

FRESH News

May 2014

Thank you!

As we come to a close this year we want to give a HUGE thank you to everyone who participated in this year's Fresh Fruit and Vegetable Grant Program! This program has so many benefits for the students who were able to participate and we know how much extra work this program takes from an already tight schedule. We hope this newsletter has been beneficial to you throughout the year as you planned and prepared this snack program. We would also like to congratulate those who received the grant for School Year 2015. Visit our Fresh Fruit and Vegetable Grant webpage for a complete list of 2015 awardees. All awardees are required to attend one training this summer before the start of the 2015 program. Below is a list of training dates, please register for the time, date, and place that best fits your needs. Have fun this summer!

- May 15th Phoenix
- May 20th Flagstaff
- May 21st Phoenix
- May 28th Flagstaff
- June 4th Phoenix
- June 11th Phoenix
- June 16th Phoenix
- June 18th Phoenix
- June 19th Tucson
- June 25th Phoenix
- June 30th Tucson



Monthly Crunch

Apricots



How to Select

- Choose apricots that are plump and firm
- Select apricots that have uniform coloring

How to Store

- Store apricots at room temperature until ripe
- Store in the refrigerator inside a plastic bag for 3-5 days

Nutritional Benefits

- Low fat; saturated fat free; cholesterol free
- Sodium free
- Excellent source of vitamin A and vitamin C
- Good source of potassium
- Good source of fiber

Green Beans



How to Select

- Choose fresh, well colored beans that snap when bent

How to Store

- Refrigerate green beans in a plastic bag and use within 1 week

Nutritional Benefits

- Fat free; saturated fat free; cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C

A BITE OF THE SEASON

Chicken-Apricot Skewers

Ingredients

- 1 lb chicken thigh or breast, skinless, boneless, chunked
- 12 firm ripe apricots
- ¼ cup roasted peanuts
- ¼ cup cilantro (+ some for garnish)
- ¾ teaspoon kosher salt
- 2 garlic cloves
- ¼ cup lime juice
- 2 teaspoons brown sugar
- 2 tablespoons jalapeno
- ½ cup peanut butter
- ½ cup Greek yogurt
- ¾ cup canned light, unsweetened coconut milk

1. Build the marinade: Puree coconut milk, peanut butter, yogurt, lime juice, brown sugar, and garlic. Add jalapeno and cilantro to chop slightly.
2. Use half of the marinade for the chicken and allow 3 hours to chill.
3. Alternate chicken chunks and apricot halves. Grill 3-4 minutes on each side.
4. Discard marinade from the chicken. Use the reserve to top the finished skewers and dress with peanuts and cilantro.



Yields 6 servings

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

Garlic Lemon Green Beans

Ingredients

- 1.5 pounds green beans, cleaned and trimmed
- 1-2 tablespoons olive oil
- 4 tablespoons, butter, salted
- 4 teaspoons fresh lemon juice
- ½ teaspoon garlic powder
- A few pinches of salt and ground black peppers to taste

Yields 4 servings

1. Prepare a large bowl of ice water and set aside.
2. In a large pot of boiling, salted water cook green beans for about 3 minutes.
3. Drain beans and transfer them to a bowl of ice water. Allow beans to completely cool.
4. Once cool, drain beans and continue with prep or store, covered in refrigerator for up to a couple days.
5. Heat olive oil in a large skillet over medium heat. Add green beans and butter to pan, tossing to coat with oil and butter. Add lemon juice, garlic powder, salt and pepper and coat for 3 minutes.



Find this recipe and others at <http://shewearsmanyhats.com>

In the Spotlight

Chandler Unified School District
Farmers' Market Display

Do something fun these last few weeks of school and celebrate Arizona's agriculture! Allow students to select their own snack for size, shape and color as they would do at home. Take this time to talk about:

1. Spring harvest.
2. Fresh fruits and veggies we are looking forward to this summer (lots of watermelon and sweet corn)!
3. Foods that excite us when we see them (color, shape, size, texture, etc.).
4. Food safety: produce scars, holes, mold, washing produce safely.
5. Price: bulk purchasing, seasonal prices, coupons, etc.
6. Where our food comes from (Grown locally or from California, Mexico, or Texas).
7. If you have a garden, identify fun spring vegetables that are growing this time of year.



Tasty Tidbits

May is...

National Salad Month



National Food Days & Weeks in May:

Peach U-Pick Month (Valley-wide)
National Asparagus Month
National Pick Strawberries Month
National Salsa Month
May 5th Cinco de Mayo

Local Produce in March:

Fruits: Apricots, Figs, Red Blush Grapefruit, White Grapefruit, Canary Melons, Cantaloupe, Watermelon, Valencia Oranges, Peaches

Vegetables: Artichokes, Asparagus, Green Beans, Bean Sprouts, Green and Red Cabbage, Carrots, Sweet Corn, Cucumber, Onions, Parsnips, Red Potatoes, Russet Potatoes, Radishes, Tomatoes



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Garden NEWS

Who's in the garden?

Within the Tucson Unified School District, Manzo Elementary is one of the leaders in school garden development in Arizona. Thanks to the supportive community within and surrounding Manzo Elementary this school has been able to develop several gardens geared toward engaging students in native agriculture. This program focuses on the ecology of the garden and principles applied in math and science.

See Manzo students on the left showing off their aquaponic garden to visiting community members.

Learn more at www.gomanzo.com



Resources for Educators

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. School gardens come in all shapes and sizes and the simplest germination experiment can encourage a student to at least try new fresh foods that they might have not have tried before. As you close up this school year and begin to make plans for school year 2015 we encourage you to take some time over the next few weeks and apply for some of the funding currently available for your fall garden.

[Western Growers Foundation](#) (WGF) is pleased to announce the 2014 Arizona Edible School Garden Grant. This grant is open to all K-12 Arizona schools. Fifty schools will receive \$1,500 to create and sustain their fruit and vegetable gardens. Competitive garden grants will be awarded to schools demonstrating how they will use garden-enhanced education to teach students where their food comes from and the importance of good nutrition. **Deadline is May 30, 2014.**

[Annie's Grants for Gardens](#) Annie's offers grants for garden donations to schools and other educational programs that help build school gardens. Since 2008, Annie's has funded over 270 gardens, because they believe that gardens help connect kids to real food. The spring 2014 grant application is now open through **June 2, 2014 5PM EST.**

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Name: _____ Date: _____

Fun Food Bingo

I think vegetables are good for me _____	I tried a new vegetable last month _____	I like to eat beets at dinner _____	I eat round vegetables with my friends _____	I have eaten a radish _____
I have eaten squash _____	I have eaten cauliflower _____	I eat vegetables with my family _____	I ate an orange or yellow vegetable yesterday _____	I have met a farmer _____
I have been to a vegetable garden _____	I have eaten spinach _____	FREE SPACE	I have eaten a vegetable that I have grown _____	I have eaten a vegetable with seeds inside _____
I ate a green vegetable yesterday _____	I have helped make a vegetable dish for dinner _____	I have asked my parents to buy my favorite vegetables _____	I have eaten broccoli _____	I have helped grow vegetables _____
I have eaten peppers _____	I have eaten green beans _____	I like to eat red vegetables _____	I like to eat long skinny vegetables _____	I have been to a farm _____

