FRESH News

April 2013

Spring is here! While students and staff are enjoying Spring Break and the beautiful weather, it is time to start planning for next school year. The Fresh Fruit and Vegetable Program (FFVP) grant application for school year 2013-2014 is scheduled to be posted in April. Schools will be able to access the grant application by visiting Arizona's FFVP website. The Arizona Department of Education will announce the availability of the grant by sending out memos and emails to all School Food Authorities that participate in the National School Lunch Program. Schools must complete a new FFVP grant application every school year, even if they are a returning school. The FFVP is awarded at the school level, which means each interested school must submit a separate application. To complete the application you will need to know each school's free and reduced-price percentage from October 2012, which can be accessed by clicking here. Begin to plan how you would implement the program. If you receive the FFVP next year, what changes will you make? What partnerships will you create to enhance your program? Please spread the word about this wonderful program!

Arizona Department of Education

Monthly Crunch

Plums

How to Select

- Ripe plums yield to gentle pressure and are soft at the tip
- Look for plums with rich color
- Avoid plums that have punctures, bruises, or signs of decay

How to Store

- Store ripe plums in the refrigerator
- Store unripe plums 1-2 days at room temperature
- Remove the pit of the plum before freezing

Nutritional Benefits

- Very good source of vitamin C
- Good source of potassium, fluoride, and iron
- Contains insoluble and soluble dietary fiber
- Good source of vitamin A
- Contains phenols, which act as antioxidants

Bok Choy

How to Select

- Choose Bok Choy with firm stalks and dark green, crispy leaves
- Avoid Bok Choy with slumped stalks and wilted leaves

How to Store

- Store Bok Choy in the vegetable compartment of the refrigerator in a humid environment
- Bok Choy is most nutritious when immediately consumed after purchase

Nutritional Benefits

- Excellent source of vitamins A and C
- Very good source of vitamin K
- Source of calcium, potassium, and iron
- Very low in calories
- Good source of folate and other B vitamins

A BITE OF THE SEASON

Plum Fruit Leather

Ingredients

- 4 pounds plums
- 3/8 cup granulated sugar

Yield

- 10 servings

Preparation

- Preheat oven to 400°F.
- Wash, cut in half, and pit plums. Place plums on baking sheet, cut side up, and cook for 20 minutes, checking every 5 minutes to prevent burning.
- Remove plums from oven and let them cool completely.
- Blend cooled plums in food processor or blender until smooth and pour mixture into large bowl.
- Add sugar to plum mixture and stir well. Line rimmed baking sheet with parchment paper. Pour puree into baking sheet at 1/8" to 1/4"thickness.
- Let puree dry out in oven at 140°F until it forms fruit leather, about 6-8 hours.
- Fruit leather is ready when it is no longer sticky and has a smooth surface.

Find this recipe and others at http://natashaskitchen.com.

Sautéed Bok Choy

Ingredients

- 2 tablespoons olive oil
- 2 medium garlic cloves
- 1 teaspoon fresh, grated ginger
- ¼ teaspoon red pepper flakes
- 1 ½ pounds Bok Choy
- 1 tablespoon low sodium soy sauce
- 1 tablespoon water
- ¼ teaspoon toasted sesame oil
- 2 cups brown rice, dry

Yield

- 4 servings

Preparation

- Clean Bok Choy, trim ends, and cut into 1-inch pieces.
- In a large frying pan, heat olive oil over medium-high heat.
- Add garlic, ginger, and red pepper flakes and cook about 30 seconds, stirring occasionally.
- Add Bok Choy and fold into garlic-ginger mixture until well coated, about 1 minute.
- Add soy sauce and water, cover, and cook for about 1 minute.
- Uncover and cook about 2 minutes, stirring occasionally, until green are wilted and most of the liquid has evaporated.
- Remove from heat, stir in sesame oil, and serve over steamed brown rice.

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

In the Spotlight

This month we recognize Jeddito School, part of Cedar Unified District, located on the Navajo Indian Reservation in Jeddito, AZ. This PreK-8 School, in its first year of participation, serves the FFVP snack in the classroom 2-3 times per week. Food safety is a priority in the classroom and all of the teachers received food safety training and their food handler's card before the school year started. Kindergarten teacher, Ms. Gaiovnik, coordinates the FFVP for the school. She decides what fruits and vegetables to order and creates nutrition education lessons for all of the teachers. She works closely with the Home Economics teacher, Ms. Garcia who is in charge of preparing the snacks for delivery. Student council members deliver the FFVP snack bins to the classrooms. Students also receive nutrition education in Home Economics class, which all students attend once a week. Jeddito School has created a partnership with Northern Arizona University's science program and together with Jeddito's 6th-8th grade students, have built a school garden that is located throughout the school campus, in many common outdoor areas. The students and faculty have demonstrated outstanding implementation of the FFVP. Well done Jeddito School!

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

April is…

Fresh Celery Month

National Garden Month

National Food Days & Weeks in April:

Days

6th	Fresh Tomato Day
16th	Day of the Mushroom
22nd	Earth Day

Weeks

1st	Public Health Week

Local Produce in April:

Fruits: Red Blush & White Grapefruit, Canary Melons, Valencia Oranges

Vegetables: Artichokes, Asparagus, Red & Green Cabbage, Carrots, Cauliflower, Cilantro, Greens, Kale, Iceberg, Leaf, Romaine & Spring Mix Lettuce, Green & Sweet Onions, Red & Russet Potatoes, Radishes, Swiss Chard, Tomatoes, Turnips

FRESH FRUIT & VEGETABLE PROGRAM

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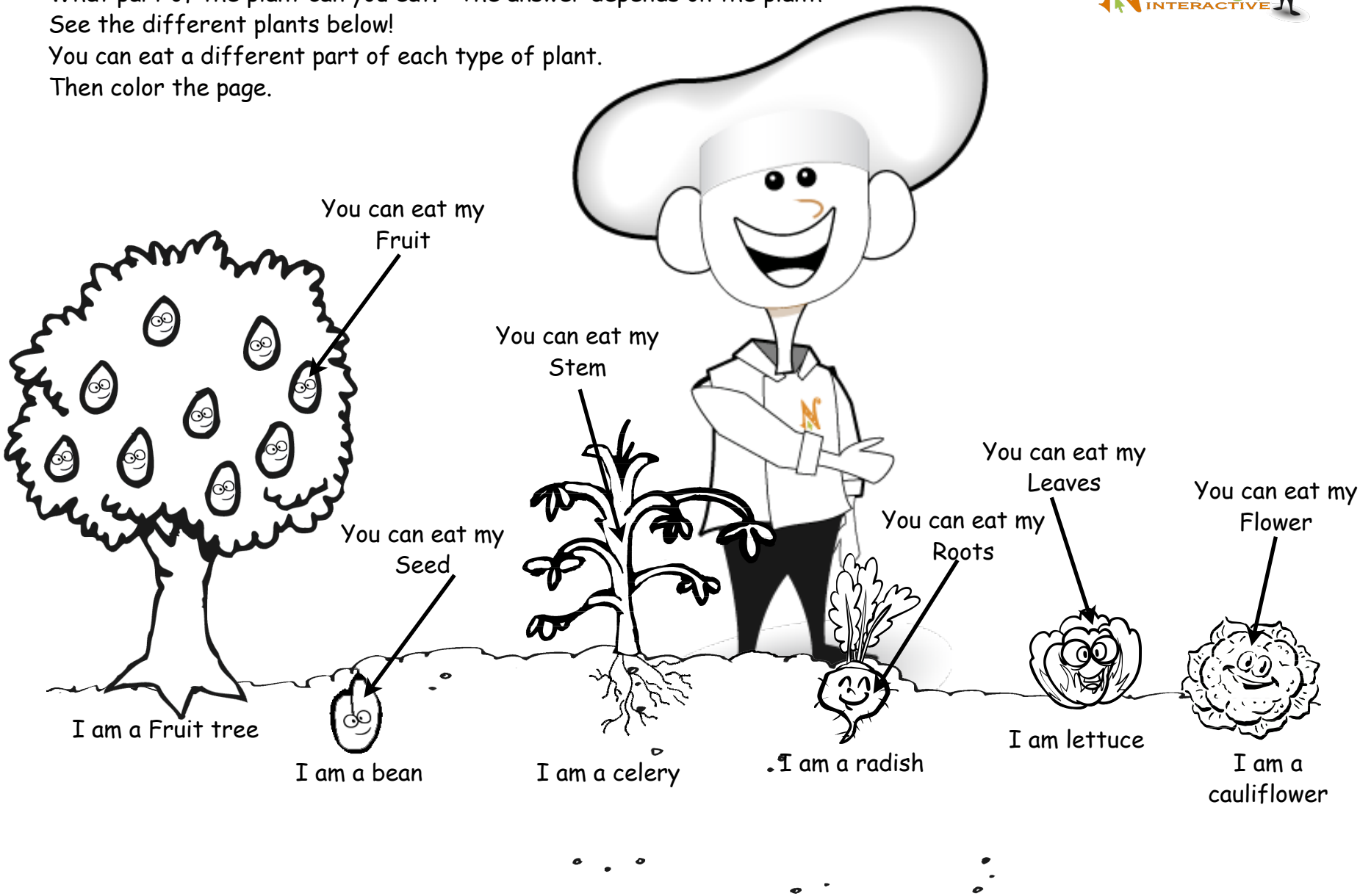
What Parts of the Plants Can We Eat?

What part of the plant can you eat? The answer depends on the plant!
See the different plants below!
You can eat a different part of each type of plant.
Then color the page.



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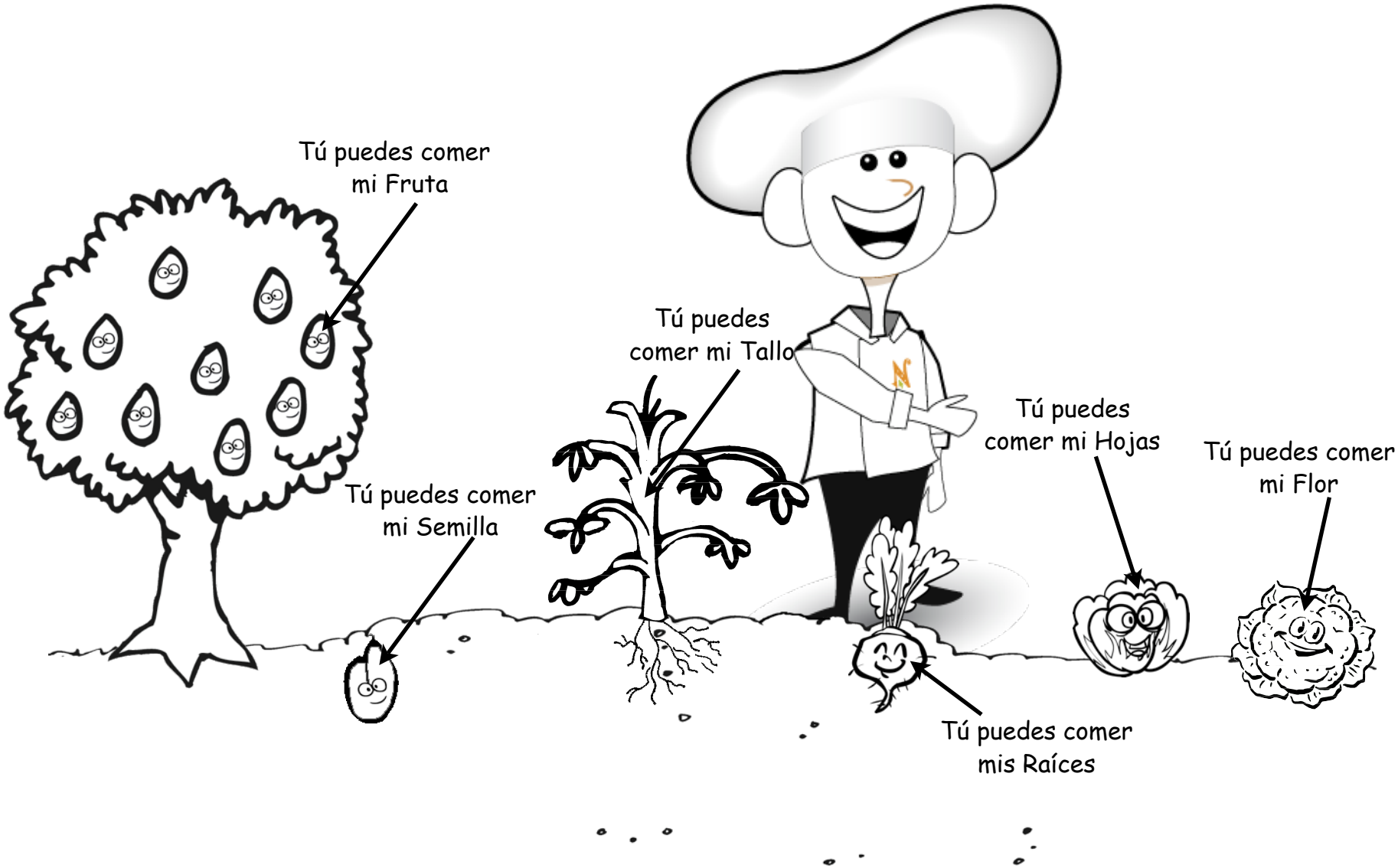
¿Cuáles Partes de las Plantas Podemos Comer?

¿Qué parte de la planta puedes comer? ¡Eso depende de la planta! Mira las diferentes plantas abajo para ver que se puede comer una parte diferente de cada tipo de planta.
Entonces colorea la página.



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