



FRESH News

October 2013

October is National Farm to School Month, so Arizona Farm to School is taking over this edition of Fresh News to help you celebrate! There are plenty of opportunities to explore Arizona's agriculture by visiting farmers' markets, U-Pick farms, Community Supported Agriculture Programs, and other agritourism events. Look for opportunities near you by visiting www.arizonagrown.org. Learn more about southern Arizona and incorporating local items into your school meal and snack programs by attending the Southern Arizona Farm Tour with other school food buyers this month on October 28th. Email Arizonafarmtoschool@azed.gov to participate. Make this month a special celebration by inviting a farmer or a local chef to come and talk to your students about Arizona grown fresh fruits and veggies! Have your class write a letter to your local farmer to tell him/her how much they love their Arizona grown pumpkins and squashes. Some of our seasonal produce items are typically cooked prior to eating. As a reminder, schools are allowed to cook fresh vegetables once a week, as long as it is accompanied with a nutrition education lesson.



Monthly Crunch

Grapefruit



How to Select

- Select grapefruit with a thin, smooth, firm blemish-free skin that is heavy for its size

How to Store

- Store grapefruit at room temperature for up to one week or under refrigeration for two to three weeks

Nutritional Benefits

- Fat free; saturated fat free
- Sodium free
- Cholesterol free
- High in Vitamin C and A
- Good source of fiber

Sweet Dumpling

Squash



How to Select

- Choose squash with a smooth, dry rind
- Choose a squash that has deep color and is heavy for its size

How to Store

- Store squash in a dry cool place away from moisture and extreme temperature change
- Dumpling squash can be stored for 3 months

Nutritional Benefits

- Excellent source of vitamin A
- Good source of vitamin C
- Excellent source of fiber



A BITE OF THE SEASON

Pretty in Pink – Grapefruit Smoothie

Makes 2 servings

- 1 cup freshly squeezed pink grapefruit juice
- ½ cup white grapefruit juice (or more pink)
- 1 cup frozen strawberries
- ½ cup ice
- 2 bananas (fresh or frozen)

Blend, pour and garnish with fresh fruit. Sip and smile!



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

Sweet Dumpling Squash Soup

Ingredients

- 2 large dumpling squashes
- ½ large yellow onion, roughly *chopped*
- 4 *garlic cloves*
- *Olive oil, salt & pepper*
- 4 fresh sage leaves
- 1 can (14.5) oz. chicken broth
- ½ cup water
- ¼ tsp. ground cumin
- ¼ tsp. paprika
- ¼ tsp. turmeric
- 1 cup half-and-half
- 8 slices crispy smoked bacon, crumbled

Yields 8 cups

Preparation

1. Preheat oven to 375°F. Cut squashes in half and scoop out seeds. Place squashes on one rimmed baking pan, add onion and garlic on a separate rimmed baking pan. Drizzle everything with olive oil, and season with salt and pepper. Transfer to oven. Roast the garlic and onions until golden brown; remove garlic from skins. Roast squash 60 minutes or until tender. Let squash cool 10 minutes.



2. Scoop squash into a blender. Add broth, water, cumin, paprika, turmeric and roasted onions and garlic cloves. Start on a low speed and gradually increase until smooth. Add half-and-half; blend until well combined for about 4 or 5 minutes. Serve with crispy bacon.

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



In the Spotlight



Chandler Unified School District

Here's a fun service idea! Offer students the opportunity to select their fresh fruits and vegetable from market bins and teach them how to select firm apples with stem free from decay. Offer fun agriculture facts about apples like "Arizona grew 17 million pounds amount of apples in 2010!"

The Spotlight section is here to brag about all of the cool things you do! So tell us, we want to hear from you. 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. We want to feature you in our next issue of Fresh News!

Tasty Tidbits

October is...

National Apple Month

Cranberry Month

National Farm to School Month

www.farmtoschoolmonth.org

National Food Days & Weeks in October:

14th-18th National School Lunch Week

21st Apple Day

24th Food Day

26th Pumpkin Day

31st Halloween

Local Produce in October:

Fruits: Ambrosia, Fuji, Gala, Granny Smith, Golden & Red Delicious Apples; Melons: Cantaloupe, Honeydew, Casaba, Crenshaw, Canary, Watermelon; Dates, Grapefruit, Lemons

Vegetables: Broccoli, Green Cabbage, Carrots, Corn, Iceberg Lettuce, Green Onions, Green & Red Bell Peppers, Chili Peppers, Sumer & Winter Squash, Tomatoes, Pumpkins



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October is National Farm to School Month

Thank a Farmer- write a letter

Write a letter to an Arizona farmer, rancher, or dairyman to thank them for providing food and fiber to us every day. Tell them which fruits and vegetables you like the most and why! To find an Arizona producer near you visit www.fillyourplate.org.

Sample

2245 Arizona Ave.
Yuma, Arizona 85365

October 2, 2004

Dear Farmer Hank,

Our class is visiting the Yuma Conservation Garden. Although, there were many different things to look at, my favorite area was the antique farm machinery. My family and I have driven by the Conservation Garden many times and have often wondered what these odd pieces of history were used for.

There was one piece which peaked my interest and I would like to know what it was used for and what name it was called. Here is what it looked like: [Describe piece of equipment here]

I have wondered often since our visit what this piece of equipment was used for. I believe [predict what the machine was used for].

Yours truly,

For more information on this activity visit:

<http://www.yumaconservationgarden.org/YCG%20Activity%2047.pdf>