

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

June 2024

JUNE CALENDAR



June is Pride Month, Fresh Fruit and Vegetable Month, Great Outdoors Month, Adopt a Cat Month, Aquarium Month

- 1 World Reef Day; National Barefoot Day
- 3 World Bicycle Day; National Egg Day
- 5 Global Running Day; World Environment Day; Hot Air Balloon Day
- 6 National Yo-Yo Day
- 8 World Oceans Day
- 9 Donald Duck Day; Flag Week begins
- 10 International Men's Health Week begins
- 14 Flag Day
- 15 National Prune Day; World Juggling Day
- 16 Father's Day
- 17 Eat Your Vegetables Day
- 18 International Picnic Day
- 19 Juneteenth
- 20 Summer Solstice
- 21 World Giraffe Day; Yoga Day
- 22 World Rainforest Day
- 23 National Camping Week begins
- 26 Forgiveness Day
- 30 Asteroid Day

Dad's Day

"A father is someone you look up to no matter how tall you grow."

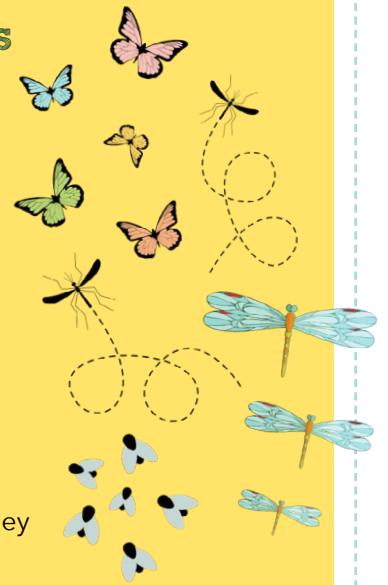
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Celebrate Great Outdoors Month—Go Buggy!

The next time you're in a park (or even your own yard) become a naturalist and go on a quest to discover which bugs make the area home.

1. Which flying bugs do you see? Are there butterflies, mosquitos, flies, dragonflies?
2. Carefully turn over a rock. Which bugs do you see?
3. Which bug has the most legs? The least? The longest?
4. Watch for interesting bug behavior—do they compete or cooperate?



THE SECRET INGREDIENT

Maybe it's our imagination, but we think food tastes better when it's grown with love. The juicy, sweet peaches and nectarines that our Farm-to-School Program sources from Blake Carlson at **B and L Farms** in Kingsburg, California, fit that bill perfectly. Blake has been farming since 1984 and many of his workers have been with him since the very beginning. Now that's love and dedication!



The Ultimate Summer Drink

Give your water a makeover! **Spruce up plain water** with healthy add-ins like a sprig of mint, a squirt of lemon juice, or a spear of cucumber. For the ultimate summer drink, grab a blender and mix watermelon, sparkling water, and a squeeze of lime juice together.



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: Family Flag

Adapted from *Fun-A-Day*

Use simple construction paper shapes and stickers to create a unique family flag in celebration of Flag Day (Friday, June 14).

SUPPLIES:

8-by-10-inch sheets of paper or cardboard

Colored construction paper to cut into strips, rectangles, and other fun shapes

Small stickers

Glue

Scissors



DIRECTIONS:

1. Choose construction paper colors and shapes that represent your family and paste them onto the cardboard.
2. Pick stickers that speak to you and add them to the cardboard, too.
3. Hang up your new family flag!



Recipe: Summer Celebration Fruit & Veggie Board

Recipe by Miriam Wolf for The FruitGuys

It's Fresh Fruit and Vegetable Month! Use fresh, seasonal fruits and vegetables like the ones listed here to create a party-worthy platter. Pick any produce you like—just make it fun and colorful.



INGREDIENTS:

- Bell peppers, cut into strips
- Carrots, cut into strips
- Cucumbers, peeled and cut into ½-inch rounds
- Snap peas
- Radishes, sliced into rounds
- Tomatoes, whole or sliced
- Berries
- Cherries
- Peaches, pitted and sliced
- Whole, roasted nuts
- Dips of your choice (e.g. ranch dressing, hummus, or pesto), in small bowls

PREPARATION:

1. Place your dips on a wooden cutting board, large flat platter, or rimmed baking sheet.
2. Arrange the veggies around the dips in pretty patterns.
3. Fill in the empty spaces with berries, cherries, and other fruits.
4. Top with your favorite nuts.

Serves 6-10. Prep time, 45 minutes.

Cook's note: The quantity of ingredients you use will depend on the size of your serving board and how many people you want to feed. Use the amount that works best for you.

COLORING ACTIVITY

