

FFVP

DECEMBER-21



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2  Clementine	3  Cello Spinach
6	7	8	9  Golden Pea Shoots	10  Green Pea Shoots
13	14	15	16  Orange Wedge (IW)	17  Celery Sticks (IW)
20	21	22	23	24



CLEMENTINE

DID YOU KNOW?

- Clementines are often called "Christmas oranges" due to their limited growing season, which typically ranges from November through April
- Clementines are a member of the mandarin orange family, which originated in China.

HOW TO CHOOSE:

Feel for firmness: Clementines should have a nice "bounce back" to them. It's okay if they are a little soft or a little firm, as they'll differ a bit from season to season. They'll have the same sweet and juicy flavor when you peel them open and bite in!

NUTRITION FACTS:

Clementines are a **vitamin C powerhouse**, with one small fruit providing **40% of your daily needs (wow!)**.

One clementine also provides folate and thiamine, which help prevent anemia and promote a healthy metabolism

HOW TO PREPARE:

Simply take a clementine in your hand and start peeling it from the top or bottom. The rind should slide off easily in one or two large pieces. Once peeled, separate the fruit into sections. If you're feeling adventurous try it next time grilled tuna steaks :)



CELLO SPINACH

DID YOU KNOW?

- Spinach is a native plant of Persia (modern-day Iran). It was introduced to China in the **7th century**. It was most probably brought to Europe in about the 12th century and to the US in 1806.
- Reflecting its origin, spinach is still widely known in China as "the Persian Green".

HOW TO CHOOSE:

Look for fresh spinach leaves that have a dark green color, crisp texture and fresh aroma.

NUTRITION FACTS:

Spinach is an excellent source of many vitamins and minerals, including **Vitamin A, Vitamin C, Vitamin K, Folic Acid, Iron & Calcium.**

Iron: helps create hemoglobin, which brings oxygen to your body's tissues. You also need it for growth and cellular function.

HOW TO PREPARE:

Spinach can be eaten raw or cooked. Keep in mind that when cooked, spinach loses most of its vitamin c (vitamin c is heat sensitive)



GREEN PEA SHOOTS

DID YOU KNOW?

- The sprouts of peas are like other microgreens in the way that they are nutritionally dense and come with several notable health benefits. As a matter of fact, they contain up to 40x more nutrients!

HOW TO CHOOSE:

The microgreens that you are trying today were locally grown and harvested by Arizona Microgreens at the Roosevelt Center for Sustainability (Only 20 minutes away from your school!)

NUTRITION FACTS:

A single cup of pea microgreens can provide **50%** of the recommended **Vitamin C**.

Vitamin C can also reduce the risk of infections and pneumonia when suffering from the common cold, and higher concentrations of Vitamin C in the blood can even help to lower the risk of stroke.

HOW TO PREPARE:

Very young shoots are best eaten raw (you can top your pizza with them next time!). Due to their high vitamin C concentration, is best not to cook them, as we know, vitamin C is heat sensitive.



GOLDEN PEA SHOOTS

DID YOU KNOW?

- Golden Pea shoots are actually green pea shoots. The biggest difference is how they are grown. Golden pea shoots are gold in color due to having been grown in the dark, which prevents photosynthesis.
- Fun Fact: Extended periods of light exposure can change these shoots' color from gold to green.

HOW TO CHOOSE:

Microgreens are usually ready to harvest about two to three weeks after planting (super fast!).

NUTRITION FACTS:

By weight, pea sprouts are one of the best vegetable sources of **protein**. A cup of sprouts, which is very small and easy to consume, can provide **two grams** of protein, the equivalent of 1/3 of an egg.

Protein is the building block of all tissue in the body, so it's essential to keep intake levels up, no matter what type of diet you are following.

HOW TO PREPARE:

Besides putting them on top of food, you can arrange them below food as a flavorful bed for meat, poultry, or seafood. The pea flavor and tender leaves will help lighten the effect of heavier proteins.



ORANGE WEDGE

DID YOU KNOW?

- Oranges are a type of citrus fruit.
- Citrus is an important industry in Florida, California, Arizona, and Texas
- Unlike many fruits, citrus fruits like oranges do not ripen after being picked from the tree

HOW TO CHOOSE:

Choose oranges that are firm and heavy for their size, with fine-textured skin and no soft spots

NUTRITION FACTS:

As you may already know, oranges are high in **Vitamin C**, however, did you know oranges are also high in **Thiamin** and **Pantothenic Acid**?

Thiamin: Helps convert food into energy

Pantothenic Acid: Helps make neurotransmitters, steroid hormones, and hemoglobin

HOW TO PREPARE:

- Eat fresh orange slices as a snack during the day
- Add oranges to your smoothie along with other fruits and vegetables



CELERY STICKS

DID YOU KNOW?

- Celery is a vegetable that is part of the same plant family (Apiaceae/Umbelliferae) as parsley, carrots, dill, and fennel.
- Celery is a long-season vegetable grown in the spring or fall.

HOW TO CHOOSE:

Select celery with straight, rigid stalks, a fresh smell, and fresh leaves. Avoid woody or limp stalks

NUTRITION FACTS:

Celery contains several important nutrients, such as **Vitamin K**, **Molybdenum**, **Potassium**, **Fiber**, and **Folate**.

What is Molybdenum? This is an essential trace mineral (meaning we only need less than 100 mg per day). Molybdenum is important in preventing neurological damage in infants

HOW TO PREPARE:

- Eat fresh, raw celery sticks plain or with peanut butter and raisins for 'Ants on a Log'