

FRESH News

November 2012

November signifies the beginning of the holiday season. It is the perfect time to introduce students to the seasonal fruits and vegetables commonly served during these celebratory meals. Cranberries, pumpkins, green beans, butternut squash, yams and apples are components of popular holiday dishes. As a history lesson, it is a great time to educate students on the fruits and vegetables that were served during the first Thanksgiving. The harvest season for a variety of greens and lettuces grown in Arizona begins in November. Consumers from around the country receive these items from the Southwestern region of our state during this time of year. As we reflect on all that we are thankful for, including Arizona's bountiful harvest, it is a perfect time to visit a local farm, pumpkin patch or corn field. As the weather cools, enjoy outside time by incorporating physical activity breaks into the FFVP or try snacking outside. Although November is typically a shorter school month, remember that you are required to serve the FFVP at least two times each school week.



Monthly Crunch

Cranberries



How to Select

- Cranberries should be shiny and bright/dark red
- Often packaged in 12 ounce bags
- Reject discolored or shrunken berries
- Fresh cranberries are firm and will bounce if dropped

How to Store

- Refrigerate cranberries in a tightly sealed bag for up to 2 months
- Remove any rotting cranberries immediately

Nutritional Benefits

- Good source of vitamin C
- Good source of dietary fiber
- Good source of manganese
- Source of polyphenol antioxidants

Green Beans



How to Select

- Green beans should be firm and smooth
- The pod should be bright green in color
- Fresh green beans will snap if bent in half
- The beans should be hidden in the pod

How to Store

- Keep away from sunlight
- Refrigerate in a loose plastic bag

Nutritional Benefits

- Good source of antioxidants
- Good source of carotenoids such as beta-carotene
- Good source of folic acid
- Good source of vitamin C
- Good source of vitamin K

A BITE OF THE SEASON

Cranberry Sauce

Ingredients

- 12 ounces cranberries
- 1 cup white sugar
- 1 cup orange juice

Yield

- 8 – 12 Servings

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

Preparation

- In a medium saucepan, combine sugar and orange juice and dissolve the sugar over medium heat.
- Stir in cranberries and cook until cranberries start to pop.
- Remove from heat and place sauce in a bowl.
- Cranberry sauce will thicken as it cools.



Sesame Green Beans

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon sesame seeds
- 1 pound green beans cut into 2 inch pieces
- ¼ cup chicken broth
- ¼ teaspoon salt
- Black pepper to taste

Yield

- 4 Servings

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

Preparation

- Heat oil in a large skillet or wok over medium heat.
- Add sesame seeds. When seeds start to darken, stir in green beans.
- Cook, stirring frequently until beans turn bright green.
- Pour in chicken broth, salt and pepper. Cover and cook until beans are tender, about 10 minutes.
- Uncover and cook until liquid evaporates.



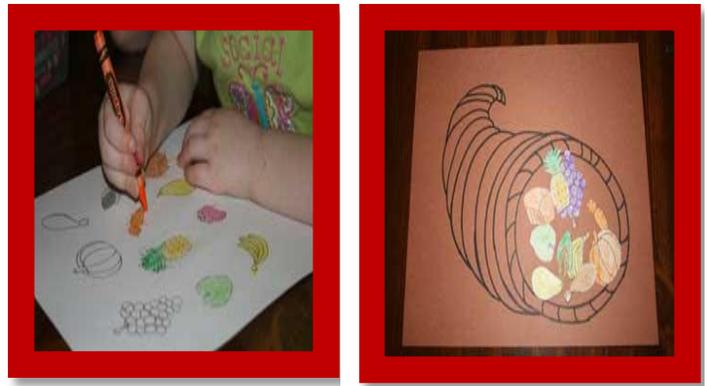
Craft Circle

The cornucopia, often associated with the Thanksgiving holiday, signifies abundance and nourishment with fresh produce, grains, nuts and flowers overflowing from its horn-shaped container.

This November try a craft activity. For example, have the students create a cornucopia. These can be filled with fruits and vegetables using a theme of your choice. Think fall produce or FFVP snacks that students have consumed this year. These activities can be done at school or shared with families to try at home.

These websites and others have seasonal and holiday craft ideas:

www.allkidsnetwork.com
www.artistshelpingchildren.org
www.ehow.com
www.busybeekidscrafts.com
www.freekidscrafts.com
www.familyfun.go.com
www.kidsholidaycrafts.com



Tasty Tidbits

November is...

National Pepper Month!



National Food Days & Weeks in November

1st Week – Fig Week

23rd – Eat a Cranberry Day

Local Produce

Fruits: Granny Smith Apples, White & Red Blush Grapefruit, Lemons, Navel Oranges, Tangelos, Tangerines, Canary, Crenshaw & Casaba Melons, Honeydew, Cantaloupe, Watermelon

Vegetables: Beets, Bok Choy, Broccoli, Red & Green Cabbage, Carrots, Corn, Celery, Varieties of Greens, Cauliflower, Varieties of Greens, Varieties of Lettuce, Kale, Leeks, Green Onions, Red Chili Peppers, Radishes, Spinach, Winter Squashes, Swiss Chard, Tomatoes, Turnips



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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)