

# Fresh Fruit & Vegetable Program

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Apples	Celery Sticks	Apple/Celery Sticks	
	Baby Carrots	Pears	Baby Carrots Pears	
	Oranges	Radishes	Oranges Baby Carrots	
	Oranges	Pears	Oranges Pears	



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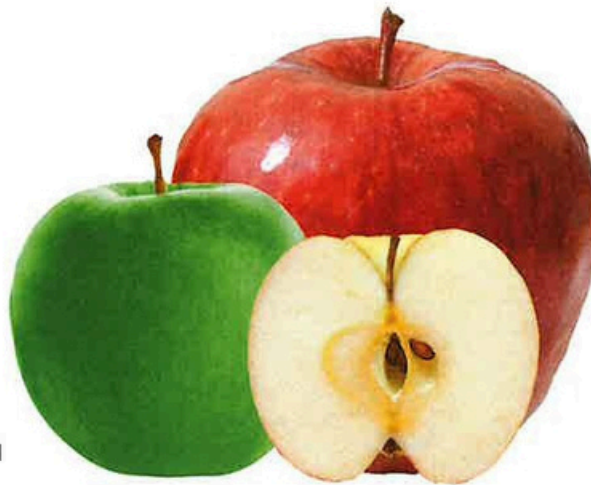
## APPLES LOCK IN YOUR DAILY CRUNCH

Apples are an easy fruit to access year-round since there are over 2,500 known varieties grown in the United States alone, and more than 7,500 across the rest of the world.

Each variety has its own unique texture, color, taste and use. For example, Granny Smith and Pippins are green and sour, while Cameo and Red Delicious apples are red and sweet. Sweet apples like Fuji and Golden are best eaten raw, whereas the more sour varieties are great for baking because they better retain their flavor in the oven. It's best to choose apples that are firm and free of any bruises and store them in the refrigerator to keep them tasting great and speed up the ripening process, if necessary. If kept cool, apples can last up to 90 days. Don't forget to wash them before eating to rinse away harmful pesticides. A trick to prevent apple slices from browning is to soak the slices in lemon water or in vitamin C fortified 100% apple juice.

## Nutrition NOTES

Apples make for a great addition to your daily diet and are especially good for staying fit. Instead of fatty, sugary snacks, choose an apple to satisfy your sweet tooth. Since apples have a low glycemic impact, meaning that one apple only raises blood sugar levels by a small amount, they can help suppress appetite. Apples are highly nutritious, too – there's a reason the old saying goes that, "an apple a day will keep the doctor away." They are best for you when eaten with the skin on rather than without the peel where many of the vitamins are stored. Vitamins C, A, K, E and B-6 are all packed in this nutrient-dense fruit, not to mention calcium, iron, zinc, potassium and several other powerful ingredients which, combined, act as an antioxidant to protect against free-radical damage, reduce blood pressure and even protect the body from cancer.



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## Did You KNOW?

- Apples are a member of the Rose family. This might seem weird, but roses actually make fruits somewhat like apples called rose hips.
- **The average American consumes 19 pounds of fresh apples and 4 pounds of canned apples a year**
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
- **According to a study done by British researches in the year 2000, people who eat apples have better lung function than those who don't**

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## Let's Get Cooking

### APPLE AND CARROT SAUTE

#### INGREDIENTS:

- 1 ½ T Olive oil
- ¼ C Onion(small dice)
- ½ C Celery(sliced thin)
- 2 C Carrots(1 " slices)
- 1 C plus 2 T water(divided)
- 1 ½ C Apples(unpeeled/tart/large dice)
- 1 T Honey
- 2 T Orange juice
- 1 T Cornstarch
- Salt and pepper to taste
- 2 T Parsley(sliced)

#### DIRECTIONS:

Prepare ingredients as directed. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender. Add 1 C water and the carrots to the pan and simmer until carrots are crisp tender. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes. Combine the cornstarch with the remaining 2 T water and add to the pan. Add salt and pepper to taste. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.

## For The RECORD



### MOST PEOPLE APPLE BOBBING

- WHO** Ontario Apple Growers  
**WHERE** Canada  
**WHEN** 21 February 2011  
**DETAILS** In February 2011, 357 people bobbed for apples at the Ontario Apple Growers at the Westin Harbour Castle in Toronto, Ontario, Canada. The fastest time for bobbing ten apples was 32 seconds.



### It's All HISTORY

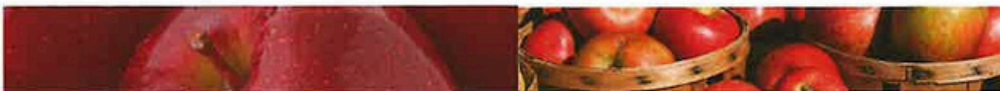
Anthropological data reveals the consumption of apples by Stone Age humans in Europe, and it has basically been decided that the fruit has been a favorite since the beginning of human history. In Norse mythology, the fruit was said to keep people young forever and served as a symbol of love and beauty for the Greeks. Although the biblical story of Adam and Eve actually has no mention of apples, they have long been associated. There are many culturally significant stories involving apples, but edible apples did not seem to appear in America until the Pilgrims requested ships bring seeds and cuttings from England to Boston. Today, the apple tree has spread to most areas of the world with a temperate climate, but since it originally came from Eastern Europe centuries ago, it has been developed into many hybrids. Today, there are about 7,000 varieties on the market.

## By The NUMBERS

**90** The amount of days apples can last if kept cool.

**7,000** The amount of varieties of apples on the market.

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# CELERY

## FAST FACTS

- Celery is a vegetable that is part of the same plant family (Apiaceae/Umbelliferaceae) as parsley, carrots, dill, and fennel
- Nibbling on celery after a meal can help to clean your teeth and mouth
- Celery stalks grow in tight, straight bunches
- Celery is a long-season vegetable grown in the spring or fall



## IMPORTANT NUTRIENTS

- **Vitamin K** - helps your blood clot
- **Molybdenum** - important in preventing neurological damage in infants
- **Potassium** - helps maintain steady heart beat and send nerve impulses
- **Fiber** - good for your gut and heart
- **Folate** - needed for new cell creation

## SELECTION & STORAGE

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

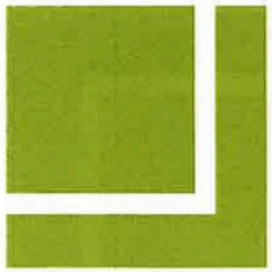
Store unwashed celery in the refrigerator of up to two weeks. Wash before you eat, making sure to check for dirt between ribs.

## IDEAS FOR SERVING

- Eat fresh, raw celery sticks plain or with peanut butter and raisins for 'Ants on a Log'
- Slice celery and add it to your fresh greens salad, chicken salad sandwich, or pasta salad
- Cooked celery is tasty in stir-fry or homemade soup







# CELERY

## ACTIVITIES

### Five Senses Fun!

Use your five senses to describe how celery look, feel, taste, sound, and smell.

### Compare & Contrast

Make a list of similarities and a list of differences between celery and another vegetable. Are there more similarities or differences?

### Write a Recipe

Invent a new recipe that includes celery as one of the ingredients.

### Poetry

Write a poem about the health benefits of celery. Share with the class.

### Celery Science

As a class, place a stalk of celery in a cup of water with 10 drops of food coloring. Set the cup aside for 10 minutes. After 10 minutes, what is different about the celery?

### Watch a Video

Find and watch a video online that shows how celery is grown, harvested, and distributed in the United States.

## CHECK FOR UNDERSTANDING

**What are some examples of other green vegetables?**

**When is the best time of the year to grow celery?**

**What nutrients are found in celery?**

**What should you look for when selecting celery at the market?**

**What is your favorite way to eat celery?**

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## Go **CARROT** Crazy For Good Health

The carrot is the second most popular vegetable in the world after the potato. Most people think all carrots are orange, but they actually range in color from white to yellow to crimson! Orange colored carrots are the most popular. Carrots were originally purple and red, with a thin root. It wasn't until the 1500's that the orange carrot began to take on its popularity. They get their color from beta-carotene, a pigment that the body converts to Vitamin A.

Carrots are available year-round and are grown primarily in California, Michigan, Texas, Canada and Mexico. When choosing a carrot, avoid the ones that are crackled, shriveled, soft or wilted, and choose one that has a deep orange color. More beta-carotene is present in carrots that have a darker orange color. Carrots are best stored in the refrigerator, but must be placed somewhere away from other fruits like apples or pears. Fruits produce ethylene gas as they ripen and will decrease the storage life of carrots, as well as other vegetables.

## Nutrition **NOTES**

Carrots, being rich in beta-carotene, are great for contributing to healthy eyesight, skin and overall growth. No other vegetable or fruit contains as much carotene as carrots. Carrots also contain Phytochemicals, a compound found in plant foods that work with nutrients and dietary fiber to fight off disease. These compounds may reduce the risk of cancer, heart disease and stroke, along with other forms of diseases. Carrots are 89% water, making them virtually fat and cholesterol free.

Source: The California Fresh Carrot Advisory Board



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## Did You **KNOW?**

- **Carrots are a root vegetable.**
- Carrots are a member of the Umbelliferae family, which also includes plants such as dill, fennel, parsley, parsnip, caraway and celery.
- **The saying "dangling a carrot" originated in the 1890s when carrots were dangled in front of donkeys to get them to move.**
- Thomas Jefferson raised several colors of carrots in his Monticello garden.
- **In the Middle Ages, carrot juice was used to make butter a more appealing color.**

  
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## Let's Get Cooking

### CARROTS WITH DILL AND YOGURT (SERVES 7 - 4OZ)

#### INGREDIENTS:

- 1 1/2 lbs raw carrots, diced
- 1 cup plain, nonfat yogurt
- 2 tablespoons dill, dried
- 1/4 teaspoon kosher salt

**NUTRITION FACTS:**  
59 calories, 1g fat,  
147mg sodium, 3g fiber

#### DIRECTIONS:

1. Place carrots in a pot with water (not listed) to cover. Boil for 5 minutes over medium heat, or until just tender and bright.
2. Toss cooled carrots with yogurt, dill and salt.
3. Serve immediately or keep refrigerated until ready to serve.

## For The RECORD



### MOST CARROTS PEELED IN ONE MINUTE (INDIVIDUAL)

**WHO** Rosalia Addis  
**WHERE** United Kingdom  
**WHEN** April 7, 2009  
**DETAILS** The most carrots peeled and chopped in one minute is 591 g (20.85 oz) by Rosalia Addis (Italy) on the set of Guinness World Records Smashed at Pinewood Studios, UK, on April 7, 2009.



## It's All HISTORY

Carrots, originally cultivated in Central Asia and the Near East, were introduced to the American colonies in the seventeenth century. They were not originally yellow-orange, but a range of purple colors. It is thought that the yellow root evolved from a mutant variety which lacked the purple pigment. Ancient Greeks and Romans used both the purple and yellow varieties for medicinal purposes.

Carrots were first used for food by Europeans during the Middle Ages. In the nineteenth century, carrots were identified as a rich source of beta-carotene. During World War II, British aviators were fed a specially developed English carrot, high in beta-carotene, to overcome night blindness. Plant geneticists continue to develop carrots with higher beta-carotene content, as well as strains that are sweeter and more tender.

## By The NUMBERS

**17** The pounds of **CARROTS** the average person eats per year.

**89%** THE MINIMUM PERCENTAGE OF WATER THAT CARROTS CONTAIN.

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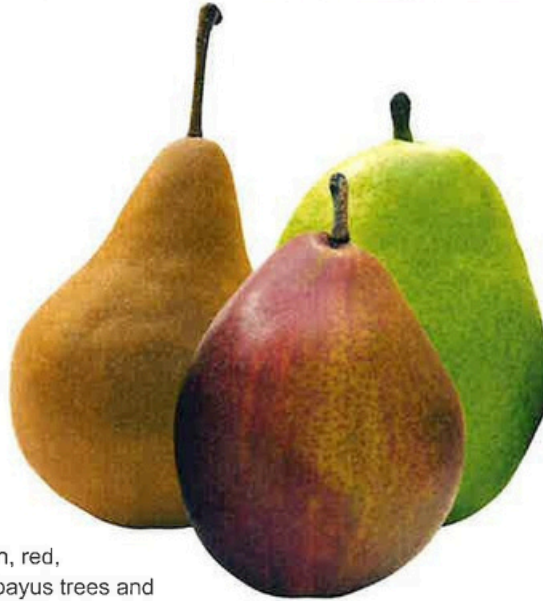
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## PEARS Prepare to be Healthy

Pears are a great addition to any meal, as they can be incorporated into breakfast, lunch, dinner, dessert, and of course, snacks. Whether they are fresh, dried or canned, pears are a great fruit to add to your daily diet. Pears are found in a variety of colors, including many different shades of green, red, yellow/gold, and brown. Grown on a variety of pear trees and shrubs, Pears were hailed as a "gift of the gods" in *The Odyssey* by Homer, the Greek poet. For more than 4,000 years, the power of the pear has been a recognized delight. Today, pears are a fruit favorite all over the world. In the United States, the Pacific Northwest growers produce 80 percent of the nation's fresh pears grown domestically!

### Nutrition NOTES

There is no doubt that pears are more than just a delicious snack or addition to any meal, they're a bona fide champion of health. Pears are a source of many different vitamins and minerals, particularly potassium and copper, and are high in fiber and carbohydrates. In the case of pears, the carbohydrates are primarily in the form of glucose, which is the main energy source for most of the cells in your body. Potassium helps manage nerve and muscle function, while also keeping body fluids in balance and regulating blood pressure. Meanwhile fiber promotes digestive health and also has positive effects on blood sugar and blood cholesterol. Meanwhile, fiber promotes digestive health and also has positive effects on blood sugar and blood cholesterol. The best part is, all of this nutrition is available from a food that is virtually free of fat and cholesterol and has less than 100 calories per serving.



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## Did You KNOW?

- There are more than 3,000 varieties of pears, and the most popular pear in the United States is the Bartlett.
- It is an old Korean proverb that, "Eating pears cleans the teeth."
- Bartlett, Bosc, Comice, and Concorde are just a few of the more commonly enjoyed varieties of pears.

  
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## Let's Get Cooking

### PEAR SALSA

#### INGREDIENTS:

- 1/2 C Onion-small dice
- 1 Jalapeno pepper-minced
- 1 Yellow bell pepper-medium dice
- 1 Green pepper-medium dice
- 1/2 Cucumber-medium dice
- 2 C Pears (medium dice)
- 1/4 C Orange juice
- 2 T Lime juice
- 1 T Extra virgin olive oil
- Salt and pepper to taste

#### DIRECTIONS:

Prepare all ingredients as directed and mix in a bowl. Mix orange juice/lime juice/olive oil in small jar. Pour just enough dressing on the salsa to coat. Serve with baked corn chips.

## For The RECORD

### HEAVIEST PEAR

**WHO** Ja Aichi Toyota Nashi Bukai  
**WHERE** Japan  
**WHEN** 11 November 2011  
**DETAILS** The heaviest pear on record was 6 pounds, 8 ounces and was grown by JA Aichi Toyota Nashi Bukai and presented at the JA Aichi Toyota main office in Toyota, Aichi, Japan on 11 November 2011. The pear was of the atago variety. This variety is the biggest pear in Japan and it is original from the Okayama.



### It's All HISTORY

Many experts believe that European pears and Asian pears evolved separate during the same approximate time in history, around 1,000 BC. Certain types of pears are native to parts of Africa. Before the beginning of the 1500's when European colonists started to bring pears to North America, they were not native or enjoyed in the United States. Even after the pears were brought to the colonists of the United States, they continued to import them from Europe rather than grown pears themselves. Today, the vast majority of pears come from Argentina, Chile, China, South Korea and New Zealand.

Source: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=28#historyuse>

## By The NUMBERS

**75,000** metric tons  
 THE AMOUNT OF PEARS THE  
 U.S. IMPORTS EVERY YEAR

The amount of calories  
 IN THE AVERAGE  
**100** PEAR.

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# ORANGES

## FAST FACTS

- 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
- Orange trees are very fragrant in full bloom because the leaf, flower, and fruit all grow at the same time



## IMPORTANT NUTRIENTS

- **Vitamin C** - helps with wound healing
- **Thiamin** - helps convert food into energy
- **Pantothenic acid**- helps make neurotransmitters, steroid hormones, and hemoglobin
- **Fiber** - good for your gut and heart
- **Folate** - needed for new cell creation

## SELECTION & STORAGE

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

Store oranges in the crisper drawer in your refrigerator at home.

## IDEAS FOR SERVING

- Eat fresh orange slices as a snack during the day
- Add oranges to your smoothie along with other fruits and vegetables
- Used orange slices in your cooking to add citrus-flavor to fish or chicken







# ORANGES

## ACTIVITIES

### Five Senses Fun!

Use your five senses to describe how oranges look, feel, taste, sound, and smell.

### Compare & Contrast

Make a list of similarities and a list of differences between oranges and another citrus fruit. Are there more similarities or differences?

### Write a Recipe

Invent a new recipe that includes oranges as one of the ingredients.

### Artistic Writing

Write a poem or song about the health benefits of orange. Share with the class.

### Watch a Video

Find and watch a video online that shows how oranges are grown, harvested, and distributed in the United States.

### Science Exploration

Identify each of the following parts of the orange: skin, rind, carpel, and core.

## CHECK FOR UNDERSTANDING

**What are some examples of other citrus fruit?**

**What type of plant do oranges grow on?**

**What nutrients are found in oranges?**

**What should you look for when selecting oranges at the market?**

**What is your favorite way to eat an orange?**

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## RADISHES ARE GOOD TO EAT

Radishes are the perfect vegetable to snack on if you are aiming to reach your daily Vitamin C goal. Even though they are small, they manage to pack an abundance of Vitamin C. A 1/2 cup serving of radish provides 14 percent of the recommended daily serving of Vitamin C. This is a most desirable vitamin for all humans, as it works to rebuild tissues, maintain bones and teeth and rebuild blood vessels. It is also prominently known as an antioxidant vitamin and in turn fights off cellular damage that can lead to cancer or other harmful diseases. Vitamin C is water-soluble and thus must be replenished daily. So it would not be a bad idea to incorporate radishes into various aspects of your meals.

## Nutrition NOTES

Radishes can be a great source of fiber. A 1/2 cup provides one gram of fiber. Although this may not seem like much, it is actually 4 percent of your recommended daily serving. Radishes are also known for their ability to assist in the protection against cancer. Radishes contain compounds called isothiocyanates, which have proven to be effective against certain forms of cancer. Radishes are considered to be very diet-friendly. A 1/2 cup contains nine calories and a mere two grams of carbohydrates. These numbers, combined with the various vitamins and minerals in the radish, make it one vegetable you should consider incorporating into your meals.

Source: [www.livestrong.com](http://www.livestrong.com)



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## Did You KNOW?

- In the classic novel "Gone With The Wind," Scarlett O'Hara, after eating a radish, says: "As God is my witness, I'll never be hungry again."
- **Some of the most common varieties of radish include Sicily Giant, Plum Purple, Bunny Tail and French Breakfast.**
- In ancient Greece, it was common practice to present golden replicas of radishes to the god Apollo.
- **The only mention of radishes in Shakespeare's works is by the character Falstaff in "Henry IV."**

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## Let's Get Cooking

### RADISH AND CUCUMBER BRUSCHETTA

#### INGREDIENTS:

- 4 tablespoons olive oil, divided
- 8 large radishes (or 16 medium to small), sliced
- 1/2 cucumber (seedless), sliced in half moon rounds
- 1 garlic clove, sliced (optional)
- salt and pepper to taste
- 8 slices of french bread, 1/4 to 1/2 inch thick
- 2 tablespoons lemon juice
- 2 tablespoons parsley
- 1/2 teaspoon dill

#### DIRECTIONS:

1. Prepare ingredients as directed.
2. In small sauté pan, add 1 to 2 tablespoons of olive oil, sliced garlic (if using), and sliced radishes.
3. Sauté for 5 minutes and then add the cucumbers and sauté for an additional 2 to 3 minutes. Add salt and pepper to taste.
4. Place bread slices on baking pan.
5. Combine equal parts of lemon juice and olive oil and brush on the bread. Sprinkle the fresh parsley on the bread.
6. Broil bread in oven until golden and crispy.
7. To serve, place a serving of the radish and cucumber mixture on each piece of toast and garnish with dill. This is delicious served warm or at room temperature.

## By The NUMBERS

**25** The number of days it takes for a radish to mature from seed to edible plant.

**75.47** THE LENGTH, IN INCHES, OF THE LONGEST RADISH EVER RECORDED

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RECORD



### HEAVIEST RADISH

- WHO** Manabu Oono
- WHERE** Kagoshima, Japan
- WHEN** Feb. 9, 2003
- DETAILS** On Feb. 9, 2003, Manabu Oono produced the world's heaviest radish, weighing in at 68 pounds, nine ounces (or 31.1 kilograms) at the Sakurajima Radish Contest in Kagoshima, Japan.



### It's All HISTORY

Radishes were often featured as a form of currency or wages for the Egyptians, specifically as a way to pay those who worked on the pyramids. The Greeks and Romans preferred to use radishes as a food source. They were very fond of growing their radishes to reach sizes of 100 pounds or larger in preparation for winter storage. They typically served radishes with honey and vinegar. The Chinese were also very fond of radishes and grew them as early as 700 B.C. They are credited with introducing the radish to Japan, where it is now one of the most popular vegetables. Radishes did not appear in England until Elizabethan times and were predominantly featured as an appetizer. Early settlers eventually brought them to America, where they were served during breakfast, lunch and dinner. They were traditionally eaten to stimulate the appetite and cleanse the palate in preparation for the main course. In most instances, radishes were served with salt for dipping or with bread and butter, with the butter spread on the radish. By the end of the 18th century, there were at least 10 known varieties of radish.



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