

# FRESH News

September 2012

Most schools are in full swing by the time September rolls around. With the new meal pattern in focus, foodservice staff members are busier than ever implementing these requirements. Thankfully, the increased servings of fruits and vegetables and different vegetable subgroups in your school lunches are not as challenging for FFVP schools. FFVP schools have the advantage of exposing students to a wide variety of produce items and this makes students more apt to try new foods. Use the snacks served in the FFVP as an opportunity to introduce students to new fruits and vegetables that you intend to serve in your school meals. Take surveys and try taste-testing items to gain valuable feedback from your customers. To kickoff the new school year, schools across the state are promoting their FFVP in big ways. In this issue, you will learn how one outstanding school district in Arizona started off the new school year with a bang in the "In the Spotlight" feature. September is a plentiful month for fresh, local produce so check out the list of produce items currently in season and work with your local farmer for items to serve in your FFVP.



## Monthly Crunch

### Pomegranate



#### How to Select

- Select pomegranates that are heavy for their size
- Look for deeply colored fruit

#### How to Store

- Refrigerate pomegranates up to 4 weeks
- Seeds can also be frozen in a tightly sealed bag

#### Nutritional Benefits

- Good source of soluble and insoluble fiber
- Good source of antioxidants
- Good source of vitamin C
- Good source of B vitamins
- Good source of calcium and potassium
- Cholesterol and saturated fat free

### Eggplant



#### How to Select

- Look for eggplant with firm, shiny skin
- Select eggplants that are heavy for their size
- Avoid eggplants that are spongy, have brown spots or mold on the caps

#### How to Store

- Best stored at room temperature and served immediately
- Refrigerate eggplants in perforated plastic bag up to 2 days

#### Nutritional Benefits

- Good source of antioxidants
- Good source of B vitamins
- Good source of manganese and potassium

# A BITE OF THE SEASON

## Pomegranate Vanilla Parfait

### Ingredients

- ½ cup pomegranate seeds
- 6 ounces of low-fat, vanilla yogurt
- ½ cup granola

### Yield

- 2 Parfaits

### Preparation

- Layer a spoonful of pomegranate seeds, the yogurt and granola
- Repeat layers



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

## Tasty Tic-Tac-Toe Eggplant

### Ingredients

- 1 peeled eggplant cut lengthwise into strips
- 1 egg
- ¼ cup low-fat milk
- Bread crumbs
- Cherry tomatoes
- Broccoli

### Yield

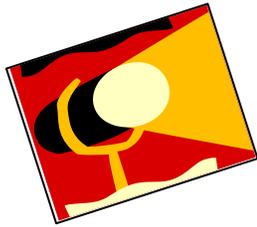
- 2-3 Servings

### Preparation

- Preheat oven to 400°F
- Mix milk and egg in large bowl
- Toss eggplant in milk and egg mixture and coat with breadcrumbs
- Bake for 20 minutes
- Arrange strips in tic-tac-toe board
- Use tomatoes and broccoli to play tic-tac-toe!



\*Find this recipe and others at <http://www.parents.com/recipes/>



# In The Spotlight



This month we are recognizing two schools in the Balsz Elementary District: Balsz School and Brunson-Lee Elementary School located in Phoenix! These schools serve the FFVP snack in the cafeteria using their salad bar twice per week. In addition to receiving the FFVP grant, these schools have recently been honored with the USDA *HealthierUS* School Challenge silver award for their outstanding nutrition and physical education programs. To celebrate, these schools held assemblies at the beginning of the school year in which they also incorporated a kickoff event for the FFVP. Their community partner, the Arizona Dairy Council, played a key role to ensure these events were successful by providing milk and string cheese donated by Shamrock Farms. To promote the FFVP, cafeteria staff created an “alphabet bar” which included a variety of fresh fruits and vegetables for the students to try with fact sheets about each produce item. As a physical activity piece, the students danced to the “Cha-Cha Slide” with some help from former Arizona Cardinals, Andre Wadsworth and John Fina. Congratulations on receiving the USDA *HealthierUS* School Challenge award and for successfully implementing the FFVP!

\*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.

## Tasty Tidbits

### September is...

Fruits and Veggies –  
More Matters Month  
National Mushroom  
Month  
National Papaya Month  
National Potato Month

### September 7<sup>th</sup> is National Acorn Squash Day!



### Local Produce

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

Vegetables: Green Beans, Green Cabbage, Carrots, Corn, Green Onions, Green & Red Bell Peppers, Chili Peppers, Summer & Winter Squash, Tomatoes, Pumpkins



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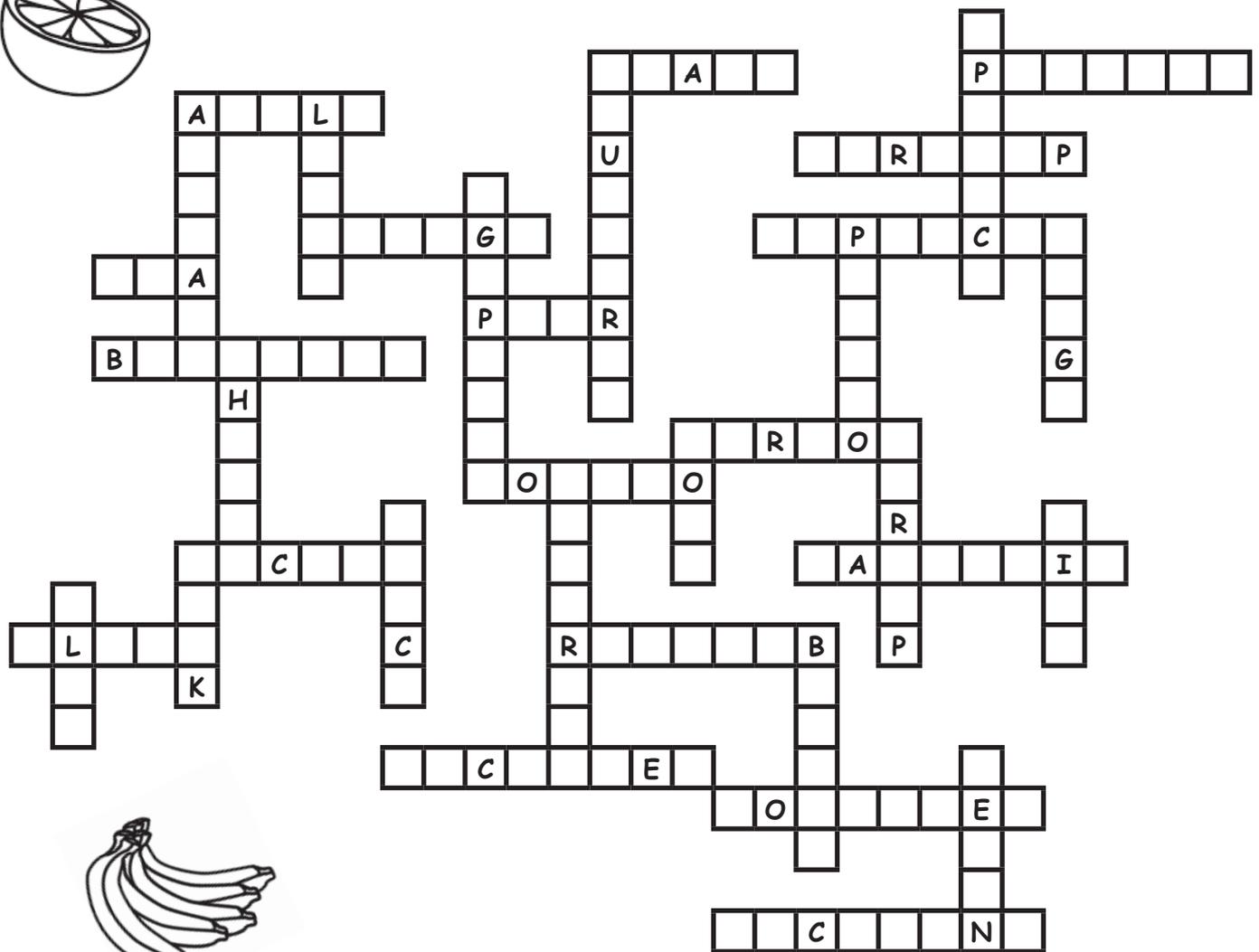
# Fresh for Kids

www.freshforkids.com.au

# Fruit & Veg Word Boxes

How well do you know your fruit and veggies?

Help Captain Capsicum fill in the cross word with the words printed on the bottom.



Apple  
Avocado  
Banana  
Beans  
Blueberry  
Broccoli  
Capsicum  
Carrot  
Cherry

Corn  
Cucumber  
Eggplant  
Honeydew  
Leek  
Lemon  
Lime  
Lychee  
Mandarin

Mango  
Melon  
Mushroom  
Olive  
Orange  
Parsnip  
Pea  
Peach  
Pear

Plum  
Potato  
Pumpkin  
Rhubarb  
Spinach  
Tomato  
Turnip  
Zucchini

