








FFVP

JANUARY - 22



ALHAMBRA
ELEMENTARY SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6  Ruby Red Grapefruit	7  Snow peas
10	11	12	13  Red Bananas	14  Watermelon Radish
17	18	19	20  Tangelo	21  Heirloom Tomato
24	25	26	27  Medjool Dates	28  Rainbow Carrots



RUBY RED GRAPEFRUIT

DID YOU KNOW?

- Grapefruit is a part of the 5 C's of Arizona and grows locally.
 - Arizona's 5 C's are:
Copper, Cattle, Cotton, Citrus, and Climate
- Grapefruit comes in three major types varying in color: white, pink/red or star rubio.

HOW TO CHOOSE:

Look for large, firm, and yellow grapefruit.

The longer grapefruit sits out, the sweeter it will be. Once cut, grapefruit can be stored in the fridge for 3-5 days.

NUTRITION FACTS:

Let's talk **Phytonutrients!** this is a broad name for a variety of compounds produced by plants. Phytonutrients can usually be classified by colors, in grapefruit, the red phytonutrient **Anthocyanin** can be found, which can help reduce inflammation, blood pressure and blood clotting.

HOW TO PREPARE:

The most common way is to simply slice it in half, score the segments and dig in. You can also simply peel it, pulling apart the segments—like an orange—and devouring it one luscious slice at a time.



SNOW PEAS

DID YOU KNOW?

- Snow peas have been cultivated for centuries.
- They can survive the frost and snow, so they are available year-round.
- Snow peas have a flatter, less round pod than snap peas.

HOW TO CHOOSE:

Look for a bright red apple with fewer yellow or green accents. The flesh of the apple is white. A ripe jazz apple will be crisp, sweet, and juicy.

NUTRITION FACTS:

Snow peas offer protein, carbohydrates, and dietary fiber. Snow peas are an excellent source of Vitamin A, Vitamin C, Vitamin B, Vitamin K, and Potassium,

- Phytonutrient: Snow peas also contain **Beta-Carotene**: this is an orange pigment, which can help with reducing the risk of cardiovascular diseases.

HOW TO PREPARE:

Snow peas can be enjoyed raw (as is), and can also be cooked. If you are feeling adventurous, next time try adding snow peas to your stirfry!



RED BANANAS



DID YOU KNOW?

- There are over 1,000 different varieties of bananas in the world! Not all bananas are yellow.
- Red bananas originate from Southeast Asia.

HOW TO CHOOSE:

Unlike yellow bananas, red bananas do not get the spotted appearance on their skin. To choose red bananas, look for one that is lighter in color.

NUTRITION FACTS:

Red bananas are rich in Potassium and Magnesium. Why are these two important? Because increasing your intake of these two minerals may help reduce blood pressure.

HOW TO PREPARE:

You can toss them into a smoothie, slice and use them as a topping for oatmeal and even freeze and blend red bananas into homemade ice cream.



WATERMELON RADISH

DID YOU KNOW?

- Watermelon radish originated in China.
- It has become a popular item at farmer's markets due to its white flesh exterior and magenta pink inside.

HOW TO CHOOSE:

The radishes should feel firm and heavy for their size. The skin should be crack and wrinkle-free.

Avoid watermelon radishes that feel spongy when squeezed.

NUTRITION FACTS:

Watermelon radish's root and the green stem are excellent sources of **Vitamin C** especially when eaten raw.

They also provide fiber, vitamin C and other nutrients.

HOW TO PREPARE:

Watermelon radish can be served fresh or cooked. Cooking watermelon radish will enhance its natural sweetness. Slicing watermelon radish will showcase its vibrant colors, and is often showcased in salads. It can also be added in soups and stir-fries.





TANGELO

DID YOU KNOW?

- The tangelo looks like a small orange, but it's a citrus hybrid, a cross between an orange and pomelo or grapefruit.
- The tangelo is often mistaken for being genetically modified, but it's actually the product of natural hybridization.

HOW TO CHOOSE:

They should feel heavy for their size. Rinds become orange when ripe, sometimes with a definite reddish hue to them.

NUTRITION FACTS:

Tangelos are an excellent source of **Vitamin C, Fiber, Folate, Potassium, and Vitamin A.**

Fun fact: a larger tangelo could fulfill your entire daily vitamin C requirement.

HOW TO PREPARE:

Tangelos are perhaps best enjoyed fresh out-of-hand. The fruit segments easily come apart, making it an excellent snack choice.





HEIRLOOM TOMAT



DID YOU KNOW?

Heirloom tomatoes have a different origin. In simple terms, the word heirloom basically means "old." Now we're not talking old in the sense that these tomatoes are dry-aged, but rather referring to their heritage seeds, which have been passed down by farmers year after year, sometimes even for generations.

HOW TO CHOOSE:

Pick up each tomato and inspect it before purchasing it. Turn it over and check to make sure that they're are no "finger squeeze" bruises or signs of rotting, or mushy spots.

NUTRITION FACTS:

Rich in **Vitamin C**, tomatoes provide a source of folate and fiber.

Fun Fact: The rainbow of colors indicate their diversity of antioxidants, which help protect our cells from damage

HOW TO PREPARE:

This is one of the most versatile foods out there, you can eat them raw, in salads, roasted with garlic, and even in soups. The sky is the limit!



MEDJOOOL DATES

DID YOU KNOW?

- Medjool dates were first imported into the United States from Morocco in 1927. Each date palm tree will produce around 150-255 pounds of dates per year.
- Dates grow in clusters on palm trees in hot, dry climates and are available year-round.

HOW TO CHOOSE:

Fresh dates have a soft, meaty texture and a caramel, honey and cinnamon sweet flavor with a medium pit in the center.

NUTRITION FACTS:

Dates have many important nutrients like **iron, potassium, magnesium, calcium,** and **fiber** to help you stay healthy and grow up strong!

Magnesium: This mineral is necessary for energy production and is required for DNA/RNA synthesis.

HOW TO PREPARE:

Medjool dates can be eaten dry or fresh as a healthy snack.



RAINBOW CARROTS

DID YOU KNOW?

- The rainbow-hued carrots are considered a novelty in the United States.
- The colored carrots have a similar flavor and texture to the standard orange carrot and can be used in exactly the same way. They can be a great addition to add color and crunch to appetizers, salads, and entrees.

HOW TO CHOOSE:

You can judge the freshness of a carrot by the intensity of the color of the peel. The pigments fade with time, so the deeper orange, red or purple the carrot is, the more likely that it's fresh.

NUTRITION FACTS:

The human body cannot make the rainbow color nutrients found in the carrots called **carotenoids**.

Carotenoids are superfood plant compounds.

Different colored carrots differ slightly in their nutritional content.

HOW TO PREPARE:

Rainbow carrots can be enjoyed raw or cooked. Next time try them roasted with honey