FRESH News

May, '15
June, '15
July, '15

May is National High Blood Pressure Education Month

Reducing high blood pressure can lower your risk for a stroke or heart attack; less is better in some things, including blood pressure. Approximately 1 in 3 US adults—67 million people—have high blood pressure. High blood pressure makes your heart work too hard and increases your risk of heart disease and stroke. You can have high blood pressure and not know it, which is why it is called the silent killer. It is important to have your blood pressure checked. If you know family or friends who haven't had their blood pressure checked recently, make it a point to ask them in May, which is National High Blood Pressure Education Month. Checking your blood pressure is easy and painless. It can be checked by your doctor, and many pharmacies have free screenings.

Blood pressure is the force of blood on the walls of your blood vessels as blood flows through. This pressure naturally rises and falls during the day, but when it is consistently too high, it is considered high blood pressure. The medical term is hypertension. Similar to the pipes in your house, your arteries can fail if they are under too much pressure. The video, "High Blood Pressure Basics," illustrates the concept of high blood pressure. More than 360,000 American deaths in 2010 included high blood pressure as a primary or contributing cause; that's 1,000 deaths each day. Blood pressure has two numbers, systolic and diastolic, measured in millimeters of mercury (mmHg). Systolic pressure (the top number) is the force on the blood vessel walls when the heart beats and pumps blood out of the heart. Diastolic pressure (the bottom number) is the force that occurs when the heart relaxes in between beats. If your blood pressure is less than 120 systolic and less than 80 diastolic, then your blood pressure is normal; between 120 and 139 systolic and 80–89 diastolic, you have prehypertension. Systolic of 140 or greater, or diastolic that is 90 or greater, is hypertension.

You can find this info and more at http://www.cdc.gov/Features/HighBloodPressure/

Quarterly Crunch

Apricots

How to Select

- Look for apricots that have a golden color and are firm to the touch.

How to Store

- Ripen apricots in paper bag at room temperature for 2 to 3 days. Unripe apricots can be stored at room temperature up to 5 days.
- Refrigerate ripe apricots in a sealed container up to one week. (Be sure they are ripened first, as they will not ripen in the refrigerator.)

Nutrition Benefits

- Great source of vitamins A and C
- Great source of minerals such as: potassium, iron, zinc, calcium and manganese

Asparagus

How to Select

- Select firm, straight, smooth, rich green stalks with tightly closed tips.

How to Store

- Refrigerate asparagus for up to 4 days.

Nutrition Benefits

- Great source of vitamins C, E, and K
- Great source of beta-carotene, thiamin, riboflavin, niacin, folic acid, iron, phosphorus, copper, potassium, selenium and manganese
- Very rich in dietary fiber

Cherries

How to Select

- Cherries should be plump, firm, uniformly and richly colored with shiny skin.
- Cherry stems should be green, which indicates freshness.

How to Store

- Refrigerate cherries for up to a week after purchase.

Nutrition Benefits

- Good source of potassium, magnesium, iron, folate, melatonin, and anthocyanins
- Excellent source of vitamin A, C, and E

Zucchini

How to Select

- Zucchini should be firm and free of nicks and cuts. Really fresh zucchini will bristle with tiny hairs.

How to Store

- Store zucchini unwashed in an open plastic bag in the refrigerator for up to 5 days.

Nutrition Benefits

- Excellent source of vitamin A and C
- Good source of thiamin, pyridoxine, riboflavin, iron, manganese, phosphorus, zinc, and potassium

Plums

How to Select

- Select richly colored plums with no brown spots.
- Plums should yield slightly when squeezed.

How to Store

- Refrigerate plums for up to 5 days.

Nutrition Benefits

- Good source of vitamin A and C
- Good source of potassium, fluoride, iron, niacin, folate, magnesium, and zinc

Sweet Corn

How to Select

- Squeeze the ear to feel whether the kernels are closely spaced, firm, and round.
- Look for grassy green, tightly wrapped husks.

How to Store

- Refrigerate ears unshucked in a bag.
- Corn is best within 24 hours of purchasing, though it will last three days.

Nutrition Benefits

- Good source of thiamin, niacin, pantothenic acid, folate, riboflavin, pyridoxine, zinc, magnesium, copper, iron, and manganese.

A BITE OF THE SEASON

Grilled Zucchini Pizza

Ingredients

- 1 large zucchini
- ½ cup butter, melted
- 3 cloves crushed garlic
- ½ cup mozzarella cheese
- ½ (14 ounce) can pizza sauce

Yield
10 servings

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetable before preparing.
- Slice the zucchini into thick rounds. Combine the melted butter and crushed garlic in a small bowl. Set aside.
- Lay your zucchini slices on the grill. Let cook for three minutes covered then turn over and brush the butter/garlic mixture on each slice. Cook for three more minutes covered and turn over to brush the other side with the garlic and butter.
- Cover the slices with pizza sauce and cheese and let cook until the cheese begins to melt.

Find this recipe and others at www.allrecipes.com

No Guilt Asparagus Guacamole

Ingredients

- 10 trimmed asparagus stalks, fresh
- ¼ teaspoon garlic powder
- 2 teaspoons lime juice (lemon juice may be substituted)
- 2 tablespoons canned green chili peppers, drained and chopped
- 1 tablespoon chopped onion
- 2 teaspoons tomato paste
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- ¼ teaspoon ground cumin

Yield
4 servings

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetables and fruit before preparing.
- Cook asparagus. Drain well. Pat dry with paper towel and place in a blender.
- Add remaining ingredients. Blend until smooth. Dip will become less thick upon standing and will need to be stirred.
- Serve with crackers, pita chips, or tortilla chips.

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

Black Bean and Corn Pitas

Ingredients

- 1 can (15oz.) low-sodium black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 cup fresh tomato
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- 1/8 teaspoon cayenne pepper
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- 1/3 cup shredded part-skim mozzarella cheese

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetables before preparing.
- In a medium bowl, combine, beans, corn, tomatoes, avocado, and garlic.
- Add parsley, cayenne pepper, lemon juice, and chili powder.
- Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half. Top with cheese and serve.

Yield: 4 serving ½ pita each

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

Cherry-Almond Farro Salad

Ingredients

- 1 cup farro, rinsed
- 2 cups water
- ½ teaspoon salt
- ¼ cup white balsamic vinegar
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon fresh ground pepper
- 2 cups sweet cherries, pitted and halved
- ½ cup diced feta cheese
- ¼ cup slivered almonds, toasted
- 3 tablespoons finely diced red onion
- 2 tablespoons chopped fresh mint

Preparation

- Wash hands with warm water and soap.
- Wash fresh vegetable and fruit before preparing.
- Combine farro, water and ¼ teaspoon salt in a medium saucepan. Bring to a boil over high heat.
- Reduce heat to maintain a gentle simmer, cover and cook until the farro is tender, 20 to 30 minutes. Drain any remaining liquid and fluff with a fork. Spread the farro out on a large rimmed baking sheet to cool for 10 minutes.
- Meanwhile, whisk vinegar, oil, pepper, and the remaining ¼ teaspoon salt in a large bowl. Add cherries, feta cheese, almonds, onion, mint and the farro.
- Gently stir to combine and serve.

Yield
3 servings

Find this recipe and others at
www.eatingwell.com

In the Spotlight

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

The Roosevelt School District is doing some exciting things with microgreens. They have partnered with a local microgreen grower who leases space in the greenhouse located at Brooks Community School. "On a small scale," it's a farm to school concept. In February, they served broccoli microgreens and in March they served radish microgreens. Lastly in April, they served pea shoots and popcorn shoots. Each time they serve microgreens, the growers visit a few classrooms at some of the FFVP schools to explain what microgreens are, how they are grown, and some nutrition information about them. Roosevelt School District has created a video that is used for nutrition education lesson each time they serve the microgreens. The video is located at this link: http://www.teachertube.com/video/arizona-microgreens-370942. The School Food Team would like to thank the Roosevelt School District and Jennifer Gordon for sharing their unique growing process with microgreens.

**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

May is…

Salad Month

National Food Days in May:

2nd Kiwi Day
17th National Cabbage Day

Local Produce in May:

Fruits: Apricot, Grapefruit, Grape, Cantaloupe, Canary Melon, Watermelon, Valencia Orange, Peach

Vegetables: Artichoke, Asparagus, Green Bean, Cabbage, Carrot, Sweet Corn, Cucumber, Sweet Onion, Green Onion, Radishes, Tomato

June is…

National Fruits and Veggies Month

National Food Days in June:

17th Eat Your Vegetables Day

Local Produce in June:

Fruits: Apricot, Cherry, Grapefruit, Grape, Canary Melon, Cantaloupe, Casaba Melon, Honeydew, Watermelon, Peach, Plum, Valencia Orange

Vegetables: Green Bean, Bean Sprout, Carrot, Sweet Corn, Cucumber, Sweet Onion, Parsnip, Summer Squash, Zucchini, Tomato

July is…

National Blueberry Month

National Food Days in July:

16th Cherry Day

Local Produce in July:

Fruits: Grapefruit, Grape, Canary Melon, Crenshaw Melon, Honeydew, Santa Claus Melon, Watermelon, Valencia Orange, Plum

Vegetables: Cabbage, Carrot, Sweet Corn, Cucumber, Sweet Onion, Bell Pepper, Summer Squash, Zucchini, Tomato

FRESH FRUIT & VEGETABLE PROGRAM

Michael Soto, FFVP Specialist
(602) 542-8704
michael.soto@azed.gov

Garden NEWS

Who's in the garden?

In March, STAR School, a charter school 25 miles north of Flagstaff, celebrated their first school garden harvest since their ADHS certification. Younger students harvested a variety of lettuces for use in a traditional lunch of mutton, carrot salad served over a bed of garden-grown lettuce, orange slices, and apples. Older students worked with Foodservice Director, Louva Montour to wash the lettuce prepared for lunch that day. The celebration was complete with a special performance from the kindergarten class of native dances for guests in attendance that day. Partnerships with FoodCorpsAZ helped to make this garden program so expansive in a short period of time. For more information about the gardens and conservation projects at STAR School visit http://www.starschool.org/.

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

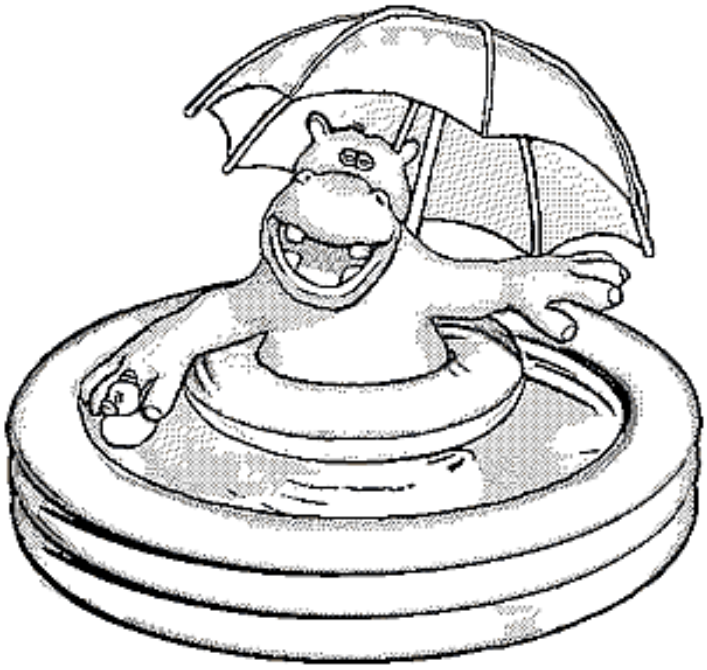
Watch for the USDA Farm to School Grant for those interested in starting or expanding their gardening program. The goal of this grant is to improve access to local foods in eligible schools. Farm to school programs improve access to local food through building gardening initiatives, farm field trips 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 opportunity, 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.

Ashley Schimke, Farm to School and School Garden Specialist
Phone: (602) 364-2282 Email: Ashley.Schimke@azed.gov



HOT SUMMER DAYS

Use the word list to find and circle all of the words in the puzzle that have a 'Hot Summer Days' theme.

Word List

BARE FEET
BEACH
BOAT
FLIP FLOPS
FLOWERS
ICE CREAM
LEMONADE
POOL
STRAWBERRIES
SUMMER
SUNSCREEN
SUNSHINE
SWIMMING
UMBRELLA
WATERMELON

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

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Today's Parent

50 essential summer activities

We asked you what some of your favourite summer activities were. Get your family active this summer with this selection of kid-friendly ways to have fun together.

- [ ] Make your own box car
- [ ] Go fishing
- [ ] Chase an ice cream truck
- [ ] Make your own car wash
- [ ] Catch a frog
- [ ] Play with sidewalk chalk
- [ ] Make mudpies
- [ ] Track down a creature (like Big Foot)
- [ ] Build a sandcastle
- [ ] Go stargazing
- [ ] Play with Nerf guns in the park
- [ ] Take in an outdoor concert
- [ ] Pick a wildflower bouquet
- [ ] Have a water fight
- [ ] Go to the zoo
- [ ] Grow a garden
- [ ] Paint some rocks
- [ ] Try paddle boating
- [ ] Pick some berries
- [ ] See a drive-in movie
- [ ] Explore your own hometown
- [ ] Feed the ducks
- [ ] Put on a family show
- [ ] Roll in the grass
- [ ] Camp in your backyard
- [ ] Fly a kite
- [ ] Catch a butterfly
- [ ] Make s'mores
- [ ] Go to the farmer's market
- [ ] Put on or go see a fireworks show
- [ ] Visit playgrounds
- [ ] Build a bonfire
- [ ] Run through the sprinkler
- [ ] Have a picnic
- [ ] Play or watch baseball
- [ ] Host a BBQ
- [ ] Go horseback riding
- [ ] Make a lemonade stand
- [ ] Visit a theme park
- [ ] Blow bubbles
- [ ] Go canoeing
- [ ] Take a hike
- [ ] Make your own ice cream
- [ ] Read outside
- [ ] Go on a treasure hunt
- [ ] Play Frisbee
- [ ] Swim at the local pool
- [ ] Take a family road trip
- [ ] Go for a bike ride
- [ ] Watch the sunset