

FFVP

AUGUST-21



ALHAMBRA
ELEMENTARY SCHOOL DISTRICT

Monday

Tuesday

Wednesday

Thursday

Friday

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**White
Nectarine**

**Cauliflower
Florets (IW)**

30

31



WHITE NECTARINE

DID YOU KNOW?

Nectarines are known as a **stone fruit** because they have a pit that looks like a stone in the middle. The name nectarine comes from the word nectar; sweet food!

HOW TO CHOOSE:

To choose a ripe, juicy nectarine, look for fruit that **gives slightly to the touch** and doesn't have a greenish tint.

NUTRITION FACTS:

They are rich in **vitamin A** and **vitamin C**. They are also a good source of vitamin E, vitamin K, vitamin B1, vitamin B2, vitamin B3, vitamin B-6, folate, and pantothenic acid.

HOW TO PREPARE:

Nectarines don't need to be peeled. To remove the pit, use a paring knife to cut the nectarine along the seam and around the seed. Twist to separate the halves.



CAULIFLOWER FLORETS

DID YOU KNOW?

- Cauliflower is a type of cruciferous vegetable.
- It is a form of cabbage and part of the mustard family.
- The edible **flower buds** and **stalks** of the cauliflower plant are what we consume

HOW TO CHOOSE:

Look for a large, **firm**, and **creamy white color** with **densely packed** florets that are free of blemishes, browning, or wet spots

NUTRITION FACTS:

Cauliflower florets are high in **fiber**, **vitamin K**, **Vitamin C**, **folic acid**, and **Glucosinolates** (fancy word!).
Glucosinolates: sulfur-containing phytonutrients that provide a variety of health benefits, such as heart health

HOW TO PREPARE:

You **can enjoy it raw** on its own or with a low-fat dip
Another fun way is to **mash** or **finely chop** it to mimic mashed potatoes or rice