



# FFVP

## October-21



**ALHAMBRA**  
ELEMENTARY SCHOOL DISTRICT

Monday

Tuesday

Wednesday

Thursday

Friday

4

5

6

7

8

**Broccoli  
Florets  
(IW)**

**Black  
Berries**

11

**Red  
Anjou  
Pears**

12

**Rambutan**

13

14

15

18

19

20

21

22

**Microgreen  
Sunflower**

**Smitten  
Apple**

25

26

27

28

**Fuyu  
Persimmon**

29

**Mini  
Pumpkins,  
Honeydew  
(IW)**



# BROCCOLI

## DID YOU KNOW?

- The name broccoli comes from the Latin word brachium, which means "arm" or "branch," or the Italian word broccolo, which means "cabbage sprout."

## HOW TO CHOOSE:

Look for broccoli with firm stems, crisp leaves, and tightly closed dark green or purplish-green buds. Bunches with yellow or open buds and woody stems are no longer fresh.

## NUTRITION FACTS:

Broccoli is a good source of **Vitamin C** and **Vitamin K** and **Calcium**.

Calcium: 99% of calcium is stored in bones and teeth. This mineral helps with nerve and cardiac function, muscle contraction, and blood clotting.

## HOW TO PREPARE:

- Combine in a stir-fry, soup, stew, casserole, or noodles.
- Eat raw with salsa, honey soy dipping sauce, or creamy bean dip.



# BLACKBERRIES

## DID YOU KNOW?

- Blackberries can be found growing in the wild and on farms in North America and other parts of the world.
- Blackberries turn from green to red to black when they're fully ripe.

## HOW TO CHOOSE:

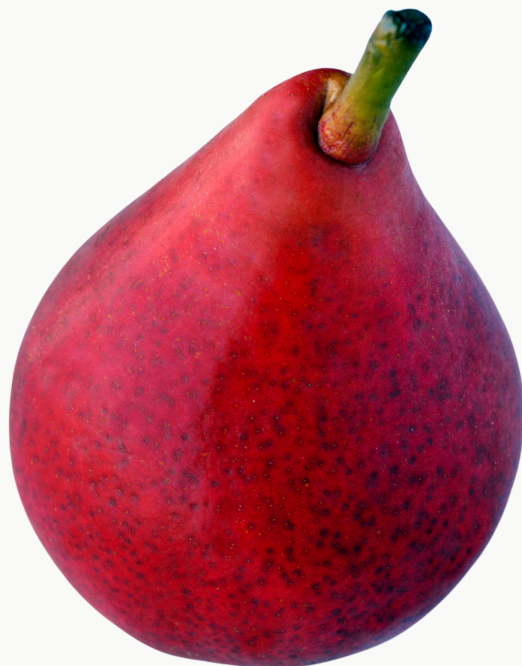
A ripe blackberry is deep black with a plump, full, and slightly tender feel. If the berry is red or purple, it's not ripe yet. The skin of a fully ripe berry is dull black, not shiny

## NUTRITION FACTS:

Blackberries are very high in **vitamin E, Folate, Potassium, and Vitamin C**. The dark color ensures blackberries have one of the highest antioxidant levels of all fruits

## HOW TO PREPARE:

Blackberries can be eaten raw or dried. They can be cooked in jams, pies, and muffins.  
**PRO TIP:** Try adding blackberries to your morning pancakes.



# RED ANJOU PEARS

## DID YOU KNOW?

- Red Anjou's are naturally occurring and found on Green Anjou trees.
- The first Red Anjou was discovered in the 1950's in Oregon, and the second Red Anjou ever was discovered in the 1970's in Oregon.

## HOW TO CHOOSE:

The red color of the Red Anjou pear rarely changes color as it ripens, so the thumb test is the best method. Look for pears that are slightly soft to touch around the stem.

## NUTRITION FACTS:

It is a great high-fiber snack with **B vitamins, vitamin C, vitamin K,** and **potassium.**

B vitamins are important water-soluble vitamins meaning they can be dissolved in water. They help your body create or use energy from the foods you eat.

## HOW TO PREPARE:

Eat raw like an apple or sliced. Consider adding them to a tossed green salad for beautiful color and sweetness.



# RAMBUTAN

## DID YOU KNOW?

- The name rambutan comes from the Malay word rambut, which means "hair".
- It originates from Malaysia and can also be found in other tropical areas around the world.

## HOW TO CHOOSE:

Rambutan starts out green and as it ripens it turns yellow, orange, and red. In a ripe rambutan, the hair-like structures called "spines" will be bright red.

## NUTRITION FACTS:

Rambutan is a good source of **Vitamin C** and **Copper** and **Fiber**.  
Vitamin C: A powerful antioxidant. Antioxidants such as vitamin C play an important role in preventing diseases and sicknesses. Vitamin C also helps in wound healing and keeping your skin healthy.

## HOW TO PREPARE:

To cut the fruit, slice down the middle with a knife and squeeze from opposite sides to pop the fruit out. There is a seed in the middle that can be spit out or cut out.



# SUNFLOWER MICROGREEN

## DID YOU KNOW?

- Microgreen Sunflowers grow from planted sunflower seeds.
- The green leaves that grow before the actual sunflower are edible and very nutritious!

## HOW TO CHOOSE:

Soft, green leaves mean ready to eat microgreen sunflowers. Once they continue to grow more rigid they are turning into the flower and are no longer edible.

## NUTRITION FACTS:

It is a great high-fiber snack with **vitamin C, iron, and calcium.** Iron is mineral that is important for many roles in your body. One important job iron does is help carry oxygen from your lungs to the rest of your body.

## HOW TO PREPARE:

Eat the raw leaves and add them to a salad or sandwich. They make a great addition to just about any meal!



# SMITTEN APPLE

## DID YOU KNOW?

- Smitten apples were first grown in 1950, but not named until 2010.
- Today they are grown in Australia, the United Kingdom, and Washington State.

## HOW TO CHOOSE:

Ripe apples should have brown seeds inside and white flesh. The outside color will be red and yellow.

## NUTRITION FACTS:

Smitten apples are a great snack with **vitamin C**, **vitamin A**, **fiber**, **calcium**, and **iron**.

Vitamin A is a fat-soluble vitamin, meaning it gets dissolved in fat-containing foods and stored in fat. Vitamin A is very important for eye sight and immunity.

## HOW TO PREPARE:

Enjoy Smitten apples raw out of hand. They also make great additions to desserts, salads, or snack with peanut butter or cheese.



# FUYŪ PERSIMMON

## DID YOU KNOW?

- Fuyū persimmons are squat and doughnut-shaped with a pumpkin-orange color,
- Fuyū persimmons are ripe and sweet right from the tree and are crisp like an apple.

## HOW TO CHOOSE:

Look for plump persimmons with smooth, shiny, orange skin. Riper persimmons are softer. If they are still firm, leave them on the counter at room temperature for 2-3 days (unsliced).

## NUTRITION FACTS:

Persimmons are rich in **Vitamin A**, **Vitamin B**, and **fiber**. Vitamin A is a vitamin important for keeping your eyes and immune system healthy. They taste like no other fruit! They have a slippery texture with a hint of **mango**, sweet **pepper**, and **cinnamon** all in one bite.

## HOW TO PREPARE:

The skins are edible. Slice the raw fruit and serve on **salads**, add to grilled cheese **sandwiches** for a sweet twist, or put on toast as persimmon **jam**. Or, just eat it fresh!





# HONEYDEW

## DID YOU KNOW?

- Honeydew melons can be found all around the world but originated in the middle east.
- They were considered sacred by Egyptians because of their sweet, juicy flavor.
- The sweet flesh is usually green, while the skin is a light orange color.

## HOW TO CHOOSE:

Honeydew melons are ripe when the outside skin is more of a yellow/orange rather than green. If you touch the bottom of a ripe honeydew melon it should feel slightly soft.

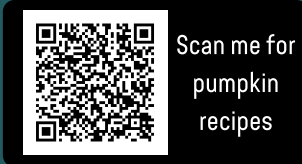
## NUTRITION FACTS:

Honeydew melons are a great source of **vitamin A**, **vitamin C**, and **fiber**. Vitamin C and vitamin A are both antioxidants which are molecules that fight free radicals in your body. Free radicals are molecules that cause damage to the body. Antioxidants are important in keeping you healthy!

## HOW TO PREPARE:

To prepare a honeydew melon slice the ends off with a knife. Cut down the middle and remove the seeds in the middle. Cut the melon into wedges and remove from the skin. Eat as is or slice into cubes and add it to a salad!

October



# Happy National PUMPKIN DAY

Happy National Pumpkin day everyone! With Halloween just around the corner and the weather cooling down, what better way to celebrate Fall than having a closer look at pumpkins?

## WHAT ARE PUMPKINS ANYWAYS?

Pumpkins are a type of winter squash, native to North America and particularly popular around Thanksgiving and Halloween. Pumpkins come in a many colors, including orange, white, blue and even green.

## FRUIT OR A VEGGIE?

Scientifically speaking, pumpkins are considered fruits, as they contain seeds and come from flowering plants. Vegetables, on the other hand are the edible portion of plants, such as stems, leaves and roots. We categorize pumpkins as vegetables because from a culinary perspective, these are more savory and less sweet than other typical fruits.

## Tips

Picking Pumpkins:

- Choose pumpkins with deep orange color.
- Make sure to tap on the pumpkin and check if it is hollow (this means it's ripe)

Pumpkins can be found in a many forms:

- Fresh, canned and even frozen!





## Alhambra School District

# TRIVIA TIME

1. How much of a pumpkin is actually water?

2. What colors are the flowers on a pumpkin vine?

3. Which one of these is not a color of pumpkin?  
a. Purple  
b. White  
c. Blue

4. Before pumpkins, what was commonly carved into Jack-O-lanterns?

5. How many cups of seeds are in an average pumpkin?  
(30lbs)

6. Where do pumpkins originally come from?

### ANSWERS:

1. 90% - This is why pumpkins are so heavy.
2. Orange - Flowers are yellowish orange
3. a. Purple - They also come in red and green.
4. Turnips - Pumpkins were far easier to hollow out.
5. One cup. Seeds can be roasted and eaten
6. Mexico! The North American natives were eating pumpkins long before the pilgrims arrived.

**Fun fact:** Pumpkins are grown all over the world, with Antarctica being the only exception. We even grow in Alaska!

