

# SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

June 2025

## VERRY CHERRY PLUMS ARE PLUM DELICIOUS!

Mid-June signals the end of cherry season but brings Verry Cherry plums—a flavorful cross between a plum and a cherry bred by Zaiger Genetics in Modesto, California. They have blushing red skin, golden flesh, and a small pit in the middle.

"It looks like a plum, just a small plum, but once you bite into it, you realize it's something completely different," farmer John Warmerdam told The FruitGuys. His family farm, New Excelsior Farming, supplies these sweet-tart fruits to The FruitGuys through The Flavor Tree Fruit Company.

Most stone fruits taste best when they're soft, ripe, and dripping with juice. But Verry Cherry plums are delicious when they're still firm and crispy. Enjoy them out of hand as a snack, or add them to yogurt or a granola bowl for a healthy summer treat.



## JUNE CALENDAR



June is Fresh Fruit and Vegetable Month, National Safety Month, Caribbean American Heritage Month, Pride Month, Great Outdoors Month

- 1 World Reef Awareness Day, National Pen Pal Day
- 6 Anniversary of D-Day
- 7 World Food Safety Day
- 11 National Corn on the Cob Day
- 14 Flag Day, Monkey Around Day
- 15 Father's Day
- 17 National Eat Your Vegetables Day
- 18 International Picnic Day
- 19 Juneteenth
- 20 Summer Solstice
- 23 Hydration Day

## Meet Your Farmer: Rocking Chair Farm Markets



Husband-wife team Blake and Lisa Carlson have grown stone fruit on their family farm in Kingsburg, California, since 1984. They've supplied The FruitGuys since 2007! We're big fans of their flavorful nectarines, peaches, plums, and pluots, but they also grow grapes, walnuts, and almonds.

## Summer Fun with Dad

Celebrate Father's Day outdoors: Walk, bike, hike, or fish with your dad. Or try a summer scavenger hunt and track the bugs, flowers, and critters you spot!



## BUILD THE PERFECT PICNIC

Wednesday, June 18, is International Picnic Day, so it's the perfect time to grab your friends and head to your local park. Here's a quick guide to building the perfect picnic.

### 1. Choose Your Noshes

Create a snacky picnic with finger foods like berries, apple slices, baby carrots, bell pepper strips, broccoli chunks, and cheese cubes with hummus and nut butter dippers. Or, make an easy-to-pack meal ahead of time—think pasta salad or turkey and Swiss wraps. Encourage everyone to bring their own water bottles (it's eco-friendly and affordable).



### 2. Grab a Blanket and Utensils (If You Need Them)

Pick out a blanket big enough for everyone to sit on. For serving, bring reusable plates and utensils from home, or go for compostable plates, cups, and toothpicks.

### 3. Pack Your Basket

Baskets are traditional, but a bag or cooler can work even better—just use what you have! A cooler and ice packs work best if you're bringing perishable foods.

Portion out each person's meal and/or seal finger foods in individual bags or containers. Finally, remember to sneak in napkins, sunscreen, and a card game or two.

## Stay Safe Outside

Make **"better safe than sorry"** your motto this June for National Safety Month with these tips from Safe Kids Worldwide.

- **Wear a helmet** when riding anything with wheels
- **Choose the right size** of helmet and bike, leveling up as you grow
- **Wear pads** when skating or scooting
- **Make eye contact** with drivers before crossing the street
- **Ride on the right side of the road** when biking, scooting, or skating
- **Don't wear jewelry or loose clothes** on the playground
- **Crouch** if you feel like you're falling, so you don't fall so far



## COLORING ACTIVITY



### Reel in the Good Stuff

Fish is a healthy choice for your heart and brain! It's packed with protein, omega-3 fatty acids, and vitamins like D and B2. When shopping, look for the **Marine Stewardship Council's blue fish label**, which certifies that the seafood is eco-friendly.



## PUZZLE ACTIVITY

Cut out the puzzle pieces and scramble them up. Then, see if you can put the picture back together to solve the puzzle!

