

FRESH News

January 2014

It's a new year! New starts, new beginnings, New Year resolutions! How about starting to eat nine (9) servings of fruits and vegetables per day? That translates to about 2 cups of fruit and 2 ½ cups of vegetables every day. Here are nine (9) sure-fire ways to get you on the road to enjoying fruits and vegetables throughout the day.

1. Make fruit salad: Research shows fruit is more appealing if it is cut, washed, and assembled into a colorful salad. Clean out your produce bin and make a beautiful fruit salad. **2. Make a bowl of fruit part of your décor:** Gather whatever fresh fruit you have at the moment and set a big bowl on your table or desk. As you pass by or talk on the phone, you'll find yourself munching on this awesome snack food. **3. Toss some fruit into your breakfast:** Throw some fresh, frozen, or dried fruit into your breakfast, whether you're having a smoothie, pancakes, French toast, or hot/cold cereal. **4. Throw some veggies in the skillet:** Making an omelet or frittata? Fill it with chopped tomatoes, onions, mushrooms, green peppers, chili peppers, broccoli or whatever you have on hand. Any or all of these veggies can also be tossed into any potato skillet dish. **5. Crunch on a green salad:** Eat a crisp green salad daily. It's a cool and refreshing way to work veggies into your lunch, dinner or snack. Load your salads up with as many raw veggies as you can. Try using high-nutrient raw spinach or romaine instead of iceberg lettuce. For a sweet twist, add fruit to your green salads: strawberries, pears, grapes, oranges, mango, and papaya. **6. Pair fruit with cheese:** Enjoy some fresh fruit with cheese for a nice (and portable) dessert, picnic, or snack. The fruits that best lend themselves to pairing with cheeses are pears, apples, and grapes. **7. Munch on dried fruit:** Dried fruits make great snacks! They have a long shelf-life and you can carry them in your briefcase or car, and even store them in your desk for a pick-me-up any time of day. Try dried apricots, pears, peaches, nectarines, prunes, raisins, dates, cherries or blueberries. **8. Add veggies you like to dishes you love:** A few examples: layer zucchini slices into your lasagna, stir broccoli florets into macaroni and cheese, toss a few chopped vegetables into an omelet, chop some veggies into a cheese quesadilla, or consider adding veggies to soups to "clean out" the fridge. **9. Have prepared fruits and veggies ready to go in the fridge:** As soon as you get home from the store, rinse all produce and put some out for immediate consumption. The rest goes into easy-access clear plastic bags or containers. Then, when you start to get a snack craving, you'll have easy access.

<http://www.medicinenet.com/script/main/art.asp?articlekey=>

Monthly Crunch

Navel Oranges



How to Select

- Choose navel oranges that are smooth skinned, deep orange in color, heavy for their weight and free from blemishes.
- Select navel oranges that have relatively small navels (the end of the fruit). Larger navels can indicate the orange was overripe when picked.

How to Store

- Oranges will store at room temperature for about a 1 week, but they last longer (3 weeks) in the fridge.

Nutritional Benefits

- Great source of vitamin C
- Great source of dietary fiber
- Cholesterol free
- Sodium free

Swiss Chard



How to Select

- Select chard with fresh green leaves; avoid those that are yellow or discolored.

How to Store

- Store unwashed leaves in plastic bags in the crisper drawer of the refrigerator; they will last 2 to 3 days.

Nutritional Benefits

- Good source of vitamin A
- Good source of vitamin C
- Good source of magnesium
- Cholesterol free

A BITE OF THE SEASON

Navel Oranges with Olives, Parsley, and Paprika

Ingredients

4 navel oranges
¼ cup Nicoise olives, pitted and halved
½ teaspoon paprika
2 tablespoons freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
1 ½ tablespoons finely chopped fresh-leaf parsley, plus more leaves for garnish

Yield: makes 4 servings

Preparation

1. Peel oranges: Using a sharp knife, slice off both ends. Carefully slice downward following the curve of the fruit to remove rind and pith. Slice each orange crosswise into about six rounds, arranging them in overlapping rows on a serving plate. Sprinkle with olives.
2. In a small bowl, combine paprika and lemon juice; whisk in oil. Add chopped parsley, and stir to combine. Drizzle dressing over oranges and olives; garnish with parsley leaves, then serve.



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

Swiss Chard Tzatziki

Ingredients

1 cup green or red Swiss chard, stemmed and finely chopped
1 garlic clove
¼ teaspoon coarse salt
1 cup low-fat Greek yogurt
1 tablespoon extra-virgin olive oil
1 tablespoon fresh lemon juice
1/8 teaspoon cayenne pepper
2 whole-wheat pitas, cut into wedges and toasted

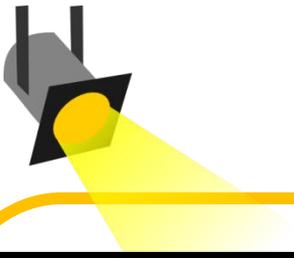
Yield: makes 4 servings

Preparation

1. Prepare an ice bath; set aside. Bring a large saucepan of water to a boil. Add chard; cook until just tender, 3 to 5 minutes. Drain. Immediately plunge into ice bath to stop the cooking. Drain.
2. Grind garlic and salt into a paste. Stir chard, yogurt, garlic paste, oil, lemon juice, and cayenne pepper in a medium bowl. Serve with pita wedges. Tzatziki can be refrigerated in an airtight container up to 1 week.



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



In the Spotlight

The School Foods Team would like to warmly Spotlight V.H. Lassen for their continued excellence in the FFVP!!

This is V. H. Lassen's first year on the Fresh Fruit and Vegetable Program. The school serves kindergarten through eighth grade students, where they have had the opportunity to sample interesting fruits such as: dragon fruit and horned melon. Dragon fruit was intimidating to some of the younger students and a few students were afraid to touch it until it was peeled.

Junior high students who have their Positive Reflections Cards distribute the fruits or vegetables twice a week to younger students. Each classroom is given information about the food, its origin, health benefits, selection, and preparation. Surveys are given to each classroom for students to evaluate the item they tasted.

Fourth graders in their nutrition class have a better awareness of what fruits and vegetables are available to them because of the FFVP. They use the produce information in their nutrition class activities and students are eager to find out what they get to taste next. Primary students draw pictures of the fruits or vegetables they've eaten. Student feedback from all grade levels has been positive about the FFVP.



Tasty Tidbits

January is...

National Oatmeal Month!



National Food Days in January

- 21st – Granola Bar Day
- 23rd – National Pie Day
- 24th – Peanut Butter Day
- 28th – Blueberry Pancake Day

Local Produce

Fruits:

Red Blush Grapefruit, White Grapefruit, Lemons, Canary Melons, Blood Oranges, Mandarin Oranges, Navel Oranges, Sweet Oranges, Temple Oranges, Minneola Tangelos, Orlando Tangelos

Vegetables:

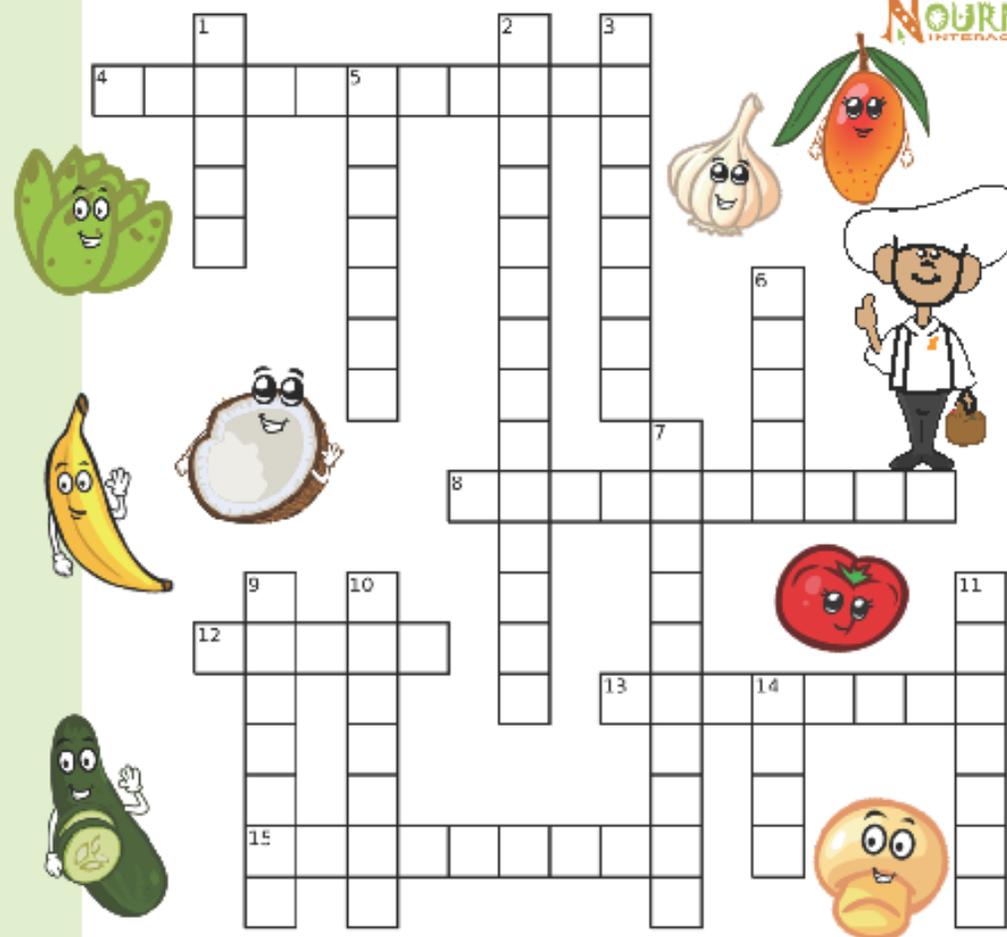
Arugula, Bean Sprouts, Beets, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Collard Green, Mustard Greens, Lettuce, Onions, Spinach, Radishes, Swiss Chard, Tomatoes, Turnip



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Chef Solus Fruit and Veggies Crossword Puzzle

NOURISH
INTERACTIVE



Across

- 4 The opposite of a sour potato
 8 The outside of this melon looks like a web
 12 Tomatoes, cucumbers and lettuce make a nice ____
 13 This vegetable looks like a mini tree
 15 Dip the leaves in butter and enjoy the heart of an ____

Down

- 1 This is a fuzzy stone fruit
 2 This is a side dish at Thanksgiving
 3 A palm tree grows these
 5 One popular big squash at Halloween
 6 This tropical fruit has a big seed in the middle.
 7 This looks like an orange but is smaller
 9 Monkeys love them
 10 Dip these into Ranch dressing
 11 Dried grapes are called ____
 14 This vegetable has ears (think of cob)

More Nutrition Fun www.ChefSolus.com
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Answer Key: 1. Peach 2. Mashedpotatoes 3. Coconuts 4. Sweetpotato 5. Pumpkin 6. Mango 7. Tangerines 8. Cantaloupe 9. Bananas 10. Carrots 11. Raisins 12. Salad 13. Broccoli 14. Corn 15. Artichoke