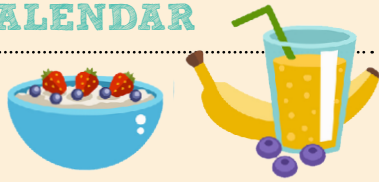


SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

September 2021

SEPTEMBER CALENDAR



September is **Better Breakfast Month**; **National Hispanic Heritage Month (September 15)**; **National Honey Month**

4 National Wildlife Day

6 Labor Day;

Rosh Hashanah begins at sundown

7 National Acorn Squash Day

9 Teddy Bear Day

13 National Peanut Day

15 Yom Kippur begins at sundown

16 Working Parents Day

17 Constitution Day & Citizenship Day

18 National Dance Day

19 Talk Like a Pirate Day

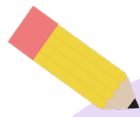
22 Autumnal Equinox;

Car-Free Day

25 National Public Lands Day

26 National Family Day (America)

WELCOME BACK TO SCHOOL



The FruitGuys is here with fresh fruit and veggies -- plus our signature wellness and nutrition education resources -- to support teachers, staff, students, and their families. We wish all our school customers a healthy fall and happy school year!



CELEBRATE NATIONAL HISPANIC HERITAGE MONTH



National Hispanic Heritage Month, celebrated September 15 through October 15, **honors the cultures and contributions of Hispanic and Latino Americans**, past and present, who came from Spain, Mexico, the Caribbean, and Central and South America.

You can **participate in National Hispanic Heritage Month** by making a playlist of Hispanic musicians, making and enjoying a Latin American dish, or exploring books, films or shows created by Hispanic and Latinx authors.



Quote

"Life starts all over again when it gets crisp in the fall."

– from *The Great Gatsby*, by F. Scott Fitzgerald (1896-1940)



FEATURED PRODUCE

MOUNTAIN BARTLETT PEAR

- 🍷 Bartlett pears, which are **picked green and turn light yellow when ripe**, are available year-round, but their peak season is fall.
- 🍷 They have a "true pear" shape (tapered at the top) and are **sweet and juicy** with a classic pear flavor.
- 🍷 Bartlett pears are a great source of **fiber, vitamin C, and potassium**.
- 🍷 Wash and eat out of hand, or core and slice to **add to a harvest salad**.





acorn squash



mangoes

What's in season?



Fall is harvest time! Look for and taste these fruits and veggies while they are fresh from the farm: **acorn squash**, apples, beets, butternut squash, cantaloupe, cauliflower, eggplant, **figs**, grapes, green beans, lettuce, **mangoes**, mushrooms, okra, peppers, **persimmons**, pomegranates, pumpkins, spinach, sweet potatoes, Swiss chard, and tomatoes.



figs



persimmon

Craft: Acorn Owls

Adapted from Bloesemkids.com

WHAT YOU'LL NEED

- Acorns - look for acorns underneath oak trees to collect your own
- Scraps of colored paper (or felt)
- Liquid glue
- Paint brush
- Scissors (please use with adult supervision)

A great project for adults or elementary school kids. These are simple to make and good practice for fine motor skills. California has eight kinds of oak trees. Look for them in your neighborhood or nearby parks.



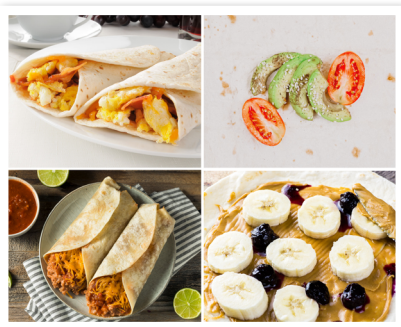
INSTRUCTIONS

- Clean acorns with water and dry with a rag
- Use the colored paper to cut out eyes, wings, and a beak
- Glue the body parts onto the acorn
- Cut out a branch, flower, or leaves as accessories
- Give acorn owls to friends or present them in a bowl at home or in your office



September is Better Breakfast Month - Tortillas to the Rescue!

Recipe ideas from FruitGuys friend, Katherine Weber



Breakfast doesn't have to be sweet. Break out of the cereal rut and try tortillas for a quick and healthy savory breakfast. Use corn or flour tortillas and toppings of your choice. Breakfast tortillas are easy to make for a quick meal, or wrap them in foil and take on the go.

Tortilla topper ideas:

- Scrambled egg & cheese
- Beans & cheese
- Mashed avocado with a squeeze of lime and/or hot sauce.
- Peanut butter & mashed banana

COLORING ACTIVITY

