

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

April 2024

APRIL CALENDAR

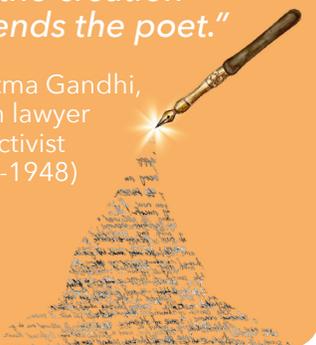


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National Poetry Month;
Autism Awareness Month;
National Bilingual/Multilingual
Learner Advocacy Month;
School Library Month

- 1 April Fools' Day
- 2 International Children's Book Day
- 3 National Walking Day
- 4 National School Librarian Day
- 6 California Poppy Day
- 7 National Library Week begins
- 9 National Unicorn Day
- 11 National Pet Day
- 12 Only Child Day
- 13 National Scrabble Day
- 15 Jackie Robinson Day; Public School Volunteer Week begins
- 17 International Bat Appreciation Day
- 19 National Kindergarten Day
- 22 Earth Day
- 23 School Bus Driver Appreciation Day
- 26 National Pretzel Day
- 29 School Nutrition Employee Week begins

"The beauty of poetry is that the creation transcends the poet."

– Mahatma Gandhi, Indian lawyer and activist (1869-1948)



Hooray for the Helpers

Teachers do the heavy lifting in education, but they aren't the only ones who make our schools successful. During April, we celebrate several unsung school heroes.

- **National School Nutrition Employee Week** begins on April 29. From planning healthy meals to creating and serving them, school nutrition employees make sure students, teachers, and staff have the nutritious food they need to thrive.
- April 23 is **School Bus Driver Appreciation Day**. More than 25 million children across the country ride the bus to school every day. Bus drivers make sure they get there safely and on time.
- **Public School Volunteer Week** begins April 15. From fundraising to tutoring to coaching, schools rely on volunteers to donate their time and energy. Their efforts make schools even better!
- April 4 is **National School Librarian Day**. School librarians can ignite a love of reading in kids that provides a lifetime of learning and pleasure.



THE WORLD'S BIGGEST AND SMALLEST FRUITS

The world's largest tree fruit is the **jackfruit**. Spiky, olive-green, and oblong, these tropical fruits grow on the branches and trunks of trees in tropical and subtropical climates. Each fruit can weigh up to 100 pounds! Ripe jackfruits are sweet and soft with a lightly tropical flavor.



The world's tiniest fruit, the **Asian watermeal**, is about the size of a grain of salt! It's bright green and full of protein and other nutrients with a flavor like watercress. Unlike jackfruit, which is relatively easy to find in the U.S., Asian watermeal is typically only grown for consumption in parts of Thailand and other Southeast Asian countries.

Upcycled Wind Chimes

Adapted from
HandsOnAsWeGrow.com

Celebrate Earth Day by turning discarded cans into sound art machines!



SUPPLIES

- 4 or 5 tin cans
(think bean or vegetable cans), rinsed
- Tape
- Decorations (paint, paper, glue, stickers, etc.)
- Hammer
- Nail
- Twine
- Metal nuts or washers

DIRECTIONS

1. Tape around the rim of each can to eliminate sharp edges.
2. Decorate the cans. You can use paints, stickers, pages from old magazines, construction paper—get creative!
3. Carefully use the hammer and nail to punch a hole in the center of the bottom of the can.
4. Thread a 12-inch piece of twine through the hole.
5. Tie a nut or washer to the twine about three inches from the end of the twine on the inside of the can. This will hold the twine in place when the chimes are hung.
6. Tie another nut at the end of the twine inside the can – this will be the “clapper” that makes noise when the cans move in the breeze.
7. Repeat steps 3–6 for the other cans.
8. Hang your chimes close together so that the wind makes them clang against each other.

Step It Up!

The quickest way to improve your health and brighten your day is also the simplest: Take a walk.

National Walking Day

(April 3) is a great day to kick off a spring walking habit.

The days are longer, giving us more daylight to take after-dinner family walks or even sunrise strolls. Whatever time of day you choose, put your best foot forward and walk your way to health.



Strawberry Lemonade Granita

By Miriam Wolf for *The FruitGuys*

It's strawberry season! Savor fresh berries with this easy, icy treat.

INGREDIENTS

- 4 cups ripe strawberries, sliced
- ¼ cup lemon juice
- ¾ cup water

PREPARATION

1. Blend all ingredients in a blender or food processor until smooth.
2. Pour into a metal loaf pan and place in the freezer.
3. Freeze for 4–5 hours, interrupting the process every 30 minutes to mix and fluff up the mixture with a fork. To serve, remove from the freezer and let stand 30 minutes before scooping into bowls.

Serves 5. Prep/freeze time, 5 hours.

COLORING ACTIVITY

