

Brussel Sprouts

When do they grow?

They require cool weather to grow. Plant mid-late summer and they will be ready by fall! They are a slow growing and long bearing crop.

What family do they belong to?

*They belong to the cole crop (*Brassica oleracea*) family, which includes cabbage, broccoli, cauliflower, collards, kale and kohlrabi.*

Cherry Tomato

Did you know?

The highest producer of tomatoes is China. Do you know who is 2nd and 3rd? The United States and India.

Classroom Activity

Look for China, India and the United States on a map. What continent is each country in? Which hemisphere is each country in?



Fresh Fruit & Vegetable Program

K-6th Grade

December 2019 Newsletter



Cantaloupe

Food Safety Tip

Always wash the outside of a cantaloupe before cutting and serving to make sure it does not contain bacteria.

Taste bud test to try at home:

Did you know that if you added a little salt to cantaloupe, it actually makes it taste sweeter?



Starfruit

The STAR of fruit when it comes to health benefits

- *Anti inflammatory*
- *Better heart health*
- *Improve respiratory health*
- *Regulates blood pressure*
- *Improve blood sugar control*
- *Helps reduce cholesterol levels*
- *Improves metabolism*
- *Promotes weight loss*
- *Good source of fiber*
- *Contains vitamin C, copper, B-complex vitamins and potassium*



Monthly Newsletter

- Engage your students in the program by offering educational information across all subjects.
- Encourage a positive attitude when trying new or different foods.



Starfruit

Class Survey:

What do you predict the starfruit will taste like:

- A. Sweet
- B. Tart
- C. Sour
- D. Bitter



JOKES

Q: What is green and goes to summer camp:

A: A Brussel's scout!

UNSCRAMBLE THE WORDS

trustafir
motcharotery
ssrsorlebut
tapeancoul

(Starfruit, cherry tomato, Brussel sprout, cantaloupe)

Roasted Brussel Sprouts with Garlic

1.5 lbs of Brussels sprouts, trimmed & halved
4 cloves of garlic, roughly chopped
1.5 tbsp. olive oil
½ tsp. salt
¼ tsp. pepper
2 tbsp. parmesan, grated

Set oven at 400 degrees. Combine oil, garlic, salt and pepper. Toss sprouts in mixture until evenly coated. Place on baking sheet on 3rd rack in oven. Bake 10 min. Remove from oven and sprinkle with parmesan. ENJOY!



Broccoli

Class Survey:

What is your favorite way to eat broccoli?

- A. Steamed with butter
- B. Roasted with seasonings
- C. Raw with a veggie dip



Cherry Tomato

- How many tomato varieties are there around the world?
 - A. 275
 - B. 700
 - C. 3200
 - D. 7500

Answer: D. 7500

To eat all varieties in one year, how many would you have to eat each day?

Cantaloupe

A piece of history

Cantaloupe was named after a city in Italy called Cantalupo.

Which explorer brought cantaloupe seeds to America?

- A. Leif Erikson
- B. Juan Ponce de Leon
- C. Christopher Columbus

Answer: C. Christopher Columbus



