



# FRESH News

August,  
September,  
October 2014

I would like to take the time to warmly welcome you back to school and the beginning of the Fresh Fruit and Vegetable Program (FFVP). I hope everyone enjoyed their summer vacation. As you may know, we have changed the release of the FFVP Newsletter to every three months, instead of monthly. This will ensure you have enough time to order for the upcoming months and see what will be in season. I also want to thank everyone for your hard work and dedication to the FFVP... especially getting through the online budget on ADECONNECT!

I would encourage you to submit your ideas and experiences to be featured in our "In the Spotlight" section of the Newsletter. I am excited and look forward to working with all of you this school year! If there are any questions or concerns please don't hesitate to call me at 602-542-8704.

-Michael N. Soto III



## Quarterly Crunch

### Plums



#### How to Select

- Select unwrinkled, smooth-skinned plums.
- Select plums that are free of soft spots and discolorations/blemishes.

#### How to Store

- Refrigerate ripe plums in a plastic bag and use within four days. Don't wash until it is ready to be used.

#### Nutritional Benefits

- Excellent source of vitamins A and C
- Good source of dietary fiber
- Good source of potassium
- Low in calories

### Zucchini



#### How to Select

- Look for zucchini with slightly prickly and shiny skin.
- Zucchini should be firm to the touch.
- Avoid zucchini with cuts and bruises.

#### How to Store

- Refrigerate unwashed zucchini in a plastic bag for up to five days.
- Do not wash zucchini until it is ready to be used.

#### Nutritional Benefits

- Excellent source of vitamin A
- Good source of dietary fiber
- Contains vitamin C, potassium, and phosphorus
- Low in calories
- Fat free and cholesterol free
- Sodium free

# Cantaloupe



## How to Select

- Cantaloupe should have a sweet, slightly musky scent.
- Should be heavy for its size.
- Look for rind that resembles raised netting.

## How to Store

- Refrigerate ripe cantaloupe for up to 5 days.

## Nutritional Benefits

- Excellent source of vitamins A and C
- Good source of fiber
- Good source of potassium
- Good source of folate

\*Clean/scrub cantaloupe skin prior to cutting to prevent the transfer of listeriosis.

# Green Onions



## How to Select

- Select green onions that are crisp.
- Look for bright green tops and a firm white base.

## How to Store

- Remove any rubber bands or damaged leaves, wrap in a plastic bag and store in the vegetable crisper section of the refrigerator for up to 5 days.

## Nutritional Benefits

- Excellent source of vitamin C
- Excellent source of biotin
- Good source of fiber
- Good source of potassium

# Apples



## How to Select

- Look for apples with firm, rich colored skin.
- Avoid apples with bruising, cuts and soft spots.

## How to Store

- Apples store best in refrigeration for 3-4 weeks.
- Can be stored in a cool, dry storage area.
- Add lemon or lime juice to apples that have been cut or sliced to reduce browning.

## Nutritional Benefits

- Good source of fiber
- Good source of antioxidants
- Good source of vitamin C

# Acorn Squash



## How to Select

- Choose squash with a smooth, dry rind.
- Choose a squash that has deep color and is heavy for its size.

## How to Store

- Store squash in a dry cool place away from moisture and extreme temperature change.
- Acorn squash can be stored for 3 months.

## Nutritional Benefits

- Excellent source of vitamin A
- Good source of vitamin C
- Excellent source of fiber

# A BITE OF THE SEASON

## Shrimp & Plum Kebabs



### Ingredients

- 3 tablespoons canola oil
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon freshly grated lime zest
- 3 tablespoons lime juice
- ½ teaspoon salt
- 12 raw shrimp peeled and deveined
- 3 jalapeno peppers, stemmed, seeded and quartered lengthwise
- 2 plums, pitted and cut into sixths

Yield  
4 servings

### Preparation

- Whisk oil, cilantro, lime zest, lime juice and salt in a large bowl. Set aside 3 tablespoons of the mixture in a small bowl to use as dressing. Add shrimp, jalapenos and plums to the remaining marinade; toss to coat.
- Preheat grill to medium-high.
- Make 4 kebabs, alternating shrimp, jalapenos and plums evenly among four 10-inch skewers. (Discard the marinade.) Grill the kebabs, turning once, until the shrimp are cooked through, about 8 minutes total. Drizzle with the reserved dressing.

Find this recipe and others at [www.eatingwell.com](http://www.eatingwell.com)

## Zucchini Bread



### Ingredients

- 3 eggs
- ½ cup vegetable oil
- 1 ½ cups sugar
- 2 cups zucchini, peeled and grated
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 2 cups all-purpose flour
- 1 cup whole-wheat flour
- 1 teaspoon salt
- 1 ½ teaspoon cinnamon
- ½ teaspoon baking powder
- ½ cup chopped walnuts (optional)

Yield  
1 loaf

### Preparation

- Preheat oven to 350°F.
- Grease a 5 x 9 loaf pan.
- In a large mixing bowl, combine all ingredients.
- Pour ingredients into greased loaf pan.
- Bake for 1 hour.
- Let cool and enjoy!

Find this recipe and others at <http://fillyourplate.org/recipes/>.

# Cantaloupe with Ricotta & Pistachios



## Ingredients

- ½ cup part-skim ricotta
- ¼ cup pistachios, chopped, toasted if desired
- ¼ cantaloupe, deseeded, peeled, and sliced
- 2 tablespoons honey (optional)

## Preparation

- Divide ricotta between two small bowls; sprinkle with pistachios. Serve with cantaloupe, drizzle with honey, if desired.

Yield  
2 servings

Find this recipe and others at  
[www.marthastewart.com](http://www.marthastewart.com)

# Apple Filled Squash



## Ingredients

- 1 acorn squash (about 1 pound)
- 1 Golden Delicious apple, peeled, cored, and sliced
- 2 teaspoons melted margarine
- 2 teaspoons packed brown sugar
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Dash of ground cloves

## Preparation

- Wash hands with warm water and soap. Wash fresh vegetable before preparing.
- Halve and deseed acorn squash.
- Place squash cut side up on a thick paper towel in microwave.
- Microwave on High 6 to 7 minutes, rotating squash halfway through cooking time.
- Remove from microwave and place in a microwave-safe dish.
- In a small bowl, combine apples, margarine, sugar, and spices. Top squash pieces with apple mixture and cover with a paper towel.
- Microwave on High 4 to 5 minutes or until squash and apple are tender.

Yield  
4 servings, ¼ of filled squash each.

Find this recipe and others at  
[www.eatwellbeware.org](http://www.eatwellbeware.org)

# In the Spotlight

The School Food Team would like to acknowledge **Quartzsite School District** with their continued excellence in the Fresh Fruit and Vegetable Program!

At the Quartzsite School District, Ehrenberg School serves 20 Head Start and 140 K-8 students, while Quartzsite School serves 100 K-8 students. This will be their third year with the Fresh Fruit and Vegetable Program. The teachers have noticed an increase in students' interest in nutrition and healthy eating habits.



Parents in the community have commented that their children are asking for fruits and vegetables at home and they even educate the rest of the family about the new produce items they learn about at school. When they started the program, the students wanted to "dip" all of the vegetables in ranch dressing, but now they really enjoy the taste of them on their own. Lastly, the School Food Team would like to acknowledge

the NSLP Coordinator, Patricia Mendoza and Ehrenberg kitchen staff: Diana Taverner and Lucy Diaz; and Quartzsite kitchen staff: Ron Rowland and Kathy Thevenin for all their hard work and dedication to FFVP.

# Tasty Tidbits

## August is...

National Peach  
Month



## National Food Days in August:

3<sup>rd</sup> Watermelon Day  
8<sup>th</sup> Zucchini Day  
22<sup>nd</sup> Eat a Peach Day

## Local Produce in August:

Fruits: Gala Apples, Red Delicious Apples, Grapefruit, Grapes, Lemons, Honeydew, Cantaloupe, Canary Melon, Peaches, Pears, Plums, Watermelon

Vegetables: Bean Sprouts, Pinto Beans, Green Cabbage, Carrots, Sweet Corn, Cucumbers, Onions, Green and Red Bell Peppers, Green and Red Chili Peppers, Zucchini, Tomatoes

## September

is...

National Mushroom  
Month



## National Food Days in September:

7<sup>th</sup> Acorn Squash Day  
21<sup>st</sup> Banana Festival Day

## Local Produce in September:

Fruits: Fuji Apples, Golden Delicious Apples, Granny Smith Apples, Dates, Grapefruit, Grapes, Lemons, All Melons

Vegetables: Green Beans, Pinto Beans, Bean Sprouts, Green Cabbage, Carrots, Sweet Corn, Cucumber, Green Onions, Green and Red Bell Pepper, Green and Red Chili Pepper, Pumpkin, All Squash, Tomatoes

## October is...

National Apple  
Month



## National Food Days in October:

10<sup>th</sup> World Egg Day  
29<sup>th</sup> Oatmeal Day

## Local Produce in October:

Fruits: All Apples, Dates, Grapefruit, Lemons, Cantaloupe, Honeydew, Watermelon

Vegetables: Pinto Beans, Bean Sprouts, Broccoli, Green Cabbage, Carrots, Sweet Corn, Cucumber, Green Onions, Green and Red Bell Peppers, Green and Red Chili Peppers, Pumpkin, Radishes, Spinach, All Squash, Tomatoes

# Garden NEWS



## Who's in the garden?

Western Grower's Foundation (WGF), is the foundation from an agriculture marketing organization that works with California and Arizona farmers. Recently WGF launched their Arizona Garden for Learning Guide. This resource is a collection of best practices compiled from WGF garden grant awardees. Learn from other Arizona School Gardens about finding supplies, funding, volunteer support, linking gardens to curriculum and how to promote healthy living.

Learn more at [www.csgn.org](http://www.csgn.org)

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 exposed to this process. We encourage you to plant something local this year to try with your students. 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!

## Resources for Educators

**University of Arizona Cooperative Extension, Maricopa** is hosting two final *Food Safety in School Garden Trainings* this summer. Come learn about how to develop a Garden to Café Program in Arizona.

- **School Garden Food Safety** (3 hrs): training on the guidelines to follow in order to have garden produce served in the school cafeteria.
- **Standards Based Lessons** (2 hrs): training on lessons that have been aligned to Arizona's College and Career Ready Standards which bring gardening and agriculture concepts into the school classroom while still teaching core subjects.
- **Gardening 101** (1 hr): training on the basics of how to start and maintain a successful garden.

For more information and how to register please visit  
<http://cals.arizona.edu/agliteracy/programs/school-garden-food-safety>

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## Halloween Word Scramble



1. fhgreitn      \_ \_ \_ \_ \_
2. huatn        \_ \_ \_ \_
3. serca        \_ \_ \_ \_
4. siehrk        \_ \_ \_ \_ \_
5. shcerec      \_ \_ \_ \_ \_
6. holw         \_ \_ \_ \_
7. sokyop        \_ \_ \_ \_
8. scmaer        \_ \_ \_ \_ \_

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Answer Key: 1.frighten 2.haunt 3.scare 4.shriek 5.screach 6.howl 7.spooky 8.scream





# Autumn Word Search

W	J	W	O	R	C	E	R	A	C	S	U	K	T	N
E	H	X	S	N	I	K	P	M	U	P	O	M	I	D
R	G	C	J	W	U	Z	J	Q	L	D	H	J	U	K
T	A	E	Y	E	L	L	O	W	K	S	P	U	O	M
I	D	K	G	C	J	L	L	A	B	T	O	O	F	J
S	K	T	I	E	H	X	T	S	I	A	K	A	P	U
D	M	I	D	N	G	C	J	W	E	Z	L	Q	L	C
R	J	U	R	T	G	E	H	Z	T	L	I	A	N	O
U	U	O	M	I	D	R	I	C	J	W	U	Z	O	L
O	C	H	J	N	K	A	S	E	L	P	P	A	S	O
G	S	P	U	O	M	I	D	R	G	C	J	W	A	R
J	Q	L	D	H	J	U	K	T	L	E	A	V	E	S
I	E	G	N	A	R	O	T	I	D	R	G	C	S	W
H	A	R	V	E	S	T	J	U	K	T	N	E	H	X
T	S	I	A	K	S	P	U	O	A	I	D	R	G	C

See how many of these autumn related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2013

- |           |             |               |            |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking   | 9. Gourds     | 13. Corn   |
| 2. Fall   | 6. Harvest  | 10. Football  | 14. Maize  |
| 3. Leaves | 7. Pumpkins | 11. Season    | 15. Yellow |
| 4. Colors | 8. Apples   | 12. Scarecrow | 16. Orange |