

# FFVP

## September-21



**ALHAMBRA**  
ELEMENTARY SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Yellow Plum	3 Cantaloupe Chunks (IW)
6	7	8	9 Yellow Peach	10 Red/Yellow Pepper Slices (IW)
13	14	15	16 Bartlett Pears	17 Baby Kiwi (5 per student)
20	21	22	23 Yellow Nectarine	24 Pineapple Chunks (IW)



# YELLOW PLUM

## DID YOU KNOW?

- The Golden (yellow) Plum tree is **self-pollinating** and does not require another tree for pollination.
- Plums are one of the **first fruit documented** to have been cultivated.

## HOW TO CHOOSE:

Look for plums that are **plump** with **smooth, unblemished** skin. Yellow plum is one of the few plums that remain firm even when ripe.

## NUTRITION FACTS:

Yellow plums are packed with nutrients. They contain **Vitamin A, Vitamin C, Vitamin K, Potassium, Copper,** and **Manganese** (this is different from Magnesium).  
Manganese: A trace mineral that is present in the body in tiny amounts.

## HOW TO PREPARE:

Plums don't need to be peeled. You can enjoy them on their own or in smoothies, salad, and even jam! (they are sweet, so no extra sugar is needed).



# CANTALOUPE

## DID YOU KNOW?

- The cantaloupe most likely originated in a region from South Asia to Africa. It was later introduced to Europe
- and around 1890, became a commercial crop in the United States.

## HOW TO CHOOSE:

A heavier cantaloupe is a good thing, it is an indication of the cantaloupe's ripeness. Next, you can tap on the cantaloupe, if it sounds dull and deep, you have a ripe cantaloupe!

## NUTRITION FACTS:

Raw cantaloupe is **90% water**, and 8% carbohydrates.

Fresh cantaloupe is a rich source of **Vitamin C** and **Vitamin A**.

## HOW TO PREPARE:

Plums don't need to be peeled. You can enjoy them on their own or in smoothies, salad, and even jam! (they are sweet, so no extra sugar is needed).



# YELLOW PEACH

## DID YOU KNOW?

- Peaches share their species with nectarines, differing in just one genetic mutation
- Peaches come from China but can be grown in Arizona with plenty of sunlight and water.
- Peaches are part of the rose family.

## HOW TO CHOOSE:

Choose peaches that are medium sized and not too hard or soft. Unripe peaches will not sweeten after being picked.

## NUTRITION FACTS:

Peaches are high in fiber, **Vitamin C, Vitamin A, Vitamin E, Potassium**, and water.

- Vitamin C: Helps wounds heal
- Vitamin A: Important for eyes, skin and immune system
- Vitamin E: Powerful antioxidant.

## HOW TO PREPARE:

Enjoy raw either whole or sliced.

Peaches can be enjoyed with yogurt for extra flavor and nutrients

Fun Tip: Try grilling peaches at a cookout



# RED/YELLOW PEPPERS

## DID YOU KNOW?

Bell peppers come in many colors, including green, yellow, orange, red, purple, and white. Red bell peppers are just ripened green peppers! Bell peppers are 94% water and have a ton of vitamin C, so they're great for nourishing our bodies!

## HOW TO CHOOSE:

To choose a nice bell pepper, look for brightly colored ones, with firm skin that yields to slight pressure. Make sure that stems are green in color.

## NUTRITION FACTS:

Fresh bell peppers have high amounts of **Vitamin C**, **Vitamin E**, **Vitamin A**, **Vitamin B6** (also known as Pyridoxine), and Fiber.

Fiber: There are two kinds, soluble and insoluble in water. Bell peppers are rich in both, but mostly insoluble fiber, which helps you go to the bathroom.

## HOW TO PREPARE:

Peppers can be enjoyed raw. They also stand up well to grilling, baking, and sauteing. If you feel adventurous, try stuffing bell peppers next time for dinner.



# BARTLETT PEARS

## DID YOU KNOW?

- The Bartlett Pear we know today in North America is the same variety that is called the "Williams" in many other parts of the world.
- Discovered originally in 1765 by a school in England named Mr. Stair, the Bartlett was first referred to as Stair's Pear.

## HOW TO CHOOSE:

The Bartlett pear is a unique pear in that its skin color brightens as it ripens, unlike other varieties of pears that show little color change as they ripen.

## NUTRITION FACTS:

These kinds of pears are known for being high in **fiber** and **Vitamin C**. Vitamin C: an essential vitamin, meaning your body can't produce it. Vit C is also a powerful antioxidant, which helps boost the immune system and reduce the risk of chronic diseases such as heart disease.

## HOW TO PREPARE:

Besides eating them fresh, you can also try them sliced atop a garden green salad with your favorite dressing. Or, simply serve freshly sliced Bartlett wedges with cheese for an appetizing snack.



# BABY KIWI

## DID YOU KNOW?

- The Baby kiwi fruit, though almost inherently associated with New Zealand, is native to China and Korea. Seeds from the kiwi fruit were taken to New Zealand in 1902.
- There are only three commercial growing regions of the Baby kiwi fruit: California, New Zealand and Chile.

## HOW TO CHOOSE:

To select the kiwifruit with the sweetest taste, hold it between your thumb and forefinger and check if it yields to gentle pressure.

## NUTRITION FACTS:

Baby kiwis are rich in **vitamin C**, **potassium**, **fiber**, **calcium**, **iron**, and **vitamins A** and **E**.

**Potassium:** One of the minerals in charge of the intracellular fluid and electrolyte balance in your body. This means that it helps balance how much fluid goes in and out of your cells!

## HOW TO PREPARE:

Baby kiwis do not require cooking and are mostly enjoyed as is. If you feel adventurous, try them next time dipped in dark chocolate and sprinkle them with pistachios or your nut/seed of choice.



# YELLOW NECTARINE

## DID YOU KNOW?

Yellow nectarines are known as a **stone fruit** because they have a pit that looks like a stone in the middle. They are in season from about May through October.

## HOW TO CHOOSE:

A yellow nectarine should have **golden undertones**. Even if it is hard when purchased, it will soften and have the perfect flavor. If you see greenish hues, they were picked too early and will not be very flavorful.

## NUTRITION FACTS:

They are low in calories, but **rich in fiber**. Nectarines are also a good source of **vitamin A**, **vitamin C**, and **potassium**, which improve metabolism, digestion, and heart health.

## 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. Nectarines are actually just "**fuzzless peaches**" and can be interchanged in most recipes.





# PINEAPPLE

A decorative horizontal band consisting of a series of parallel, slanted grey stripes.

## DID YOU KNOW?

Pineapple is native to **South America** and was named for its resemblance to a pinecone. Christopher Columbus is credited with discovering the pineapple in **1493**.

## HOW TO CHOOSE:

The color of the pineapple doesn't tell you much about ripeness. A ripe pineapple should be **firm** but yield slightly to a squeeze.

## NUTRITION FACTS:

Fresh pineapple is the only known source of an enzyme called **bromelain**, which breaks down proteins. This is why pineapple is great meat **tenderizer**. Add it to a marinade to soften up tough cuts of meat.

## HOW TO PREPARE:

Remove the leafy "**crown**" by twisting off. Slice the skin away from the fruit, removing any brown "eyes" as you go. Cut around the tough, central core.



# MAGENTA PLUMS

## DID YOU KNOW?

- Plums are stone fruits. They belong to the rose family and are related to peaches, apricots, and cherries
- Production of plums starts 3-5 years after planting.

## HOW TO CHOOSE:

Choose plums that have smooth skin with no cracks. The powdery cast often means they've been minimally handled. They should be slightly soft at the stem and tip but otherwise fairly firm

## NUTRITION FACTS:

Plums are rich in **vitamin C**, **vitamin K**, **antioxidants**, and **dietary fibers**.

Vitamin K: helps with blood clotting and prevents excessive bleeding

## HOW TO PREPARE:

Magenta plums do not require cooking and can be consumed raw.

If you are feeling adventurous, try to roast them in the oven with a little bit of star anise and honey.



# YELLOW SQUASH

## DID YOU KNOW?

- Yellow squash is also known as Straightneck Squash.
- The entire squash, including the seeds and skin, are edible.
- Squashes are one of the oldest known crops, first grown 10,000 years ago in Mexico and Central America.

## HOW TO CHOOSE:

Look for firm, vibrantly colored squash. A few nicks and scratches on a squash's thin skin are to be expected. But avoid wrinkly skin, which is a sign of age, or soft and wet spots, which are the first signs of rot.

## NUTRITION FACTS:

Yellow squash is a good source of **vitamin C**, **beta-carotene**, **folate**, and **manganese**.

**Beta-carotene:** This is a substance that gives fruits and vegetables its yellow/orange/red color. Beta-carotenoid is a provitamin. This means it's used by your body to make vitamin A.

## HOW TO PREPARE:

Yellow squash can be enjoyed as is, or with a little bit of paprika seasoning on top.

Recipe suggestion try making Calabacitas, which is a Mexican vegetable dish, perfect for fall and winter time.