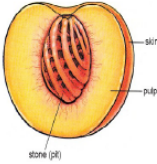


STONE FRUITS

Peaches * Plums * Nectarines * Pluot

Peaches

- One great reason to eat peaches is that one 1/2 cup serving or one medium peach is rich in vitamin A and C as well as fiber.
- The peach is the state flower of Delaware and state fruit of South Carolina. Georgia is nicknamed *The Peach State*.
- The United States is the world's leading grower of peaches. California also leads the country in peach and nectarine production - growing more than 84% of the nation's peaches and 95% of the nation's nectarines.
- Genetically, nectarines differ from peaches by one single recessive gene - the one that makes peaches fuzzy.
- Spanish and Portuguese explorers brought peaches to the Americas in the 1500s.
- Did you know that during World War I, peach pits were used as filters in gas masks?



Plums

- Plums are more diverse than its relatives (peaches, apricots, cherries) and grow in a wide range of shapes, sizes, colors, and flavors.
- Plums have a groove running down one side, smooth skin, and stone pits.
- Unlike other "stone fruits", plum trees are adaptable to a wider range of climatic conditions. Both the Japanese and European plums thrive where rainfall during the growing season is minimal. Also during the winter, the plum tree needs to be trimmed back and requires a resting period for future fruit seasons.
- California is America's leading grower of plums, producing nearly 90% of all domestic plums.
- Like peaches, plums originated in China about 4,000 years ago.
- John Kelsey, a nurseryman from Berkeley, brought the plum from Japan to California in 1870.



Nectarines

- The word "nectarine" means sweet as nectar and this is the origin of the fruit's name.
- Nectarines are cultivated the same as peaches and are generally in season from June to late September.
- Nectarines and peaches rank in California's top 20 commodity exports, with Fresno County being the lead producer of the crops.

Recipe Corner:

Peach and Nectarine Smoothies

- 6 Fresh Peach - pitted and sliced
- 6 Fresh Nectarine - pitted and sliced
- 4 1/2 cups of Plain Nonfat Yogurt or Milk
- 4 1/2 cups of 100% Orange Juice
- 3 tablespoons Honey

Using a blender, mix all ingredients together with ice. Serve cold in cups. Makes 18 - 1/2 Cup Servings

Pluot

- Floyd Zaiger is credited with growing the first Pluot in the late 20th century.
- Pluots are complex hybrids of plums and apricots. The ratio of hybridization is generally 70% plum and 30% apricot, thus giving the Pluot a greater resemblance to the plum.
- Pluots are sometimes referred to as "Dinosaur Eggs".
- Nutritionally, Pluots are a powerhouse of vitamin A and C. In addition, they are high in calcium, magnesium, iron, potassium, and fiber.



Just like Peri Stolic from *The OrganWise Guys* would say... "Stone Fruits are Super Fruits" and they are good for the intestine due to its fiber-skin and flesh!



Fresh Fruit & Vegetable Program (FFVP)

August & September ~ Nutrition Tidbits

Fresh Fruit or Vegetable Daily Snack Menu

August 2012

- August 20 - Pluots
- August 21 - Honeydew
- August 22 - Granny Smith Apples
- August 23 - Dragon Fruit
- August 24 - Plums



- August 27 - Mangos
- August 28 - Cherry Tomatoes
- August 29 - Paula Red Apples
- August 30 - Multicolor Carrots
- August 31 - Peaches



September 2012

- September 3 - NO SCHOOL/NO PROGRAM
- September 4 - Apple Slices
- September 5 - Multicolor Cauliflower Florets
- September 6 - Red Seedless Grapes
- September 7 - Nectarines

- September 17 - NO SCHOOL/NO PROGRAM
- September 18 - Banana
- September 19 - Carrot & Celery Sticks
- September 20 - Cantaloupe
- September 21 - Apple & Grape Combo

- September 10 - Plums
- September 11 - Papaya
- September 12 - Yellow Pluots
- September 13 - EARLY RELEASE/NO PROGRAM
- September 14 - Star Fruit

- September 24 - Pineapple
- September 25 - White Peaches
- September 26 - NO SCHOOL/NO PROGRAM
- September 27 - Passion Fruit
- September 28 - Broccoli Florets



The menu is subject to changes

The following six schools are participating in the USDA Fresh Fruit & Vegetable Program: West Gate Elementary, Gove Elementary, Palmetto Elementary, Belle Glade Elementary, Pahokee Elementary, and Hope Centennial Elementary

Apples

History of the Apple

- The apple tree originated in Asia. It is believed that apple trees were the first fruit trees to be grown for human consumption. Colonists brought apple seeds to America when they first settled here. The seeds were planted and flourished.
- Today there are 7,500 varieties of apples available throughout the world. These varieties include: Red Delicious, Golden Delicious, Braeburn, Granny Smith, Fuji, Gala, Crispin, Duchess, and Early Strawberry.
- There are approximately 50 calories in a small sized apple with skin. Apples provide a good source of soluble and insoluble fiber, vitamins A and C, as well as phytochemicals. They provide so many vitamins and minerals that there is a common saying, "an apple a day keeps the doctor away."

APPLE FACTS

- Apple blossoms are the state flower of Michigan.
- The top apple producing states are Washington, New York, Michigan, California, Pennsylvania, and Virginia.
- Fresh apples float because 25% of their volume is air.
- The apple tree is part of the rose family (Rosaceae).
- The scientific name for the apple is *Malus domestica*.
- The apple variety "Delicious" is the most widely grown in the United States.
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- It takes 36 apples to create one gallon of apple cider.
- Apples are sometimes called "nature's toothbrush" because they help clean the teeth and massage the gums.

APPLE TIPS

- To prevent apples from turning brown, place peeled slices in a pan of cold water with a small pinch of salt. Also, when making salads, you can dip apple slices in fresh lemon juice to prevent discoloration.
- To easily remove the peel of an apple, with parental supervision, dip them quickly in and out of boiling water. The skin will come off much easier.



RECIPE CORNER

APPLE SLICE PANCAKES

- 1 Granny Smith apple
- 1 1/4 cup whole grain pancake mix (any type)
- 1/2 teaspoon cinnamon
- 1 egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine whole grain pancake mix, cinnamon, egg, oil, and milk. Stir until ingredients are evenly moist, but not too much because small lumps are okay! Over-mixing makes pancakes tough.
4. For each pancake, place apple ring on griddle and pour about 1/4 cup batter on top, starting in the center and covering the apple.
5. Cook until bubbles appear. Flip the pancake and cook other side until lightly brown.

Serving Size: 2 pancakes Yield: 6 servings



Fresh Fruit & Vegetable Program (FFVP)

October ~ Nutrition Tidbits

Fresh Fruit or Vegetable Daily Snack Menu

October 2012



- October 1 - Bosc Pears
- October 3 - Florida Tangerines
- October 5 - Pumelo
- October 8 - Plum
- October 10 - Rutabaga Sticks & Carrot Combo w/Dressing
- October 12 - Granny Smith Apple
- October 15 - Red Pears
- October 17 - Butternut Squash Sticks w/Dressing
- October 18 - Florida Oranges
- October 22 - Gala Apple
- October 24 - Carrot Coins
- October 26 - Florida Red Grapefruit
- October 29 - Florida Tangerine
- October 31 - Pumpkin Cubes



The menu is subject to changes

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Fresh Fruit & Vegetable Program (FFVP)

November - Nutrition Tidbits

Tangerines & Tangelos



Tangerine History

The tangerine is an orange-colored citrus fruit which is a variety of the mandarin orange. Tangerines have been cultivated for over 3,000 years in China. Tangerines are found in many shapes and sizes, from as small as a walnut, to larger than an average orange. Their taste is often less sour, or tart, than that of an orange, and are usually much easier to peel and split into segments.

Tangelo History

A tangelo is the hybrid of a mandarin orange and a grapefruit or pummelo. The first known tangelo occurred in Florida in 1897. Tangelos are juicy with a mild sweet flavor. They are a tasty snack as well as a fine addition to salads or cooked dishes. They are easily distinguished from oranges by a characteristic 'nose' at the top of the fruit.

Tangerine and Tangelo Facts

- Tangerines are a good source of vitamin C, folate and beta-carotene.
- Sunbursts, Honey, and Fairchild are the most widely grown tangerines.
- In the Northern Hemisphere the peak tangerine season lasts from October to April.
- Tangelos contain just 47 calories and are a good source of vitamin C.
- Orlando and Minneolas are popular tangelo varieties.
- Tangelos are available from November to February, with most supplies coming from Florida.



Recipe Box

Tangerine Berry Salad

- 1 small banana
- 1/2 cup sour cream or plain yogurt
- 2 tangerines
- 1 cup blackberries
- 1/2 cup blueberries

Place sliced banana into blender or food processor. Add sour cream. Cover and blend on high speed, or process, about 1 minute or until smooth. Cut tangerines crosswise into 1/4-inch slices. Spoon about 1/4 cup banana mixture on individual serving plates. Top with tangerine slices, blackberries and blueberries. Makes 4 servings.



November 2012



November 2 – Apple Slices

November 5 – Nova Tangelos

November 7 – Red and Green Pepper Slices

November 9 – Bananas

November 12 – Pears

November 14 – Cucumbers

November 16 – Navel Oranges

November 19 – Green Beans and Carrots

November 26 – Granny Smith Apple

November 28 – Grape Tomatoes

November 30 – Orange Slices



The menu is subject to changes

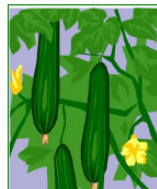


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Fresh Fruit & Vegetable Program (FFVP)

December - Nutrition Tidbits

Cucumbers



Cucumber History

Like many other fruits, the cucumber originated in India where it has been grown for 3,000 years and later introduced to Europeans by the Romans. It was used in France in the 9th century and later introduced to England by the 14th century. The cucumber did not come to North-America until the mid-16th century.

Facts

- Cucumbers are members of the gourd family along with melons, squash and pumpkins and grow on vines that root in the ground and need trellises or other frames for support.
- Because the cucumber starts as a seed developed from a flower, botanically speaking, cucumbers are classified as a fruit but are prepared and eaten as a vegetable.
- Did you know that cucumbers are usually more than 90% water?
- Florida produces the most cucumbers in the United States with peak seasons running from March through May and November and December. They are available year-round.
- There are two main types of cucumbers: slicers and picklers. Slicers are used fresh in salads and picklers are used to make pickles.
- The world record for the largest cucumber was 59 pounds.
- Cucumbers are very low in calories with only about 8 calories per 1/2 cup and contain no saturated fat or cholesterol. Cucumbers provide a very good source of potassium, a heart friendly electrolyte that helps reduce blood pressure and heart rate by countering effects of sodium.
- Cucumbers are surprisingly high in vitamin K which helps promote bone mass activity and limit neuronal damage in the brain of Alzheimer patients. Vitamin K plays also a major role in blood clotting.
- The cucumber skin is a good source of dietary fiber.

Tips

- Look for fresh cucumbers that are firm and stout in texture.
- Store cucumbers in the refrigerator in the crisper where they stay fresh for several days.
- Cucumbers are waxed to keep in the moisture. Unwaxed cucumbers will easily lose moisture so keep them wrapped tightly in plastic.

Quick Dill Pickles
Source: www.kidchef.com

- Ingredients:
- 1 large cucumber
 - 1/2 cup plain rice wine vinegar
 - 2 tablespoons sugar
 - 1/4 teaspoon salt
- Directions:
1. Thinly slice the cucumber and toss with the vinegar, sugar, and salt.
 2. Refrigerate for at least 4 hours.
 3. Drain and serve.



Fresh Fruit or Vegetable Daily Snack Menu

December 2012



December 3 - Persimmon

December 5 - Baby Carrots



December 7 - Apple Slices

December 10 - Florida Red Cabbage

December 12 - Banana

December 14 - Florida Sunburst Tangerines

December 17 - Kiwi



December 19 - Grape Tomatoes

December 21 - Florida White Grapefruit



The menu is subject to changes

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Citrus

History of Citrus Fruit

Citrus is believed to have originated in the part of Southeast Asia bordered by Northeastern India, Burma and the Yunnan province of China. Citrus fruit has been cultivated in an ever-widening area since ancient times; the best-known examples are oranges, lemons, grapefruit, and limes.

CITRUS FACTS

- Each person in the U.S. eats about 12.5 pounds of citrus per year!
- Oranges and grapefruit are fat-free and sodium free. A medium-sized orange averages about 70 calories, and is an excellent source of vitamin C which is a powerful antioxidant.
- The daily consumption of one serving of citrus fruit has been shown to decrease the risk of stroke by as much as 19%.
- Florida is the second largest producer of oranges in the world following Brazil.
- In Florida there are approximately 10.3 million citrus trees on 853,000 acres of land!
- Oranges are called seedless when they have five seeds or less.



CITRUS TIPS

- Never store citrus fruit in plastic bags or film wrapped trays. When citrus fruit is stored airtight, moisture will form between the peel and the plastic, which will lead to mold growth.
- Most citrus fruit should be stored between 35 and 50 degrees; grapefruit should be stored between 45 and 48 degrees.
- Lemon juice is used to relieve the pain of bee stings.
- Dip a halved lemon in salt for a bit of gentle abrasive power, then scour brass, copper, or stainless-steel pots, pans, and sinks. Rub a cut lemon on aluminum to brighten it. Used lemons tossed in the disposal will deodorize it.



RECIPE CORNER

"Orange Lemon Cake"

Ingredients

- 1 box Betty Crocker® SuperMoist® white cake mix
- Juice from 1 orange, plus water to measure 1 1/4 cups
- Vegetable oil and egg whites called for on cake mix box
- 1 1/2 teaspoons grated orange peel
- 1 can (15 3/4 oz) lemon pie filling
- 1/2 cup Betty Crocker® Whipped fluffy frosting
- Grated orange peel, if desired

Directions

Heat oven to 350°F. Make, bake and cool cake as directed on box for two 8-inch or 9-inch round pans—except use 1 1/4 cups of orange juice mixture in place of the water and add 1 1/2 teaspoons of orange peel along with egg whites. Chill completely cooled layers 45 minutes before cutting.

Apply filling to half to make with generous 1/2 cup of top of cake with orange peel. Refrigerate until chilled. Store loosely refrigerated.

Fresh Fruit & Vegetable Program (FFVP) January ~ Nutrition Tidbits



Fresh Fruit or Vegetable Daily Snack Menu

January 2013



A HAPPY
NEW YEAR

January 8 - Florida Ortanique

January 10 - Peeled Baby Carrots

January 14 - Red Beets



January 16 - Banana

January 18 - Florida Tangerines

January 22 - Apple Slices

January 25 - Red Grapefruit

January 28 - Florida Temple Oranges

January 29 - Florida Cabbage

January 31 - Grape Tomatoes



The menu is subject to changes

The following six schools are participating in the USDA Fresh Fruit & Vegetable Program: West Gate Elementary, Gove Elementary, Palmetto Elementary, Belle Glade Elementary, Pahokee Elementary, and Hope Centennial Elementary

Fresh Fruit & Vegetable Program (FFVP)

February ~ Nutrition Tidbits

Carrot, Carotte, Zanahoria



History of Carrot

It is believed that the carrot originated some 5000 years ago, around Afghanistan and spread to the Mediterranean area. Greeks and Romans were fond of the carrot. Around the 13th century, Asian countries established carrots as food crops. Europe did not start using carrots until the Middle Ages. The first carrots were mainly purple and some white and black but not orange. When carrots were introduced to England, people used the root for food and others used the feathery stalks (the green part) to decorate their hair, hats, dresses, and coats. During World War II, the British Royal Air Force bragged that the great accuracy of British fighter pilots at night was a result of them being fed enormous amount of carrots. The Germans believed this because they also thought that carrots enable one to see in the dark.

Facts

- The carrot (lat. *Daucus Carota*) is a root vegetable usually orange in color though purple, red, white, and yellow varieties exist.
- Carrots are related to parsnips, parsley, fennel, anise, cumin, and dill.
- Carrots are used in a variety of ways: raw, boiled, fried, or steamed. They are cooked in soups, stews, baby foods, and pet foods.
- The carrot gets its bright orange color from 8-Carotene which is converted into vitamin A. Carrots are also rich in antioxidants, minerals, and fibers.
- Lack of vitamin A can cause poor vision, including night vision. This can be improved by adding it back into the diet.
- The city of Holtville, California calls itself the "Carrot Capital of the World" and holds a festival every year devoted entirely to the carrot.
- Baby carrots are not miniature carrots. Rather they are full-sized carrots that are peeled, cut and shaped into carrot sticks of a uniform size and shape.
- With 15.6 tons, China is the largest producer of carrots with 45.2% of the world output, followed by Russia (1.5 tons) and the United States (1.3 tons).



Tips

- Carrots can be kept in the refrigerator for a few weeks in a plastic bag or wrapped in a paper towel to minimize moisture.
- If your carrots have green tops, cut off the top prior to storing in the refrigerator as the tops will cause the carrots to wilt prematurely.

French Carrot Salad

Source: www.onceuponachef.com

- Ingredients:**
- 1 pound carrots peeled and shredded
 - 1 tsp Dijon mustard
 - 1 tbsp fresh-squeezed lemon juice
 - 3 tsp olive oil
 - 1 tsp honey
 - 2 tsp of chopped parsley
 - Salt and pepper to taste
- Directions:**
- In a salad bowl, combine all dressing ingredients.
 - Add carrots and parsley, toss well and serve. This salad can be re-served the next day.

Fresh Fruit or Vegetable Daily Snack Menu



February 2013

February 4 - Apple Slices

February 6 - Florida Green Cabbage



February 8 - Pineapple Oranges

February 11 - Honeydew

February 13 - Peeled Baby Carrots



February 15 - Florida Red Grapefruit

February 21 - Florida Temple

February 22 - Banana



February 25 - Grape Tomatoes

February 27 - Florida Honey Tangerines



The menu is subject to changes

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Berries

Blueberries  Strawberries  Blackberries 

Strawberry

- Strawberries are believed to have been originally cultivated in ancient Rome, in the 12th century BC.
- California is the only state in the U.S. that grows strawberries outdoors all year round.
- Strawberries are good sources of folic acid, fiber and potassium.
- Strawberries are the only fruit with seeds on the outside.
- Strawberries are a member of the rose family.



Blackberry

- Oregon is the leading blackberry producer in the world, producing 42.6 million pounds per year.
- Don't wash the berries until you are ready to use them or freeze them. Washing makes them more prone to spoiling.
- Blackberries range in color from deep blue/purple to deep purple/black.
- Blackberries are notable for their high nutritional contents of fiber, vitamin C, vitamin K, folic acid, and the essential mineral manganese.



Blueberry

- Maine is the blueberry production capital of North America and produces almost 100 percent of all blueberries harvested in the country.
- The blueberry is the second most popular berry in the U.S., the strawberry is number one. Over 200 million pounds of blueberries are grown commercially each year.
- Blueberries are great for the brain, they contain compounds that boost neuron signals.
- The blueberry is the official state fruit of New Jersey.



Recipe Corner

Triple Berry Smoothie

1/2 cup Strawberries, quartered
1/2 cup Blueberries
1/2 cup Raspberries
1/2 Banana
1/2 cup Vanilla yogurt
1/2 cup Skim milk
2 tablespoons Honey or agave nectar
4 Ice cubes



Place all ingredients except the ice cubes in blender and blend until fruit is pulsed. Add ice cubes and blend until smooth. Makes 2 servings.



Fresh Fruit & Vegetable Program (FFVP)

March ~ Nutrition Tidbits

Fresh Fruit or Vegetable Daily Snack Menu

March 2013

March 1 – Apple Slices 

March 4 – Pineapple 

March 6 – Grape Tomatoes 

March 8 – Red Plums

March 11 – Florida Temple Oranges

March 13 – Peeled Baby Carrots

March 15 – Bananas 

March 18 – Bartlett Pears

March 20 – Green Cabbage 

March 22 – Florida Ortanique

Happy Easter

The menu is subject to changes

The following six schools are participating in the USDA Fresh Fruit & Vegetable Program: West Gate Elementary, Gove Elementary, Palmetto Elementary, Belle Glade Elementary, Pahokee Elementary, and Hope Centennial Elementary

Fresh Fruit & Vegetable Program (FFVP)

April ~ Nutrition Tidbits

Grape Tomatoes

Grape Tomato History

A grape tomato is a class of tomatoes believed to be of Southeast Asian origin. They are shaped similarly to the oval plum tomatoes but having the small size and sweetness of cherry tomatoes. Grape tomatoes produce small and typically oblong fruits. Introduced to the worldwide market in the 1990s, they have gained substantial popularity, due at least in part to their higher sugar content compared to regular tomatoes and bite-sized shape.

Grape Tomato Facts

- Tomatoes provide an excellent source of vitamins A and C, and are low in calories, cholesterol-free. They also contain potassium and provide folate and fiber.
- Tomatoes are noted for containing the antioxidant compound lycopene, which may help protect against prostate cancer and heart disease.
- A green grape tomato will not continue to grow off the vine and the best time to pick grape tomatoes are when they are pink to red. At this point in time, they should last another one to two weeks.

Recipe Box

Roasted Grape Tomatoes

4 cups grape tomatoes
3 garlic cloves, peeled
3 tablespoons extra-virgin olive oil
2 teaspoons coarse kosher salt
1 teaspoon freshly ground black pepper



Preheat oven to 400 degrees F. In a medium bowl add the grape tomatoes and 3 garlic cloves. Drizzle with 3 tablespoons of olive oil and sprinkle with salt and pepper. In a 9x13-inch glass baking dish, place the tomatoes and garlic cloves in a single layer. Roast for 20 minutes, and then stir. Add 2 to 3 tablespoons of hot water, if too dry in appearance. Return to the oven and cook for 20 to 30 more minutes. When ready, the tomatoes will have begun to shrivel and the liquid in the dish should have thickened. Serve hot from oven. Makes 8 servings.

Fresh Fruit or Vegetable Daily Snack Menu

April 2013

April 3 – Banana 

April 5 – Florida Grape Tomatoes

April 8 – Florida Pineapple

April 10 – Cucumbers

April 12 – Florida Blueberries 

April 15 – Apple Slices

April 17 – Peeled Baby Carrots 

April 19 – Florida Valencia Oranges

April 22 – Florida Grape Tomatoes

April 24 – Banana

April 26 – Cantaloupe 

April 29 – Apple Slices 

The menu is subject to changes

The following six schools are participating in the USDA Fresh Fruit & Vegetable Program: West Gate Elementary, Gove Elementary, Palmetto Elementary, Belle Glade Elementary, Pahokee Elementary, and Hope Centennial Elementary

Eat all Fruits & Veggies

The Top "10" Reasons to Eat more Fruits and Vegetables

1. Eating more fruits and vegetables as part of a healthy diet may help you reduce your risk of chronic diseases such as heart disease and some forms of cancer.
2. The fiber in fruits and vegetables may help to lower blood cholesterol levels.
3. Eating more fruits and vegetables may help reduce your chance of Type 2 diabetes.
4. Generally, fruits and vegetables are lower in calories than many other foods, so choosing to eat more fruits and vegetables can help to lower your overall calorie intake.
5. Foods that are rich in potassium like oranges and bananas may help you maintain a healthy blood pressure.
6. Almost all fruits and many vegetables are low in fat and sodium. Also, fruits and vegetables are naturally cholesterol free.
7. Eating whole fruits and vegetables adds fiber to your diet. Fiber fills you up. This feeling of fullness may help you maintain your weight.
8. If you are a woman of childbearing age or in your first trimester of pregnancy, you need folate (folic acid), a nutrient that is found in fruits and vegetables. Folate reduces the risk of birth defects during your baby's development.
9. Fruits and vegetables contain phytochemicals (plant compounds) that may help prevent or delay disease and help you maintain good health.
10. And finally, here's a great reason to eat more fruits and vegetables – the variety of colors, flavors, and textures that fruits and vegetables bring to meals and snacks.

Recipe Box

Fresh Fruit Salad

- 4 cups fresh strawberries, halved
- 2 cups fresh blueberries
- 2 kiwifruit, peeled and sliced
- 2 bananas, sliced
- 2 cups seedless grapes, halved
- 1 (8 ounce) container plain or vanilla yogurt
- 2 teaspoons lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon vanilla extract

In a large salad bowl, combine strawberries, blueberries, kiwi, bananas and grapes. In a small bowl, combine yogurt, lemon juice, sugar and vanilla; mix well. Serve with fruit. Makes 8 servings.

Fresh Fruit & Vegetable Program (FFVP)

May & June ~ Nutrition Tidbits

Fresh Fruit or Vegetable Daily Snack Menu

May & June 2013

May 1 – Cucumbers

May 3 – Strawberries

May 6 – Orange Wedges

May 8 – Sweet Potato Sticks

May 10 – California White Peaches

May 13 – Peeled Baby Carrots

May 15 – Banana

May 17 – Cucumbers

May 20 – California White Peaches

May 22 – Grape Tomatoes

May 24 – Orange Wedges

May 30 – Purple Kale w/dressing

May 31 – Strawberries

June 3 – Peeled Baby Carrots

June 5 – Grape Tomatoes

The menu is subject to changes

The following six schools are participating in the USDA Fresh Fruit & Vegetable Program:
West Gate Elementary, Gove Elementary, Palmetto Elementary, Belle Glade Elementary, Pahokee Elementary, and Hope Centennial Elementary

Summer Vacation