



# FRESH News

September 2013

It's September! Vogue Magazine just rolled out their biggest fashion issue of the season. Like Vogue, FFVP is excited to share some of the hottest trends in fresh fruits and vegetables this season! There's no hotter trend than purchasing your fruits and vegetables locally. It's apple season in Arizona! Arizona has a 12.4 billion dollar industry. Offer a tasting of locally grown apples or inviting [Agriculture in the Classroom](#) to come talk to your students about apples can help students to learn where their food comes from. Some studies have shown that students are more likely to consume fresh and healthy foods like fresh fruits and vegetables when they are exposed to additional information about those foods. Talk to your fresh produce distributor or visit [FillYourPlate.org](#) to find local apples from local producers near you. Bon Appetit Magazine recently named grapefruit and beets as two of the top flavor trends in food this year. Try variations of grapefruit or beets in FFVP this month. Another fabulous trend is to purchase produce that is in season. If you want to know more about Arizona's seasonality visit [www.arizonagrown.org](#) to learn more and to plan your FFVP menus accordingly.



## Monthly Crunch

### Apples



#### How to Select

- Fresh apples should be firm to the touch and have evenly distributed color
- Be sure to look at apple stems for signs of decay from the core of the apple

#### How to Store

- Fresh whole apples at 32 °F with a relative humidity of 90% and air circulation can last up to 3 months
- Stored in a typical refrigerator under 41 °F apples can last up to 20 days

#### Nutritional Benefits

- Excellent source of vitamin C (immune booster)
- Excellent source of fiber, (cholesterol reducer)
- Rich source of the antioxidant, quercetin (linked to better lung function)

### Peppers



#### How to Select

- Peppers should be firm
- Regardless of color or variety, look for wrinkle-free, shiny skin that is free from blemishes
- Red peppers are simply mature green peppers; yellow and orange are sweeter varieties

#### How to Store

- Refrigerate peppers unwashed in a plastic bag
- Fresh peppers should be stored at 41°F or below in a dry climate (crisper drawer)

#### Nutritional Benefits

- Excellent source of vitamin C, A, and B6
- Good source of dietary fiber and folate
- Jam packed full of various anti-oxidants (protects against free radicals)

# A BITE OF THE SEASON

## Celery, Apple, and Fennel Slaw

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar
- 1 ½ tablespoons coarsely chopped fresh tarragon (optional)
- Add red pepper flakes for some spice (optional)
- 2 teaspoons of lemon juice
- 3 stalks, thinly sliced diagonally, plus ¼ cup loosely packed celery leaves
- 2 small fennel bulbs, thinly sliced crosswise, plus 1 tablespoon chopped fennel fronds
- 1 firm, crisp apple (such as Pink Lady, Gala, or Granny Smith), julienned
- Kosher salt and freshly ground black pepper to taste



### Preparation

Wisk first 5 ingredients in a medium bowl, add celery leaves, thinly sliced fennel and chopped fennel fronds, and apple. Toss to coat.

**Yield:** Makes 4 to 6 servings

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

## Pickled Peppers

### Ingredients

- 4 quarts long red, green, or yellow peppers (Hungarian, Banana or others varieties)
- 1 ½ cups canning salt
- 4 ½ quarts water, divided
- ¼ cup sugar
- 2 tablespoons prepared horseradish
- 2 cloves garlic
- 2 ½ quarts vinegar

### Preparation

- Cut two small slits in each pepper. Dissolve salt in 4 quarts water. Pour over peppers and let stand for 12 to 18 hours in a cool place. Drain; rinse and drain thoroughly. Combine 2 cups water and remaining ingredients in a large saucepan. Simmer 15 minutes. Discard garlic. Bring pickling liquid to a boil. Pack peppers into hot jars, leaving 3/4- inch headspace. Remove air bubbles. Adjust two-pieces lids. Process half-pints and pints 10 minutes in a boiling water canner.  
**Note:** When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.



**Yields** 16 half-pints or 8 pints

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



# In the Spotlight



**We want YOUR FFVP Story for Fresh News! Tell us your story today!**

Arizona Farm to School high-jacked the September issues of Fresh News to ramp up our excitement for October, National Farm to School Month. We hope that you will celebrate Arizona grown fresh fruits and vegetables all month long and if you need help locating these items, reach out to us! 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](mailto: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 October issue of Fresh News!

## Tasty Tidbits

### September is...

National Apple Month



National Mushroom Month

National Potato Month

National Organic Harvest Month

### National Food Days & Weeks in September:

4<sup>th</sup> - [Bring your] Teachers [a apple] Day!

7<sup>th</sup> – Acorn Squash Day

22<sup>nd</sup> Autumn Begins

26<sup>th</sup> Johnny Appleseed's Birthday

### Local Produce in September:

**Fruits:** Ambrosia, Fuji, Gala, Granny Smith, Golden & Red Delicious Apples, Dates, Grapefruit, Lemons, Cantaloupe, Honeydew, Watermelon

**Vegetables:** Green Cabbage, Carrots, Corn, Daikon, Sweet Onions, Green & Red & Bell Peppers, Chili Peppers, Winter Squashes, Pumpkin, Tomatoes



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Name: \_\_\_\_\_ Date: \_\_\_\_\_

## **“Peter Piper”**

**Directions:** Peter Piper is a “tongue twister.” It is hard to say it fast. Writing this way is called alliteration. Alliteration uses the same beginning sound over and over. Write a sentence or a whole poem using alliteration. For example: Silly Sammy Snake slid . . . Illustrate your tongue twisting alliteration.