



FRESH News

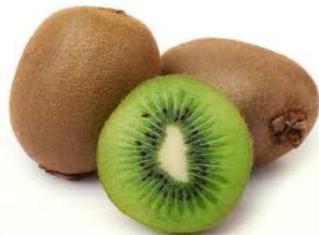
March 2013

March is a huge month for highlighting healthy eating with National Nutrition Month and National School Breakfast Week on March 4th-8th, and there is no better time to focus on good nutrition than through fresh fruit and vegetable consumption! In addition to food and nutrition celebrations this month, we also have St. Patrick's Day, Easter, and the first day of Spring. Consider celebrating with a green theme by serving green fruits (kiwi, green apples, and green grapes) and green vegetables (celery, green peppers, and cucumber) all month long. A green, leafy vegetables theme would be healthy, educational, and fun. Salads are a great way to introduce some of those lesser known greens such as bok choy, arugula, endive, and radicchio to students. Serve the salad with non-fat or low-fat, yogurt-based dressing and you will have your students begging for more. During this time of year, many of the leafy greens sold around the country are grown here in Arizona, so it is a great time to incorporate lessons about where the produce is grown into your nutrition education.



Monthly Crunch

Kiwi



How to Select

- Kiwi should yield to gentle pressure when squeezed
- Choose kiwi that are plump and fragrant
- Avoid very soft, shriveled, or bruised kiwi

How to Store

- Ripe kiwi can be stored at room temperature or in the refrigerator
- If kiwi are too hard, ripen at room temperature in a paper bag with an apple, banana, or pear

Nutritional Benefits

- Excellent source of vitamin C
- Good source of potassium and fiber
- Good source of vitamins E and K
- Contains folic acid and antioxidants: beta carotene, lutein, and xanthin

Kale



How to Select

- Kale leaves should be crispy and crunchy
- Select leaves that are a dark, blue-green color

How to Store

- Store kale in the refrigerator below 35°F in a humid environment
- Kale should be consumed quickly after purchase

Nutritional Benefits

- Excellent source of vitamins A, C, and K
- Good source of B vitamins, especially B-6
- Rich in calcium, potassium, iron, and manganese
- Contains antioxidants: beta carotene, lutein, and xanthin
- Good source of fiber and omega-3 fatty acids

A BITE OF THE SEASON

Kiwi Mint Lemonade



Ingredients

- 1 cup water
- ½ cup granulated sugar
- ½ cup packed, fresh mint leaves
- 3 kiwi
- 2-3 lemons
- Sparkling water

Yield

- 4 servings

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

Preparation

- In medium saucepan, heat water and sugar over medium-high heat, stirring occasionally until sugar is dissolved.
- Simmer uncovered for 5 minutes, remove from heat, stir in mint leaves and let stand for 20 minutes.
- Peel kiwi, cut into chunks, puree in blender or food processor, and place mixture into pitcher.
- Strain cooled syrup into pitcher, pressing on mint, then discard leaves.
- Refrigerate until cold, squeeze juice from 2 lemons and stir mixture.
- Taste lemonade and add more lemon juice, if desired.
- Pour into glasses, top with sparkling water, serve garnished with kiwi slice and mint sprig.

Parmesan Kale Chips



Ingredients

- 10 cups kale leaves, stems removed and torn into chip-sized pieces
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 2 tablespoons grated parmesan cheese

Yield

- 10 servings

Preparation

- Preheat oven to 300°F.
- In a large bowl, toss kale with oil and salt.
- Transfer to two baking sheets in a single layer
- Sprinkle with parmesan cheese.
- Bake on the middle rack for 25 minutes or until kale is crispy.
- Gently remove chips from baking sheets with a spatula and serve.

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

Crafty FFVP Snack Ideas

St. Patrick's Day Fruit Skewers

You Will Need:

Wooden Kabob Skewers, Green Apples, Green Grapes, Kiwi, Cantaloupe, Bartlett Pears, Green Ribbon, Zigzag Crafting Scissors

Instructions:

1. Wash all produce in cold, running water.
2. Remove rind from the cantaloupe and kiwi; cube cantaloupe and slice kiwi into 1/2-inch slices, lengthwise.
5. Cut pears and green apples into cubes, leaving peel on each piece.
6. Cut ribbon into zigzag design using the crafting scissors; tie ribbon on the end of each spear.
7. Spear alternating fruits so that each spear includes all of the fruit varieties.



Easter Egg Veggie Platter

You Will Need:

Purple Cauliflower, Yellow and Orange Bell Peppers, Celery, Carrots, Serving Platter

Instructions:

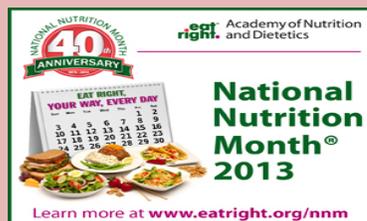
1. Wash all produce under cold, running water.
2. Chop yellow and orange bell peppers, celery, and half of the carrots.
3. Slice remaining carrots into coin shapes.
4. Section purple cauliflower into smaller pieces.
5. Arrange vegetables into egg-shaped design (as shown in the picture) in the following sequence, starting at the bottom: orange bell pepper, cauliflower, yellow bell pepper, cauliflower, celery, and chopped carrot.
6. Place carrot coins over yellow bell pepper section.

Tasty Tidbits

March is...

National Celery Month

National Nutrition Month



National Food Weeks & Days in March:

4th-8th National School
Breakfast Week

26th National Spinach
Day

31st Oranges and
Lemons Day

Local Produce in March:

Fruits: Red Blush & White Grapefruit, Lemons, Canary Melon, Mandarin, Sweet & Valencia Oranges

Vegetables: Artichokes, Asparagus, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Celery, Cauliflower, Cilantro, Greens, Kale, Kohlrabi, Leeks, Lettuces, Green Onions, Radicchio, Radishes, Spinach, Swiss Chard, Tomatoes, Turnips



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ALPHAbet-a-THON



Megabite Apple and Captain Capsicum want you to have some fun with the alphabet!

Choose a letter. On "GO" fill in the 5 categories below with a word that begins with the chosen letter. The first player to fill out the whole row yells "STOP!". Below is an example of the letter "S".

SCORING: Each word a player has written scores 10 points. Players who have the same word in the same category score 5 each.

	Fruit	Vegetable	Boys Name	Girls Name	Sport	Score
eg.	Strawberry	Squash	Shaun	Sarah	Soccer	50
Game 1						
Game 2						
Game 3						
Game 4						
Game 5						
Game 6						
Game 7						
Game 8						
Game 9						
Game 10						
	Total					