

FRESH News

October 2012

October kicks off the autumn season in Arizona, giving FFVP schools the opportunity to serve a variety seasonal produce items. October is a great month to introduce students to winter squashes, pumpkins and apples. Many of these seasonal vegetables are typically cooked prior to eating, so as a reminder, schools are allowed to cook fresh vegetables once per week, as long as the vegetable is accompanied by a nutrition education lesson. The FFVP is a great avenue to taste test fruits and vegetables that you wish to serve in your breakfast and lunch menus. Remember, there are no minimum serving sizes for the FFVP, so it is always a good idea to start with a taster size portion for new items to reduce food waste. In other FFVP news, October begins the start of period two funding, so please ensure that all period one claims have been submitted. As a reminder, FFVP claims are due by the 10th of the month and you have up to 60 days to submit a claim. If you intend to claim for equipment for the FFVP, you must obtain preapproval from ADE.



Monthly Crunch

Granny Smith Apples



How to Select

- Look for apples with firm, rich colored skin
- Select apples with a slight blush
- Avoid apples with bruising, cuts and soft spots

How to Store

- Apples store best in refrigeration for 3-4 weeks
- Can be stored in a cool, dry storage area
- Add lemon or lime juice to apples that have been cut or sliced to reduce browning

Nutritional Benefits

- Good source of fiber
- Good source of antioxidants
- Contains less fructose than red apples
- Good source of vitamin C

Spaghetti Squash



How to Select

- Look for squash with shiny, pale, lemon-yellow skin
- Select squash that are heavy for its size; average weight is 4 pounds
- Avoid eggplants that are overly large

How to Store

- Store uncut squash at room temperature in dry, dimly lit location for up to one month

Nutritional Benefits

- Low in calories
- Low in fat
- Good source of fiber
- Good source of carotenoids

A BITE OF THE SEASON

Caramel Apple Dip

Ingredients

- 8 ounces low-fat cream cheese, softened
- 2/3 cup brown sugar
- 4 ounces crushed walnuts
- 1/2 teaspoon vanilla
- 4 large Granny Smith apples, sliced

Yield

- 4 Servings

Preparation

- Combine cream cheese, vanilla and brown sugar
- Put in serving dish
- Top with walnuts
- Chill
- Use as a dip for apples



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

Spaghetti Squash with Tomato Basil Sauce

Ingredients

- 1 (3-4 lb) spaghetti squash
- Cooking spray
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 (29 oz.) can diced tomatoes
- ½ cup chopped fresh basil, divided
- 6 tablespoons shredded Romano cheese

Yield

- 6 Servings



Preparation

- Preheat oven to 350°F
- Cut squash in half, lengthwise and scoop out seeds
- Place squash halves, cut sides down, on baking sheet with cooking spray
- Bake for 1 hour
- Heat oil in medium saucepan over medium heat
- Add garlic; cook for 3 minutes
- Add tomatoes; bring to simmer
- Cook for 15 minutes
- Remove from heat; stir in 1/3 cup basil
- Cool squash for 10 minutes
- Scrape squash out with a fork
- Place on plates; top with sauce, cheese and remaining basil

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



In The Spotlight



This month we are recognizing a school that incorporated the Halloween holiday into their Fresh Fruit and Vegetable Program during a prior school year. This school decorated the fruit and vegetable cart in a Halloween theme and served Blood Oranges, Horned Melon and Dragon Fruit. What a fun way to incorporate a holiday and try new, exotic fruits! When planning your FFVP menu, be mindful of upcoming holidays, seasonal items and monthly, weekly and daily fruit and vegetable celebrations that may be occurring that month. Take a look at the “Tasty Tidbits” section below for more information.

**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

October is...

Apple Month

Cranberry Month

Farm to School Month



www.FarmtoSchoolMonth.org

National Food Days & Weeks in October

21st- Apple Day

24th – Food Day



26th- Pumpkin Day

10th-14th- National School Lunch Week

Local Produce

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

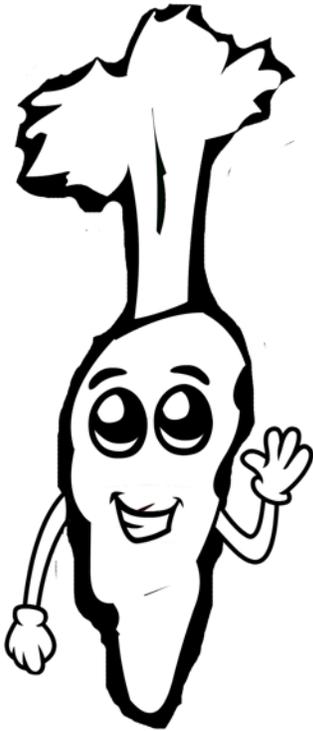
Vegetables: Broccoli, Green Cabbage, Carrots, Corn, Iceberg Lettuce, Green Onions, Green & Red Bell Peppers, Chili Peppers, Summer and Winter Squash, Tomatoes, Pumpkins



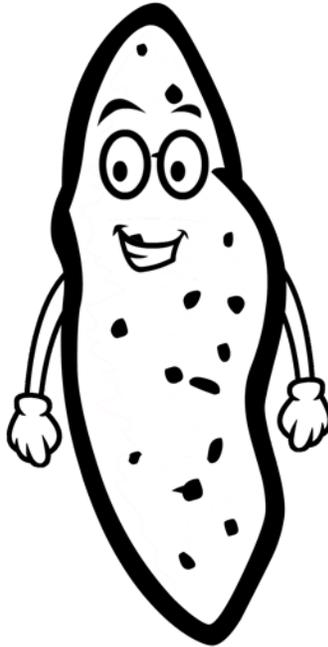
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Yellow and Orange Fruits and Vegetables

Orange and Yellow Fruits and Vegetables give you lots of vitamin A.
Oops, one vegetable that is full of vitamin A but he is not orange has snuck in!
Can you find him?



Hi! I am a Carrot!
I help you see at night!



Hi! I am a Sweet Potato!
I taste sweet to eat!



Hi! I am a mighty Broccoli.
Eat me to be strong like a tree!



Hi! I am a Pumpkin!
I'm a Halloween favorite!



Hi! I am a Banana Squash!
I help you fight infections!



Visit www.ChefSolus.com for free printable worksheets for kids, nutrition education games, healthy eating tips, exercise and healthy goals and food diary and more!

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