



FRESH News

June/July
2013

School is out for the summer, but the Fresh Fruit and Vegetable Program (FFVP) is just getting underway for school year 2013-2014. ADE is encouraged by the amount of interest in the program as we received over 200 FFVP applications! For the schools that were selected, it is time to start preparing for the upcoming school year. Mandatory FFVP trainings will be held in June and July and school representatives should register as soon as possible as space is limited. If you are a returning school, ADE would like to encourage you to give a brief presentation on your implementation of the FFVP at the training. If interested, please contact ADE as soon as possible. As you begin to plan for the upcoming school year, consider jumpstarting the year with a kickoff event. Providing families, students, and staff with information about this program will generate excitement and interest. To assist in marketing the program, *FRESH News* provides budget-friendly recipes each month that families can prepare together. These recipes focus on different fruits and vegetables that you can serve in the FFVP. Finally, be sure to complete the End of the Year FFVP Survey by clicking [here](#). Your feedback is valuable as we strive to provide schools with the resources they need to successfully implement the FFVP.



Monthly Crunch

Apricots



How to Select

- Apricots should be plump and slightly soft to the touch
- Select apricots that have a rich orange color and are uniform in color
- Avoid apricots that are mushy or blemished

How to Store

- Store apricots at room temperature to ripen
- Once ripe, refrigerate apricots in a plastic bag for up to 5 days

Nutritional Benefits

- Excellent source of vitamins A and C
- Good source of soluble fiber
- Good source of potassium
- Low in calories and total fat
- Contain high levels of beta carotene

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 5 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

A BITE OF THE SEASON

Yummy Apricot Bites



Ingredients

- 4 ounces of low-fat cream cheese, softened
- 3 tablespoons low-fat plain yogurt
- 12 fresh apricots, halved and pitted
- ½ cup pistachios, finely chopped

Yield

- 12 bites

Preparation

- Stir cream cheese and yogurt until well blended and smooth.
- Fill a pastry bag or Ziploc bag with the cheese and yogurt mixture.
- Using the pastry bag or Ziploc bag with the corner cut, pipe the cheese and yogurt mixture into the apricot halves.
- Sprinkle the tops with the chopped pistachios.
- Enjoy!

Find this recipe and others at

<http://chefmom.sheknows.com/recipes/>.

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)

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!

Recipe provided by Arlene Flake, Northern Arizona Rancher

Yield

- 1 loaf

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



In the Spotlight



This month we recognize Holiday Park Elementary School, a school within the Cartwright Elementary District, located in Phoenix, AZ. This K-5 school is finishing its first year of participation and serves fresh fruits and vegetables in the classroom five times a week. Foodservice staff members prepare and deliver produce on a cart in colorful plastic baskets to each classroom for service. The school's physical education teacher is involved with the nutrition education element of the program as well as the teachers. Holiday Park's Arizona Nutrition Network partner, the University of Arizona Cooperative Extension Maricopa County, also provides nutrition education and resources throughout the school year. The parent group is very active in the promotion of healthy lifestyles, extending the message of the FFVP into the homes of the students that attend Holiday Park. The parent group offers cooking classes and nutrition discussions during coffee talks. The students have tried a variety of produce items including dragon fruit, pomegranates, star fruit, kumquats, sugar snap peas, and jicama. The students enjoy exposure to new produce items. The faculty members really support the program and are learning about new fresh fruits and vegetables themselves. Holiday Park has done an excellent job implementing the FFVP. Well done Holiday Park Elementary!



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

June is...

Fresh Fruit and Vegetable Month

National Papaya Month

July is...

National Blueberries Month

National Food Days in June & July:

June
17th Eat Your Vegetables Day

July
4th Caesar Salad Day
14th Pick Blueberry Day

Local Produce in June & July:

Fruits: Apricots, Cherries, Figs, Red Blush & White Grapefruit, Black Beauty, Flame Seedless, Perlette & Thompson Seedless Grapes, All Melon Varieties, Valencia Oranges, Peaches

Vegetables: Green Beans, Sweet Corn, Green Cabbage, Carrots, Sweet Onions, Parsnips, Green Chili Peppers, Red & Russet Potatoes, Summer Squash Varieties, Tomatoes



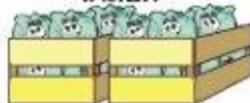
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