



FRESH News

February, 15'

March, 15'

April, 15'

"February is American Heart Month"

Cardiovascular disease—including heart disease and stroke—is the leading cause of death in the United States. Americans suffer 1.5 million heart attacks and strokes each year. Every day, 2,200 people die from cardiovascular diseases—that's nearly 800,000 Americans each year, or 1 in every 3 deaths. Heart disease and stroke are among the leading causes of disability in the United States, with more than 3 million people reporting disability from these causes. Heart disease and stroke can be fatal, but they can also result in serious illness, disability, and decreased quality of life. Following a heart attack, individuals frequently suffer fatigue and depression. Also, they may find it more difficult to engage in physical activities.

Below are a few tips for preventing heart disease:

- **Eat a healthy diet:** Choose healthy meal and snack options like fresh fruits and vegetables. They are high in fiber, which can help lower cholesterol. Eating foods low in saturated fat and cholesterol can also prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- **Maintain a healthy weight:** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the **body mass index (BMI)**. Doctors may also use waist and hip measurements to measure a person's excess body fat.
- **Exercise regularly:** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.

You can find this info and more at <http://www.cdc.gov/features/heartmonth/>

Quarterly Crunch

Oranges



How to Select

- Choose oranges that are smooth skinned, deep orange in color, heavy for their weight and free from blemishes.
- Select oranges that have relatively small navels (the end of the fruit). Larger navels can indicate the orange was overripe when picked.

How to Store

- Oranges will store at room temperature for about 1 week, but they last up to 3 weeks in the refrigerator.

Nutrition Benefits

- Great source of vitamin C
- Great source of dietary fiber
- Cholesterol free
- Sodium free

Lemons



How to Select

- Choose lemons that are heavy in size with firm, thin, smooth skin.

How to Store

- Refrigerate lemons for up to 2 weeks.

Nutrition Benefits

- Fat free
- Sodium free
- Cholesterol free
- Low calorie
- High in Vitamin C

Artichokes



How to Select

- Choose plump artichoke heads that are heavy in size with tightly closed leaves.
- Pull back one leaf to check heart for black blemishes.
- During the winter, a white blistered or bronze appearance does not affect quality.

How to Store

- Refrigerate artichokes in plastic bag up to 1 week.
- Keep dry to prevent mold growth.

Nutrition Benefits

- Good source of dietary fiber
- Good source of vitamin C
- Good source of folate
- Good source of magnesium

Broccoli



How to Select

- Choose broccoli with tight, green florets and firm stalks.
- Broccoli should feel heavy for its size and the cut ends of the stalks should be moist looking.

How to Store

- Store broccoli unwashed in an open plastic bag in the refrigerator for up to 10 days.

Nutrition Benefits

- Excellent source of vitamin A, C, and K
- Excellent source of dietary fiber
- Good source of potassium and folate
- Good source of iron and zinc

Radishes



How to Select

- Select smooth, brightly colored, medium sized radishes.

How to Store

- Refrigerate radishes in plastic bag for use within 1 week. Remove tops before storing.

Nutrition Benefits

- Fat free
- Sodium free
- Cholesterol free
- High in vitamins A, C, and K
- Good source of folate, riboflavin, and potassium

Carrots



How to Select

- Select carrots with their tops on because the greens are delicate and will show their age.
- Select carrots by their intensity of deep color. The pigment fades with time revealing the quality of the carrot.

How to Store

- For best quality, store carrots in a plastic bag in the refrigerator for two weeks.
- Remove the tops of the carrots, as the greens will pull moisture from the roots.

Nutrition Benefits

- Good source of vitamin A and beta-carotene
- Good source of antioxidants

A BITE OF THE SEASON

Crab and Artichoke Tarts



Ingredients

- 10 ounces lump crabmeat
- 6 ounces canned artichoke hearts, drained and chopped
- 1 red bell pepper, finely chopped
- ¼ cup cream cheese, softened
- ¼ cup grated Parmesan cheese
- 3 green onions, finely chopped
- 3 tablespoons all-purpose flour
- 1 pinch garlic powder, or to taste
- 8 (4 inch) frozen tart shells, thawed

Preparation

- Preheat oven to 325 degrees Fahrenheit.
- Combine crabmeat, artichoke hearts, red bell pepper, cream cheese, Parmesan cheese, green onions, flour, and garlic powder together in a bowl.
- Spoon crabmeat mixture evenly into tart shells. Placed filled shells on a baking sheet.
- Bake in preheated oven until tart is golden and filling is bubbling, 45 minutes to 1 hour.

Yield
8 servings

Find this recipe and others at
www.allrecipes.com

Delightful Carrot Salad



Ingredients

- 8 carrots, washed
- 2 tablespoons lemon juice
- 1 tablespoon vegetable oil
- 1 tablespoon low sodium soy sauce
- 1 teaspoon ginger, finely grated
- 1 teaspoon sugar
- ¼ teaspoon red pepper flakes
- 1/3 cup cilantro chopped
- 3 cups (about 1 bunch) chopped fresh spinach
- ¼ thinly sliced, small red onion

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetables before preparing.
- Peel carrots and cut into thin slices.
- Bring a large pot of water to a boil over high heat. Add sliced carrots and cook until just tender, about 2 minutes.
- When carrots are done, drain and transfer to a large bowl.
- In a small bowl, mix lemon juice, oil, low sodium soy sauce, ginger, sugar, and red pepper flakes. Pour mixture over carrots.
- Add cilantro, spinach and onion into carrots and toss until everything is coated.
- Chill for at least 30 minutes before serving.
- Serve cold.

Yield
6 servings, approximately 1 cup each

Find this recipe and others at <http://www.eatwellbewell.org>

Orange-Walnut Salad with Chicken



Ingredients

- 1/3 cup walnut oil
- 1/3 cup orange juice
- 1 orange, cut into segments
- 1 tablespoon red-wine vinegar
- 1 clove garlic, minced
- 1 teaspoon freshly grated orange zest
- 1 teaspoon reduced-sodium soy sauce
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 cups mixed greens
- ½ cup diced or shredded cooked chicken breast
- 2 tablespoons crumbled goat cheese
- 2 tablespoons toasted walnuts

Preparation

- Place oil, orange juice, vinegar, garlic, orange zest, soy sauce, salt and pepper in a bowl or a jar with a tight-fitting lid; whisk or shake until well combined.
- Place greens in an individual salad bowl; toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with chicken, orange segments, goat cheese and walnuts.
- Tip & Note: To toast whole nuts, spread on baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Yield: 1 serving

Find this recipe and others at www.eatingwell.com

Lemon Soup



Ingredients

- 1 (48 fluid ounce) can chicken broth
- 2 egg yolks
- 2 egg whites
- 1 lemon, juiced
- Salt and pepper to taste
- 1 cup uncooked orzo pasta

Yield
8 servings

Preparation

- Pour chicken broth into a large pot, and bring to a boil. Add orzo pasta, and simmer for 10 minutes, until tender.
- In a medium glass or metal bowl, whip egg whites to medium stiff peaks. Stir in egg yolks and lemon juice. When the pasta has finished cooking, gradually ladle about 1 cup of the soup into the egg mixture while stirring gently.
- This process will heat up the eggs so they will not be shocked by the boiling liquid.
- Pour the egg mixture into the soup pot, and stir until well blended. Season with salt and pepper, and serve immediately.

Find this recipe and others at www.allrecipes.com

In the Spotlight

The School Food Team would like to recognize the **Bullhead City Elementary School District** for their continued excellence in the Fresh Fruit and Vegetable Program!



Bullhead City Elementary School District has been awarded a nutrition grant through the Arizona Nutrition Network. A portion of the \$190,000 grant goes toward sponsoring an after school Nutrition Club and Gardening Club at each of the six schools. The Nutrition Club goes hand-in-hand with the Fresh Fruit and Vegetable Program at Coyote Canyon.



Coyote Canyon Nutrition Club participants learn how to make healthy choices in their lives. They use MyPlate to help identify nutritious eating habits and discuss small food substitutions. Along with eating right, they talk about the positive effects of exercising. They begin each Nutrition Club with two laps around the playground area on campus; after their laps, they write down their times to see if their bodies are getting stronger. Their favorite day in Nutrition Club is food day. After each unit is completed, they make a delightful treat to satisfy their taste buds and nourish their bodies. They also learn about the nutritional value of the foods and how to make healthy informed choices about diet and exercise.

**To nominate a school for the monthly "In the Spotlight" feature, please email FFVP@azed.gov providing 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

February is...

Grapefruit Month



National Food Days in February:

2nd Kiwi Day
17th National Cabbage Day

Local Produce in February:

Fruits: Grapefruit, Lemon, Canary Melon, Blood Orange, Navel Orange, Mandarin Orange, Orlando Tangelo

Vegetables: Artichoke, Arugula, Asparagus, Bean Sprout, Beet, Bok Choy, Broccoli, Brussel Sprout, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Collard Green, Mustard Green, Kale, Lettuce, Green Onion, Radish, Spinach, Tomatoe, Turnip

March is...

Quinoa Month



National Food Days in March:

25th Pecan Day
26th Spinach Day

Local Produce in March:

Fruits: Grapefruit, Lemon, Canary Melon, Mandarin Orange, Sweet Orange, Valencia Orange

Vegetables: Artichoke, Arugula, Asparagus, Bean Sprout, Beet, Bok Choy, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Beet Green, Mustard Green, Kale, Lettuce, Napa Cabbage, Green Onion, Radicchio, Radish, Spinach, Swiss Chard

April is...

Global Child Nutrition Month



National Food Days in April:

16th Mushroom Day
19th National Garlic Day

Local Produce in April:

Fruits: Canary Melon, Grapefruit, Valencia Orange

Vegetables: Artichoke, Arugula, Asparagus, Bean Sprout, Cabbage, Carrot, Cauliflower, Cucumber, Beet Green, Collard Green, Mustard Green, Turnip Green, Kale, Lettuce, Sweet Onion (Dry), Green Onion, Red Potatoe, Radish, Swiss Chard, Tomatoe, Turnip

Garden NEWS



Who's in the garden?

Last fall, Rover Elementary School of the Tempe School District became one of the first school gardens to become food safety certified in Maricopa County. This certification allows the school to serve garden fresh produce in the cafeteria. Through a partnership between Rover Elementary's garden coordinator, Deb Wakefield, and the District's Child Nutrition Director, Linda Rider, the central kitchen staff can collect the garden's harvest and bring it back to the central kitchen to wash and prep for side salads. Since their certification, Rover Elementary Garden Side Salads have been offered twice on the menu.

School gardens are a great way to incorporate more nutrition education into your Fresh Fruit and Vegetable Program. [Research](#) shows that students who participate in the growing, harvesting and cooking of their own food will likely consume more than students not exposed to this process. We encourage you to plant something local this year to try with your students. Be sure to start prepping your soil for a fall garden in August or September. For those of you up north, enjoy your August and September harvests. Plant on Arizona!

Resources for Educators

USDA Farm to School Grant

Watch for the USDA Farm to School Grant for those interested in starting or expanding their gardening program. The goal of this grant is to improve access to local foods in eligible schools. Farm to school programs improve access to local food through building gardening initiatives, farm field trips or encouraging food service to buy locally grown or raised products as often as possible. For more information about the USDA Farm to School Program and their Grant, please visit their website at www.fns.usda.gov

Arizona Garden for Learning Guide

This resource is a collection of best practices compiled from Western Growers Foundation garden grant awardees. Learn from other Arizona School Gardens about finding supplies, funding, volunteer support, linking gardens to curriculum and how to promote healthy living.

Learn more at www.csgn.org/arizona

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St. Patrick's Day Word Search Puzzle

Word List

SAINT
PATRICK
IRISH
BLARNEY
BLESSING
EMERALD
LEPRECHAUN
GOLD
GREEN
IRELAND
LIMERICK
MAGIC
PARADE
RAINBOW
SHAMROCK
LUCKY
WISH
FAIRY
MARCH
PARTY
CLOVER
POT
SNAKES

O R L E P R E C H A U N I A P
U S P T L S W W P O T Y U W V
J P A R I H U B C N S A I N T
L A T A M A H L S S F A I R Y
B R R I E M C E I R E L A N D
L T I N R R L S P P A R A D E
C Y C B I O O S S N A K E S A
P M K O C C V I U Z B N K B M
L L X W K K E N J V L P O C U
L E P Z P A R G T U A I H T O
U A N K M A G I C U R W R D L
C W I S H T R K B A N C U X K
K E C V M G R E E N E G O L D
Y V E M E R A L D R Y T A I B
C U X M A R C H Y I R I S H V

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!



Stained glass Easter window decorations

By [Belinda Graham](#) |



If [blown eggs](#) hanging off an [Easter tree](#) aren't your thing, decorate your windows with this Easter craft instead. These faux stained-glass decorations look great Blu-Tacked to the window and even better hung at different heights in different sizes. The light should let in a rainbow of color at certain times too.

What you need:

- thin white cardboard (A4 paper is also fine, just not as sturdy)
- scissors
- a scalpel
- craft punches (optional)
- cellophane sheets in different colors
- glue
- also required: a cutting mat or chopping board

Activity:

Step 1. Collect all the tools and supplies needed to make your stained glass Easter window decorations.

Step 2. Fold the cardboard over and cut out an Easter egg shape so you have two eggs exactly the same that are joined by a thin spine.

Step 3. Keeping the egg shapes folded, use the scalpel and craft punches to create various shapes that will be "colored" by the cellophane. If the scalpel doesn't cut through both sheets entirely, keep them together and use the first one as a stencil to cut through the second one. This part of the Easter craft is mum or dad only!

Step 4. Cut the cellophane into various shapes and sizes: strips, squares, circles, etc.

Step 5. Separate the two cardboard eggs by opening them out like you would a book and using the scissors to cut the joining spine (you may need to round the edges where the joined spine was so to get a proper egg shape). Set one aside and have your child apply glue on one side of the cardboard egg.

Step 6. Let your child stick on the colorful cellophane however they wish over the egg shape. Don't worry if the cellophane goes beyond the shape of the egg as you can fix that later.

Step 7. Now glue the other cardboard egg shape to the cellophane egg shape.

Step 8. Press both sheets together and smooth over with your hand.

Step 9. Trim around the outside of the stained glass egg, cutting off any excess cellophane. Hang with Blu-Tack or punch a hole in the top and hang from a curtain rod in front of a window with string or fishing line.



Stained glass
Easter window
decorations

www.kidspot.com.au

FRUIT COLOR-BY-NUMBER

1	GREEN	4	RED
2	YELLOW	5	ORANGE
3	BROWN	6	PURPLE

