

FFVP- Fresh Fruit & Vegetable Program NEWSLETTER

January 10, 2018

It's Going to be a Fruitful Year!



Fruit Tasting

Scholars have really been enjoying fruit tasting in their Physical Education and Health classes! In Health classes they have learned about how foods help kids stay healthy, the five food groups, and Go-Slow-Whoa foods. When fruit tasting, scholars make predictions about the size, color, feel, smell and taste of the fruit and then discuss their conclusions. Scholars have also been applying math skills by counting how many people liked and disliked the fruit, adding the count to other classes, and learning about different ways to graph the information. So far, scholars have learned about bar graphs and pie charts and will soon begin line graphs. Scholars are enjoying learning about what countries each fruit comes from and some fun facts! Here is a quick snapshot of what we have tried thus far!

Focus On Fruits

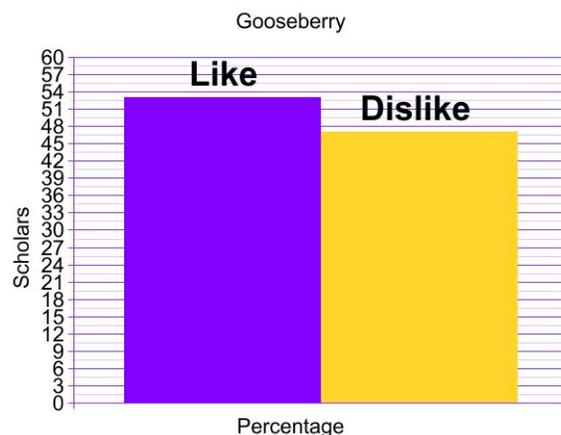
Gooseberry

Origin: Europe, Africa, and Asia

Health Benefits: Good source of vitamin C and vitamins of the B group and minerals such as copper, calcium, phosphorus and manganese.

Taste: Sweet, slightly tart

Use: These berries can be consumed raw or as ingredient of muffins, pies, fruit salads and ice-creams. Gooseberries are often used for the preparation of jellies and jams.



Variegated Pink Lemons

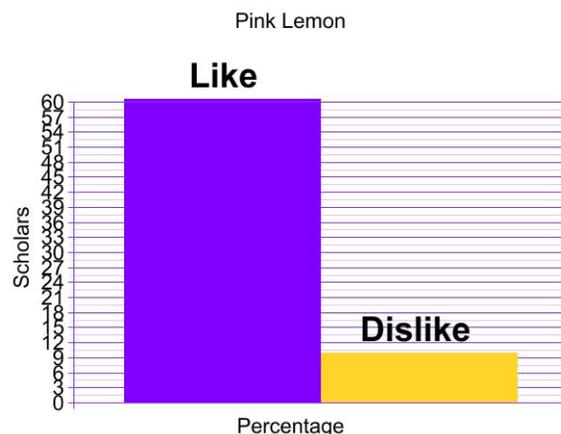
Origin: California

Health Benefits: Excellent source of Vitamin C.

Taste: Tart

Use: Well suited to desserts because of their strong flavor. Use the fresh juice for sauces and seasoning seafood, poultry and vegetables. Perfect to use as fresh or candied garnish, and make wonderful lemonade!

Vocabulary: Variegated- exhibiting different colors, especially as irregular patches or streaks



Quince

Origin: Iran and Caucasus. Cultivated 4,000 years ago in Asia and Mediterranean region.

Health Benefits: Rich source of dietary fibers, vitamin C and minerals such as copper, iron, potassium and magnesium.

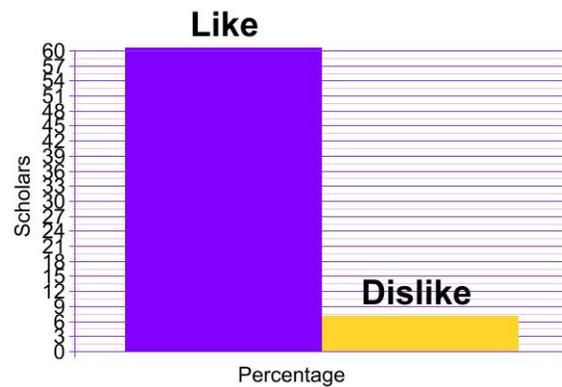
Taste: Blend of apple and pear

Use: Compotes, preserves, jellies or as an ingredient of dishes made of seafood, poultry and lamb

Historical Fact: Quince was popular and often consumed in the ancient Rome. Romans usually prepared quince by mixing it with honey.



Quince



Guava

Origin: Unknown. Possibly Central America and Mexico.

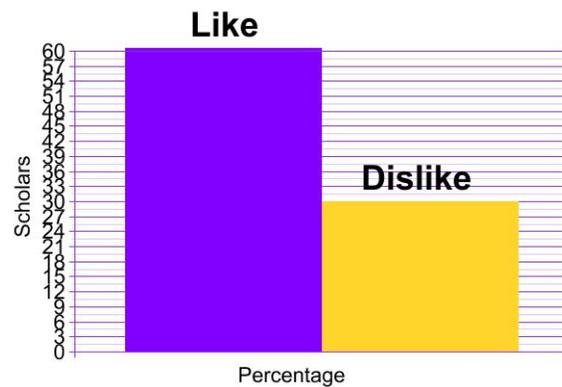
Health Benefits: Often labeled as a "super fruit" because the health benefits are numerous.

Taste: Rind can be bitter or sweet, while flesh has creamy texture and sweet-tart taste.

Use: Guava can be sliced and consumed raw, or in the form of smoothies, jellies, ice-creams, syrups, marmalades and jams. Guava is also used as an ingredient of various beverages.



Guava



Pomegranate

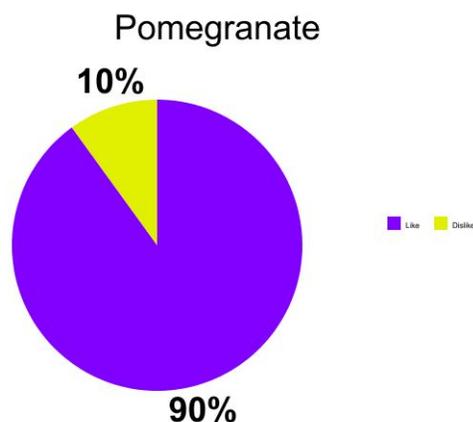
Origin: Middle East

Health Benefits: Also categorized as a "super fruit" due to its numerous health benefits.

Taste: Tangy and sweet

Use: A base for sauces and flavorings for drinks, savory dishes, and sweets, while the whole seeds are a simple delight eaten fresh or used as a colorful accent as a garnish.

Good To Know: Pomegranates grown in the U.S. are available from September to December.



Others:

Persimmon

Origin: China

Health Benefits: Rich source of dietary fibers, vitamins A, C and vitamins of the B group and minerals such as potassium, manganese, copper and phosphorus.

Taste: Sweet

Use: Great for baking cookies and bread.

Fun Fact: Persimmons have several other non-food purposes such as preserving wood and insect repellent.



Tejocote Apples

Origin: Mexico

Health Benefits: Very high in pectin.

Taste: Texture and taste similar to apples yet more neutral, with both bitter and sweet undertones.

Use: Punch, candy, jams, jellies, pastes, or eaten raw.

Multicultural Connection: Served as a punch or candy, this is a favorite Christmas treat in Mexico.



Kaffir Lime

Origin: Asia

Health Benefits: Contains high amounts of citronellol and limonene, which have beneficial anti-inflammatory and anti-bacterial properties.

Taste: Bitter and strongly sour

Use: Paste to be added to soups or stews, a substitute for lemon juice and zest called for in dessert bars, tarts, or other sweets

Fun Fact: The species name is Greek for hedgehog, which is reflective of the bumpy appearance of the fruit.



Blood Orange

Origin: Italy

Health Benefits: Good source of Vitamin C, potassium, folate, dietary fiber and most notably antioxidants supplied by its anthocyanin content.

Taste: Sweet and Tart

Use: They are often used raw, but stand up well in cooked applications and may be paired with sweet or savory flavors.

Fun Fact: Outside of Italy, California is the only place it is commercially grown.



Pummelo

Origin: Asia

Health Benefits: Excellent source of vitamins C and A, dietary fibers and minerals such as potassium, iron and calcium.

Taste: Sweet

Use: Usually consumed raw, in the form of fruit salads, juices, and other beverages. It is also used as an ingredient of various sweet and salty dishes.

Fun Fact: Grapefruit is hybrid produced by crossbreeding of pomelo and orange. Tangelo is hybrid produced by crossbreeding of pomelo and tangerine.



Kumquats

Origin: China

Health Benefits: Kumquats are made up of a wide variety of essential oils, including limonene, alpha-pinene, monoterpenes, and many others. They also contain fiber, potassium, calcium, vitamin C, beneficial fats, and vitamin A.

Taste: Sweet and tart

Use: They can be eaten raw, pickled, candied, made into relish or marmalade, used in desserts, or added to meats.

Multicultural Connection: The word Kumquat means "gold orange" in Chinese.



Feijoa

Origin: Brazil

Health Benefits: Rich source of dietary fibers, vitamins C, K and vitamins of the B complex. It also provides significant amount of minerals such as calcium, magnesium and copper.

Taste: Feijoa has a sweet flavor that resembles the taste of guava, pineapple, strawberry and sweet grape.

Use: Can be consumed raw, or as an ingredient of muffins, cakes, jellies, jams and refreshing beverages.

Fun Fact: In English, it is known as pineapple guava.

