

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

October 2021

OCTOBER CALENDAR



October is National Apple month; Dyslexia Awareness month; Dental Hygiene month; & Vegetarian month.

- 1 World Vegetarian Day
- 2 Mahatma Ghandi born, 1896
- 4 Child Health Day
- 5 World Teachers' Day; Fruit at Work Day
- 6 World Habitat Day
- 8 Walk & Bike to School Day
- 10 World Egg Day
- 11 Indigenous Peoples Day; Columbus Day
- 12 Farmers' Day
- 13 Stop Bullying Day
- 17 International Day for the Eradication of Poverty
- 20 National Day on Writing
- 21 Musician Dizzy Gillespie born, 1917
- 25 Painter Pablo Picasso born, 1881
- 26 National Pumpkin Day
- 28 Statue of Liberty dedicated; 1886
- 31 Halloween



MEATLESS MONDAY

Try Meatless Mondays

Vegetarian month is a great time to try out eating more fruits and vegetables and no, or less, meat. **Meatless Mondays** provides a weekly routine to prepare vegetarian meals at both home and at school. Many school districts across the country already employ Meatless Mondays. Eating less meat is good for your health, good for the planet, and good for farmers! Educators, parents, and food service staff can find recipes and resources at: www.mondaycampaigns.org/meatless-monday/k-12-schools.



FEATURED PRODUCE

ASIAN PEAR



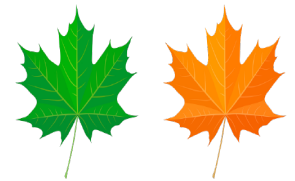
- Asian pears are also known as "**apple pears**" because of their round shape and crisp, apple-like crunch. They have the bite of an apple and the juiciness of a watermelon with a delicate sweet taste.
- Varieties include the 20th Century or **Nijisseiki**, the **Hosui**, the **Chojuro**, the **Shinko**, and many more. They are harvested from September to early November.
- High in fiber, low in calories and filled with macronutrients, eating Asian pears **supports eye, blood, bone and cardiovascular health**.
- Asian pears **can be eaten out of hand--just like an apple!** Try them chilled for a refreshing treat, sliced in salads, or peeled for desserts.

Why do leaves change color in the fall?

Did you know that these colors are present -- but hidden -- in the leaves from the moment they emerge in the spring? During spring and summer, leaves are filled with chlorophyll, the bright green chemical present in cells that turns sunlight into food for the tree.

In the fall, **chlorophyll breaks down, allowing other hues in the leaf to show up.** Look for trees in your neighborhood that change color and try to identify them.

www.arborday.org/trees/whattree/



CONTACT US: For more info on The FruitGuys Farm-to-School Program, School Bulletin suggestions, or questions about your Nutrition Education materials, contact Carol Stewart at 650-438-2842 or carol@fruitguys.com. • fruitguysfarmtoschool.com

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No Carve Mummy Pumpkin

Adapted from ImperialSugar.com

These little mummy pumpkins are perfect for decorating tables or Halloween gifts. Adult supervision may be needed to make the homemade glue. Not into mummies? Decorate your pumpkin by painting it, spreading glue and then glitter, or adding stickers.

SUPPLIES

- 🍊 1½ cups all-purpose flour
- 🍊 ½ cup extra fine granulated sugar
- 🍊 1 teaspoon vegetable oil
- 🍊 1½ cups water
- 🍊 Small cooking pot
- 🍊 Paint brush
- 🍊 Mini pumpkins
- 🍊 Cotton gauze
- 🍊 Googly eyes
- 🍊 Scissors

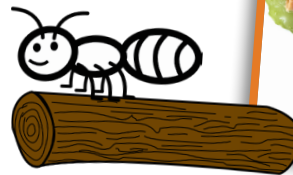
INSTRUCTIONS

1. Make glue by mixing flour, sugar, water and oil in a pot and stir over low heat until well combined and smooth in texture. (Wash promptly so it doesn't stick to the pot!)
2. Cut gauze into short strips, just enough to wrap around your pumpkin.
3. Dip paint brush with glue and then paint the pumpkin before attaching the gauze.
4. Continue adding glue and gauze strips in a random pattern that looks like a mummy, until completely covered. Leave stem uncovered if desired.
5. Dab glue and stick googly eyes to the front of the pumpkin. Glue to a disc of colored construction paper if desired. Let dry completely.



Healthy Halloween Treats!

These tasty treats are fun and great for you!
Perfect for party snacks or lunch!



Ants on a Log

Recipe by Katherine Weber for The FruitGuys

INGREDIENTS

- 5 stalks of celery
- ½ cup peanut butter
- ¼ cup raisins

INSTRUCTIONS

Cut the celery stalk in half, spread peanut or nut butter on the celery and then sprinkle raisins on top! Now you have ants on a log; don't worry though, these ants taste great!



Image use: CoolMomEats.com

Witches Fingers

INGREDIENTS

- 1 bag of baby carrots/carrot sticks
- 1 can of whole pitted black olives
- Hummus, ranch or yogurt dip, or favorite salad dressing

INSTRUCTIONS

Place the olives on the ends of the carrots to make creepy witches fingers! Then use your favorite veggie dip or hummus to seal the deal!



CONNECT THE DOTS!



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