

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

March 2023

MARCH CALENDAR



March is Music in Our Schools Month; National Celery Month; National Nutrition Month - 2023 theme "Fuel for the Future"; National Women's History Month

- 2 Read Across America Day
- 3 Employee Appreciation Day; National Day of Unplugging
- 6 National School Breakfast Week begins
- 7 National Arbor Day
- 8 International Women's Day
- 10 Harriet Tubman Day
- 12 Daylight Savings begins at 2 a.m.
- 13 National K9 Veterans Day
- 14 National Pi Day
- 17 Saint Patrick's Day
- 19 Let's Laugh Day
- 20 Earth Day, Spring (Vernal) Equinox
- 21 World Agriculture Day, World Poetry Day
- 22 Ramadan Begins
- 23 National Puppy Day
- 26 National Spinach Day
- 30 Take a Walk in the Park Day
- 31 Cesar Chavez Day

Benefits of Reading

March begins with **Read Across America Day**, a perfect time to try reading for pleasure. Beyond what you might learn, studies have shown that reading has so many other benefits, including:



- Reading helps people feel less lonely.
- Reading for pleasure enhances empathy and self awareness.
- Regular readers report fewer feelings of stress and depression than non-readers.
- Reading provides stronger feelings of relaxation than watching television or engaging with technology.
- Reading for pleasure is associated with better sleep, increased self esteem, and resilience.
- Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.

IN SEASON

PIXIES



- 🍊 Pixie tangerines were first grown in 1927 in California and are a **cross between King mandarins and Kincy mandarins**.
- 🍊 Pixies are grown almost exclusively in **Southern California's Ojai Valley**, which makes them a special and unique treat.
- 🍊 Tangerines are an exceptionally healthy snack—one tangerine contains **more vitamin C than an orange**.

CELERY



- 🍷 Celery is 95% water, which makes it a **perfect low-calorie snack**. Try it raw, dipped in hummus or salad dressing.
- 🍷 Celery has been **cultivated since antiquity**. Images of it were found in King Tutankhamun's tomb in Egypt.
- 🍷 Celery is high in vitamins K and A and contains enough antioxidants and fiber to make it a **sleepy superfood**.



*Do not go where the path may lead,
go instead where there is not path
and leave a trail.*

-Ralph Waldo Emerson,
American poet & philosopher
(1803-1882)

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



Celery Salad with Apples

Recipe from ACoupleCooks.com

Ingredients

- 8 celery ribs plus ½ cup celery leaves
- 1 red apple
- 1 tablespoon white wine vinegar
- ½ tablespoon Dijon mustard
- 1 teaspoon maple syrup or sugar (optional)
- ½ teaspoon salt
- 3 tablespoons olive oil
- ¼ cup shaved Parmesan cheese

Instructions

1. Thinly slice the celery ribs. Measure out the celery leaves. Thinly slice the red apple.
2. In a medium bowl, whisk together the white wine vinegar, Dijon mustard, maple syrup or sugar, and salt. Gradually whisk in the olive oil one tablespoon at a time.
3. In another bowl, toss together the celery and celery leaves with the apple, dressing, and Parmesan cheese shavings. Serve immediately or refrigerate until serving.

Prep time: 15 minutes;
Cook time: 0 minutes; Serves 6.

DIY Craft: St. Patrick's Day Rainbow Plate Craft

Adapted from CutesyCrafts.com

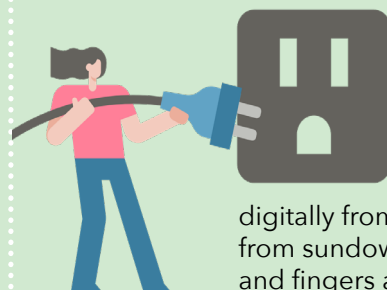
Leprechauns and St. Patrick's Day go hand in hand. Here's an easy decoration that all ages can make to welcome the pot of gold at the end of the rainbow.

Supplies

- Thin paper plates
- Green construction paper
- Crayons, markers, or paint
- Scissors
- Cotton balls
- String
- Glue

Instructions

1. Cut the paper plate in half and cut off the flat center
2. Color rainbow colors on the arch (let dry if using paint)
3. Cut 4 piece of yarn of different length and glue them to the back of rainbow
4. Cut clover-shaped shamrocks from the green construction paper (this can be done ahead of time for smaller children)
5. Glue the clovers to the bottom of the strings and let dry
6. Pull apart 2 cotton balls until fluffy and glue to the ends of the rainbow
7. Tape to a window and enjoy!



National Day of Unplugging

is the First Friday of March -March 3. Challenge yourself to disconnect digitally from phones, computers, & TVs for 24 hours, from sundown to sundown. Rest your eyeballs, brain and fingers and notice how you fill your time.

COLORING ACTIVITY

