



Fresh Fruit and Veggie Program

Monthly Spotlight December

Welcome back to school! We are so glad to have you back and excited to introduce you to our Fresh Fruit and Veggie Program. Our goal is to introduce you to a wide variety of fruits and vegetables three days each week as well as teach you what makes these fruits and vegetables so special. Isn't that exciting! Join us as we begin our adventure into the wonderful world of fruits and vegetables

IN THIS MONTH'S ISSUE

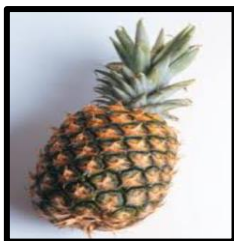
VEGGIE OF THE MONTH

Rutabaga



FRUIT OF THE MONTH

Pineapple



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Rutabaga

Did you know?

Rutabagas also known as Swede are cousins to turnips. Rutabaga comes from an old Swedish word: rotabagge—which means 'root bag'. Rutabagas predate the pumpkin as the earliest jack O' lantern. They were hallowed out and filled with glowing coal and carried by children to frighten away evil spirits!

How do they grow?

Rutabagas are a root vegetable. Its seeds are planted early in the season (as soon as the ground is thawed) and harvested in late autumn or early winter after 1 to 2 months of growth.

Fun ways to eat rutabagas?

You can eat them raw or cooked but peel them first! They can be baked, fried, boiled and mashed just like potatoes, added to soups and salads or used in casseroles. Yummy!

Nutrition facts

Rutabagas contain a lot of vitamin A which helps keep your eyes healthy.





Pineapple

Did you know?

The pineapple is a tropical fruit from South American. It was first cultivated by the Mayas and the Aztecs. Christopher Columbus found the pineapple in 1493 and brought it back to Europe. European explorers started calling this fruit a pineapple because it looked like a pinecone! Hawaii grows about one third of all the pineapples in the world. The Dole Plantation's Pineapple Garden Maze in Hawaii is the largest maze in the world.

How do they grow?

To grow a pineapple, the top is cleaned, dried then planted in soil. It loves to grow where there is a lot of sunlight. Once planted it takes about 18-24 months to become ready for harvest. Hawaiian pineapple harvesting season is from April to May. Pineapples ripen faster upside down!

Fun ways to eat pineapples?

The pineapple can be cooked, eaten raw or canned in its juices. You can add it to your fruit salads and dairy desserts like ice cream and yogurt. Raw sliced pineapple makes a great sweet snack. Also, next time you are ordering pizza try a Hawaiian pizza it comes with a pineapple topping.

Nutrition facts

Pineapples contain a lot of vitamin C, which is a vitamin that helps the body grow and heal wounds. So, think of pineapple as a natural band aid!

GAME CENTER

Rutabaga connect the dots



Pineapple Maze

