

2025 SEPTEMBER

FRESH FRUIT & VEGETABLE PROGRAM



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

LABOR DAY

No School

2

Kumquats

- In Chinese, kumquat means “**golden orange.**”
- The peel of a kumquat **sweet and edible**, while the **inside is more tart.**
- Kumquats are high in vitamin C, which **keeps your immune system healthy** and fights off colds!



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Guava

- Guavas are a **tropical fruit** native to Mexico, Central America, the Caribbean and northern South America.
- They can be **eaten like an apple** – skin and all!
- Guava leaves are sometimes used in hair products because they are believed to **encourage hair growth.**



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Jicama

- Jicama is a **root vegetable** that has thin, brown skin. The inside is white and has the same texture as an apple (but isn't sweet).
- Jicamas are native to Mexico and belong to the **potato family.**
- One jicama can weigh up to **50 pounds!**

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Plum

- Plums grow on trees with **full sun exposure.**
- They are **stone fruits** because they have a “stone” inside, also known as a pit. Please be sure not to eat the pit inside!
- Plums have **fiber**, which is good for your digestive system.
- Dried plums are called **prunes**, which are also a great snack.



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Red Bell Pepper

- Red bell peppers are the **sweetest** bell peppers because they are **fully mature** and ripen the longest.
- They come in a **variety of colors**: red, orange, yellow, green, and even purple!
- Red bell peppers are higher in vitamin C & A than other peppers.

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Fig

- Figs are small, pear-shaped fruit that are brown or purple and taste both **sweet and nutty.**
- Figs are high in **calcium**, which keeps your bones strong!
- Early Olympic athletes used figs as **training food.** Figs were also presented to winners and were the **first Olympic “medal.”**



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Broccoli

- Broccoli is originally from the **Mediterranean region** and was engineered by Romans from **wild cabbage.**
- It is rich in **vitamin K**, which keeps your blood healthy!
- **Thomas Jefferson** grew broccoli in the late 1700s from seeds brought to the United States from Italy.

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Kiwi-Berries



- Kiwi-berries almost look like grapes on the outside, but are **bright green with small black seeds** on the inside.
- They can be eaten whole – skin and all (same as a regular kiwi!).
- They have **5x** as much vitamin C than an orange!
- Kiwi-berries are a “superfood” high in many vitamin & minerals.

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The **Fresh Fruit & Vegetable Program (FFVP)** is a federal program that provides free, fresh fruits & vegetables at participating schools during the school day!

Participating schools include: Aguilar, ASPIRE at Arredondo, Broadmor, Curry, Frank, Holdeman, Nevitt, Rover, Scales Technology Academy, Shamley K-8, Spracale, Thew, & Wood.

