

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

June 2022

JUNE CALENDAR



June is Fresh Fruit & Vegetable Month, Dairy Month, Great Outdoors Month, Camping Month, Pride Month, Pollinators Month

- 1 Say Something Nice Day
- 2 Global Running Day
- 3 World Bicycle Day
- 4 Hug Your Cat Day;
National Cheese Day
- 5 World Environment Day
- 6 D-Day
- 7 World Food Safety Day
- 8 Best Friends Day;
World Oceans Day
- 14 Flag Day; Full Strawberry Moon
- 15 Smile Power Day
- 16 Fresh Veggies Day
- 17 Eat All Your Veggies Day
- 18 International Picnic Day;
World Juggling Day
- 19 Juneteenth**
Father's Day
- 20 Summer Solstice
- 21 First day of Summer;
Make Music Day,
Go Skateboarding Day
- 23 Hydration Day
- 24 Take Your Dog to Work Day
- 30 Meteor Watch Day

June is Fresh Fruit & Vegetables Month



If you don't love eating them already, here are some facts to encourage you to try:

- Fruits and veggies are great sources of fiber, which helps lower cholesterol, makes you feel fuller longer, regulates blood sugar, and keeps digestion regular
- The skin of fruits and vegetables usually contains the majority of its nutrients and antioxidants, so wash well in cold water and don't peel
- Broccoli contains protein—about 4g in 100g of steamed broccoli
- Apples can give you more energy than coffee
- Watermelons can keep you hydrated
- A stalk of celery is only about 10 calories

IN SEASON CHERRIES

Cherries are small, delicious stone fruits, the little sisters of apricots, peaches, and plums, with a hard pit at the center. Harvest begins in early June and can last until August.



- Washington, Oregon, and California are the chief growers of commercial cherries
- Dark red cherries get their color from anthocyanins, antioxidants that reduce inflammation
- Cherries contain serotonin, tryptophan and melatonin, which support healthy sleep

Father's Day is June 19



"Any man can be a father, but it takes someone special to be a dad."

— Anne Geddes,
Australian photographer

JUNETEENTH



Juneteenth is a federal holiday that commemorates the emancipation of African-American slaves. It originated in Galveston, Texas where the last slaves were freed by federal troops on **June 19, 1865**. It is also an occasion for celebrating African-American culture and freedom.

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

DIY: Fish Hand Print Craft

Celebrate World Oceans Day (June 8) by making a colorful clownfish handprint that will delight the makers and the receivers. Adults can paint children's hands or they can do it themselves.

What you'll need:

- Construction paper
- Paintbrushes
- Paint (various colors)
- Black permanent marker

Instructions:

1. Start out with orange and white paint. Paint the palm side of the fingers orange.
2. Add a white band where the fingers join the palm.
3. Paint the palm orange to the level of the thumb as well as the palm of the thumb.
4. Paint a white band across the palm, just below the thumb.
5. Paint the lower palm orange to the edge of the wrist.
6. Press the palm onto the paper, thumb pointing down.
7. Draw eye and mouth onto the fish.
8. Add seaweed, marine plants, bubbles or other marine creatures to complete your painting.



Adapted from NaturalBeachLiving.com

Recipe: Easy Zucchini Egg Muffins

Recipe by Rebecca Dienner for The FruitGuys

Zucchini is a delicious and versatile summer staple that can be used in any dish. It's nutrient-dense and packed with potassium. Kickstart your mornings with these easy summer egg veggie muffins!



Ingredients:

- 2 small zucchinis or summer squash, grated (about 1 cup)
- 2 small leeks, thinly sliced or ½ onion, minced
- 1 cup chopped mushrooms
- 12 eggs beaten
- ¼ cup olive oil or milk
- ¼ cup fresh chives or herbs such as parsley, basil, dill, or thyme
- ⅓ cup shredded cheddar cheese or feta
- ½ teaspoon salt
- ½ teaspoon pepper

Instructions:

1. Preheat oven to 375 °F. Line a muffin tin with paper liners or lightly grease a non-stick muffin tin.
2. Squeeze most liquid from the grated zucchini with a kitchen towel, cheesecloth, or paper towels.
3. If using leeks, wash well, making sure to remove all sand and dirt and slice the white ends into ⅛-inch rounds. If using onions, chop finely.
4. Chop mushrooms into ¼-inch pieces.
5. Place veggies into each muffin cup in the muffin tin.
6. Add milk or olive oil to the egg mixture, plus the herbs, salt, and pepper and mix well.
7. Now pour egg mixture into the 12 muffin cups, dividing it evenly.
8. Generously sprinkle each uncooked muffin with cheese and pop in the oven to cook for approximately 30 minutes or until cooked through and golden brown on top.

Makes 12 muffins. Prep time, 10 minutes; cook time, 30 minutes.

Cook's note: You can use other summer squash or spinach or cooked broccoli, if preferred.

COLORING ACTIVITY

