



The Fruit and Veggie Buzz

Exotic Winter Fruit

Exotic fruits are becoming more available throughout the year in the United States. Many of the fruits described below are grown in the Southern Hemisphere, where our winter is their summer. Importing from countries such as New Zealand allows Americans the opportunity to try new fruits all year round. Here are some exotic fruits you may want to try during the winter months.

Tamarillo is egg-shaped and pointed at both ends with a green stem. The outer layer of apricot colored flesh is slightly firm and the inside is filled with dark edible seeds that are slightly harder than those of a tomato. The flesh is tangy and tart but flavorful.



Red Banana is smaller in size than a common banana and the peel is a deep red or purple. It has a creamy white to pink flesh, with a slight raspberry banana flavor.

Guava is an oval shaped fruit that varies in size from a small egg to a medium apple. The thin skin may be yellow, red, purple, or nearly black and the flesh ranges from a pale yellow to a bright red. Guava is sweet with a slight tart after taste.



Source: Fruits and Veggies Matter: Fruit and Vegetable of the month: Exotic Winter Fruit

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Fresh F/V Time Control Plans

There are four fresh fruits and vegetables that are potentially hazardous that must be kept in a controlled temperature environment until consumed. The four fruits and vegetables that are considered potentially hazardous are **cut** leafy lettuce, **cut** melons, **cut** tomatoes, and raw seed sprouts. These four produce items need a time control plan if they are going to be distributed to the classrooms and not placed in a controlled temperature environment until consumed by the children.

The time control plans must be approved by your local health department if time versus temperature is being used for these four produce items. The Indiana Department of Education has created four separate time control plan templates in which schools that serve this produce can send to their local health department. You can find the time control plan templates on the Learning Connection under the community name IDOE – Fresh Fruit and Vegetable Program. Here is a direct link to the Indiana Department of Education's Learning Connection- <https://learningconnection.doe.in.gov/Login.aspx?ret=%2fdefault.aspx>.

Save the Date

Mark your calendars for **Thursday, January 26, 2012**. This will be the date of the next FFVP webinar for all schools. It will be held from 9 am—10 am (Eastern Time). Come and share your FFVP success stories! The FFVP contact will receive the call-in number via email. We look forward to hearing from you.

Indiana Department of Education, School and Community Nutrition, FFVP Website: <http://www.doe.in.gov/food/FFVP>

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Ten Reasons Why Leafy Greens are Powerful

Do you remember the famous cartoon character, Popeye the sailor man, who would eat several cans of spinach and subsequently attain superhuman powers and strongly state “I’m strong to the finish when I eats me spinach”. And then send his rival Bluto flying to the moon. Bluto, who apparently neglected to eat healthy green vegetables, would lose every time. Sadly, Americans’ heavy dependence on dairy, meat and grains to the exclusion of these all important vegetables has taken away the necessary “punch” they should be getting from their diet, and it has been replaced with a need for an afternoon nap.

The color green is associated with life, vitality, and renewal. Green is not meant to be a sprig of parsley decorating the edge of a plate, but balancing, even dominating, the color of a plate. It also creates texture to the meal. More importantly, green leafy vegetables are among the most nutrient dense foods available. High in calcium, iron, magnesium, potassium, phosphorous, zinc, and vitamins A, C, E, and K. And are also, packed with fiber, folic acid, chlorophyll, and many other phytochemicals and micronutrients. When eaten raw, your body gets the added benefit of live enzymes needed for improved digestion and nutrient absorption.

Consider the following 10 reasons why green leafy vegetables should be the power players in your daily diet:

1. Boost immune function
2. High in vitamins known to prevent cancer
3. Improves circulation
4. Purifies the blood
5. Provides steady energy
6. May ease feelings of depression
7. Promotes healthy intestinal flora
8. Improves liver, kidney, and gallbladder function
9. Clear congestion, especially in the lungs
10. Helps reduce inflammation.



Source: naturalnews.com: Ten reasons why leafy greens are the power players on any plate

Senses Experiment: Tasting—With Your Nose

What this experiment shows:

How your sense of smell helps you taste foods. Without your nose, you may not be able to tell the difference between foods, especially if the foods all have the same texture (for instance, slices of different fruits and vegetables and gloppy yogurt and pudding,)

What you need:

- * A grown-up to help
- * A partner or two
- * A blindfold
- * Foods to taste, such as different fruits and vegetables
- * Spoons, if necessary
- * A cup of drinking water for everyone

What to do:

1. Blindfold your partner.
2. Ask your partner to pinch their nose.
3. Offer your partner one food item.
4. Have your partner try to identify the food item.
5. Have your partner un-pinch their nose.
6. Offer the same food item.
7. Have your partner try to identify the food item again. (Can your partner identify what the food item is?)



Source: www.kidshealth.org

What's So Great About Winter Squash?

(www.panen.org)

- Winter squash are good to excellent sources of vitamin A, beta-carotene, potassium, vitamin C and fiber.
- Winter squash also contains niacin, folate, and iron.
- Winter squash is low in calories. It is fat free and cholesterol free.
- Each type varies in texture, aroma and flavor. Winter squash can be prepared with sweet or savory flavors.
- Winter squash goes well with meats, fruits, and other vegetables.



Selecting and Storing Winter Squash

Winter squash is harvested when fully mature in September and October. It is widely available until late winter.



Look for:

- A hard, tough rind with the stem attached.
- Squash that is heavy for its size (meaning a thick wall and plenty of edible flesh).

Avoid: Squash with cuts, punctures, sunken spots, or moldy spots on the rind. These are signs of decay. A tender rind means that the squash is not ripe. Unripe squash lacks flavor.

Storage

Winter squash can keep for up to three months if stored in a cool dry place. Squash stores best with part of the stem still attached to help retain its moisture.

- Once cut open, store squash wrapped in plastic in the refrigerator for 4 to 5 days.
- Cooked squash can be stored in an airtight container in the refrigerator for 4 to 5 days.
- Frozen cooked squash stays fresh for up to a year.

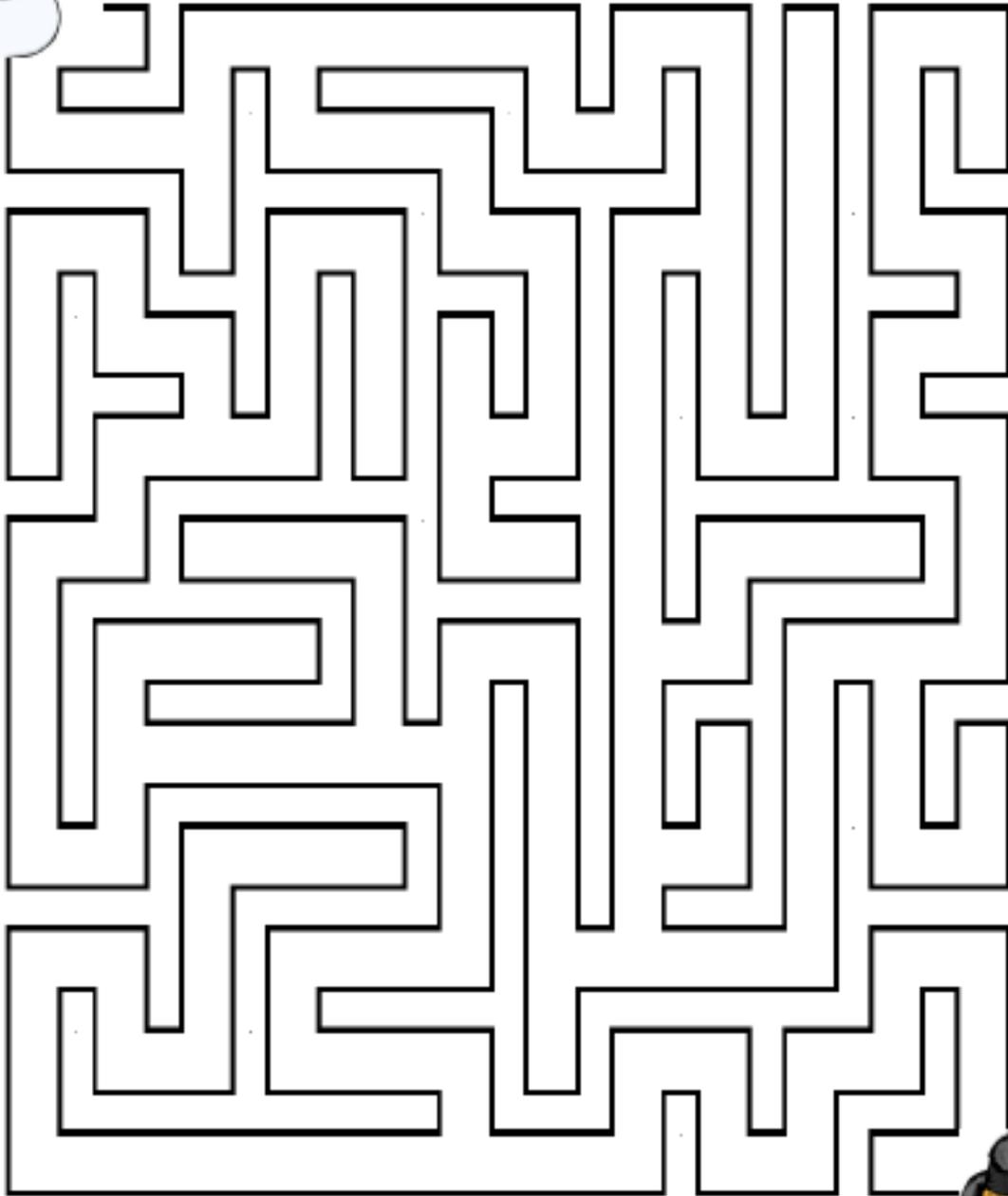
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Source: www.panen.org

Help Frosty find his top hat



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