favorite vegetables. Be sure to prep your garden beds for pumpkin and winter squashes as they need time to mature for October celebrations (100 days or longer).



School gardens are a great way to incorporate more nutrition education into your Fresh Fruit and Vegetable Program. [Research](#) shows that students who participate in the growing, harvesting, and cooking of their own food will likely consume more than students not involved in these processes. We encourage you to plant something local this year to engage your students in healthy eating. Be sure to start prepping your soil for a fall garden in August or September. For those of you up north, enjoy your August and September harvests. Plant on, Arizona!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2015</h1>						
<h2>Resources for Educators</h2>						4

National Farm to School Network

October is National Farm to School Month, a time to celebrate the connections that are happening all over the county between children and local food! The National Farm to School Network advocated for the creation of National Farm to School Month and now organizes the annual celebration in partnership with dozens of partner organizations. National Farm to School Month was designated by Congress in 2010 to demonstrate the growing importance of farm to school programs as a means to improve child nutrition, support local economies and educate children about the origins of food please visit their website at www.farmtoschoolmonth.org.

For Arizona resources visit the Arizona Farm to School Webpage at www.azed.gov

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Name: _____ Date: _____

Halloween Word Search

W	I	T	U	W	B	S	C	A	R	Y	R
D	Y	X	S	T	B	H	E	L	O	O	E
K	S	T	K	A	H	Q	Z	E	W	I	B
C	T	A	E	C	M	U	M	M	Y	O	O
A	N	B	L	W	W	Q	F	U	M	O	T
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BLACK
ORANGE
GHOST
WITCH
SCARY
CANDY
HAUNTED

HALLOWEEN
OCTOBER
SPIDER
SKELETON
MUMMY
COSTUME

JACK-O-LANTERN
BAT
MOON
CAT
NIGHT
OWL
BOO



[Make Glowing Lanterns](#)

Posted by Crystal Underwood

Making glow lanterns is a simple and fun activity that we do often. All you need to make glowing lanterns are glow sticks and recycled glass jars or mason jars. Only mom or dad should handle the glow stick as the contents inside are not safe for kids. After you activate the glow stick of your choice carefully cut it and pour the contents into the jar.



Once the glow stick is emptied into the jar, secure the lid and shake shake shake! Then kids can embellish their lanterns with stickers, glow in the dark paint, sequins, etc. Since it was near Halloween we made these lanterns



[Pin it](#)

These **glow in the dark jack-o-lanterns** made a fun night light for the kids and would also be lots of fun for a Halloween party. We will be making a few more to use on our porch on Halloween night as well! Glowing lanterns are also lots of fun in the Summer minus the cute pumpkin faces. You can make a rainbow of colors and decorate them all sorts of ways!

I put the pumpkin faces on for the kids since they are still so small but actually recommend a **parent handling the glow stick materials regardless of a child's age**. Then, once the **glow jar** is assembled, an older child can decorate the **pumpkin face**. **Just be sure they know to keep the jar sealed!**



We used a sticker **pumpkin** decorating kit we found at The Dollar Tree to decorate our jars but you could use foam pieces or construction paper and a glue stick.

