

FRESH FOCUS



FFVP Newsletter | SY 2020-2021 Issue 7 | March 2021

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Take your pick, then post a pic!

Celebrate!

March

National Nutrition Month
National Women's History Month
National Slow Cooking Month
2nd - 6th - National School Breakfast Week
8th - International Women's Day
11th - National Registered Dietitian Day
17th - St Patrick's Day
22nd - 28th - National Agriculture Week
26th - National Spinach Day

April

National Garden Month
National Pecan Month
2nd - National Peanut Butter and Jelly Day
4th - National Vitamin C Day
4th - Easter
15th - National Banana Day
19th - National Garlic Day
20th - National Lima Bean Respect Day
22nd - National Earth Day
30th - National Oatmeal Day

May

National Asparagus Month
National Salad Month
National Salsa Month
National Hamburger Month
2nd - National Lemonade Day
5th - Cinco De Mayo
9th - Mother's Day
13th - National Apple Pie Day
31st - Memorial Day



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This institution is an equal opportunity provider.





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Let's Learn!

Weekly fun facts and activities to help you learn about fruits and vegetables!



Fun Fact: The papaya is botanically a berry. It may look like it grows from a tree, but the papaya is actually the fruit of an herb.

Activity: Make Papaya Popsicles! Freeze spears of papaya on a stick for a delicious summertime treat.

Bonus! Try mixing other fruits with the papaya to create different flavor popsicles!



Fun Fact: Only Florida, California, Hawaii, and Puerto Rico can grow mangos in the United States.

Activity: Draw a map of the United States of America. Identify which states grow mangos and color them orange!

Bonus! Color in other states that grow the papaya.



Fun Fact: Durian has an unusual smell, but tastes sweet on the inside. Durian is known as "King of Fruits."

Activity: Tell a friend to close their eyes. Have them smell the outside and inside of the durian fruit to see if they identify the fruit.

Bonus! Do this with other tropical fruits. Have your friend try this on you. Whoever identifies the most fruit correctly, wins!



Fun Fact: Pineapple can grow on different types of terrains, but it prefers slightly acidic soil.

Activity: Make a pineapple foot scrub by placing your pineapple scraps in a food processor or blender. Blend until you get a coarse paste. Apply the paste to your feet, and leave for 20 minutes.

Bonus! Look up other ways you can use fruits as natural body products!





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#FreshIdeas

Recipe ideas that feature fresh fruits and vegetables



Mango Salsa



Durian Ice Cream



Grilled Pineapple



Know Your Nutrients!

Potassium

Potassium helps your nerves to function and muscles to contract, helps your heartbeat stay regular, and helps move nutrients into cells and waste products out of cells. Potassium is also important for plant growth. The symbol for Potassium is K. You can find Potassium in bananas, spinach, sweet potatoes, and much more!





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Produce of the Month: *Kiwi*

Selection:

The best way to check if a kiwi is ready is by slightly pressing on the skin. It should be a light pressure but not be too soft.

Storage:

Ripe kiwi lasts up to 5 days. In the fridge, it can last up to 7 days. If the fruit is super soft, mushy, or it starts to ooze, throw it out.

Nutritional Benefits:

Kiwis are high in Vitamin C and dietary fiber. Kiwi can support heart health, digestive health, and immunity. The kiwi is a rich source of vitamins and antioxidants.



Choose a Challenge:

Introduce a new tropical/exotic fruit to your family.



or

Add a veggie and a tropical/exotic fruit to your smoothie.

