



# FRESH FRUIT & Vegetable Program



**A WONDERFUL OPPORTUNITY TO PROVIDE FRESH  
FRUITS AND VEGETABLES, FREE OF CHARGE,  
TO ALL PRE-K TO 5TH GRADE STUDENTS. TRY SOMETHING NEW!**



## **SERVICE DATES 2025:**

### **APRIL:**

**1st** (Clementines),      **3rd** (Carrot Sticks),  
**8th** (Cantaloupe),      **10th** (Sugar Snap Peas),  
**22nd** (Petit Banana), **24th** (Celery Sticks),  
**29th** (Sliced Apples)

## **FOR MORE INFORMATION:**

Food Services Dept: 845-563-3424  
or DJackson@necsd.net  
WEB: <https://www.cn.nysed.gov/ffvp>



#### BACKGROUND:

- All selected schools are expected to widely publicize within the school the availability of free fresh fruits and vegetables.
- Fresh Fruit and Vegetables (FFV) cannot be served as a component of the reimbursable meal or during meal service, or at the same time as the service of the breakfast or lunch or afterschool/ extended day snack program.
- **All FFV are served free of charge to all enrolled children in pre- kindergarten-5th grade.**
- Other products on their own or commingled with other foods, such as in trail mix, are not allowed.
- FFV must be available to ALL students (PK-5) any time during the school day.
- Leftovers may be recycled; however, every effort should be made to use fresh fruit and veggies in the FFVP.
- FFV must be served at least two days a week
- FFV cannot be used as a reward or gift.
- Children cannot be denied access to the FFVP for disciplinary reasons.
- Teachers directly responsible for serving the fruit or vegetable to their students in a classroom setting may consume the FFV since they are role models. The FFVP is not available to the general teacher population and other adults in the school.
- The FFV must be consumed at school, not taken home.
- Mixed fresh fruit salads made by the school **are allowable.**
- Dips for fresh vegetables **are allowed** but should be low fat and in minimal portion. (A maximum serving size of 1-2 tablespoons of dip is recommended.)
- Salsa made at the school as part of a nutrition lesson is allowed.

Nutrition Education Schools that participate in the program are expected to implement or continue nutrition education. There are several ways that FFVP can be incorporated into the existing nutrition education curriculum. Activities should fit the students and the school community. For example:

- Plant a school garden or participate in a community garden.
- Schedule the service of fresh fruits and vegetables as classroom nutrition education activities where children can prepare the FFV with their classmates and teachers.
- Plan assemblies and/or health fairs. Have students create displays or newsletters.
- Promote FFVP on monthly menus.
- Adopt school lesson plans to include nutrition education.
- Use student address systems and student broadcasts to share educational information about the importance of eating healthy.
- Consult FFVP partners to obtain low cost or no cost promotional items (posters, banners, fliers, pamphlets, buttons).
- Hold a poster contest to promote healthy eating.

#### IMPACT ON STUDENTS:

- Students ate more fruits and vegetables.
- Students consumed less high calorie, high fat vending machine snacks.
- Students had better attention spans and were less hungry throughout the day.
- There were fewer discipline problems.

NYSED would like to hear about the impact FFVP has on schools throughout NYS. Please send in pictures and best practices: [FFVP@nysed.gov](mailto:FFVP@nysed.gov)



## ALL ABOUT Clementines!

### DID YOU KNOW?

Citrus clementina (Clementine) is the fruit of a medium sized tree. The fruit is sweet! The peel is relatively thin, making it easy to reach the fruit. The fruit is less acidic than regular oranges, and is often seedless. If they are cross-pollinated, then the fruits have seeds!

Some people use the trees as ornamental decorations for their home. The trees can grow from 8 to 12 feet tall. They love the sun and can be grown indoors or outdoors! Citrus Clementina is a tangor, a fruit hybrid between a willow-leaf mandarin orange and a sweet orange. It is a distinct type of mandarin

### HOW DO THEY GROW?

Clementine trees are typically propagated by grafting, where a clementine branch (scion) is grafted onto a citrus rootstock (like a mandarin or orange).

### FUN FACTS:

- The oil extract of clementines has been used in perfumes.
- Clementines trace their roots to Algeria, where they were discovered.
- The fruit is named after Father Clement Rodier, who is credited with discovering and cultivating this sweet and seedless variety.

**GREAT TO EAT!** Clementines are a great source of fiber, calcium, potassium and vitamin C. They also contain antioxidants. **Resources:** US Department of Agriculture, Food, and Nutrition Service, [www.fns.usda.gov](http://www.fns.usda.gov)

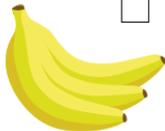
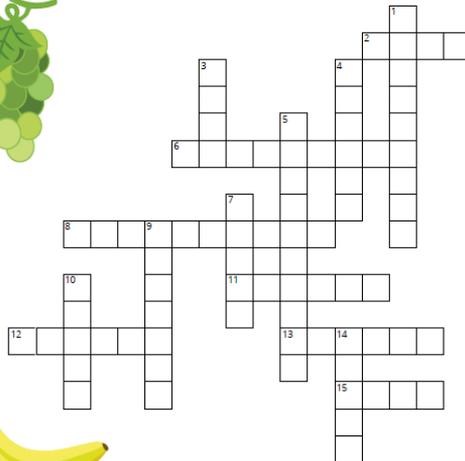


## FRUITS



### CROSSWORD

Solve the following puzzle based on the clues given!



#### Across

- [2] Round or oval-shaped fruit with smooth skin and a stone inside.  
 [6] Tropical fruit with a spiky outer skin and sweet interior.  
 [8] Small, red fruit often associated with summertime.  
 [11] Small, round fruit often used in desserts.  
 [12] Yellow fruit with a curved shape.  
 [13] Citrus fruit known for its juicy, segmented flesh.  
 [15] Fruit with a distinctive bell shape and sweet taste.

#### Down

- [1] Small, round fruit with a bluish-purple hue.  
 [3] Small, fuzzy fruit with green flesh and black seeds.  
 [4] Small, round fruit typically found in clusters.  
 [5] Large, juicy fruit with a green rind and red flesh.  
 [7] Fruit with a fuzzy skin and a sweet, juicy interior.  
 [9] Green fruit with creamy flesh, often used in savory dishes.  
 [10] Juicy, tropical fruit with a yellow-orange flesh.  
 [14] Common fruit in varieties like Gala and Granny Smith.





## ALL ABOUT Carrots!

### DID YOU KNOW?

Carrots (*Daucus carota*, subspecies *sativus*) are known as root vegetables. They were first grown about 5,000 years ago in Southwestern Asia and have become a favourite vegetable for many northern gardeners.

Eating locally grown vegetables and traditional foods helps keep our bodies healthy. Originally carrots were white. Now they can be orange, black, purple, red, white and yellow. If you are buying fresh carrots, look for the ones with a deep orange or other colour. Carrots can also be bought frozen or canned.

The most commonly eaten part of the plant is the taproot, although the stems and leaves are also eaten. Carrots can be consumed raw or cooked.

### HOW DO THEY GROW?

Carrots are grown from seeds. They prefer fertile, well-drained, deep, sandy soils rich in organic matter for best growth.

### FUN FACTS:

- Baby carrots are whole carrots harvested before they grow large, while baby-cut carrots are pieces from larger carrots that have been machine-cut, peeled, polished, and washed before packaging.
- Carrots may be prepared in so many ways - raw, baked, broiled, boiled, fried, steamed, pureed, and juiced.
- The seeds are so tiny, 2000 of them can fit in one teaspoon!

### GREAT TO EAT!

Carrots are second only to sweet potatoes as an excellent source of beta carotene (vitamin A). Vitamin A is needed for healthy skin, bones and teeth as well as to fight sickness. Carrots are low in calories. One 7 inch long root has only 35 calories, no fat, and supplies 270% of your daily vitamin A and 10% of the vitamin C requirement.

Carrots are also a fair source of B vitamins, like niacin and B6, which help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

### CARROT-GINGER SOUP

A simple vegan soup with just seven ingredients! Ginger gives it a unique kick!

#### Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ medium yellow onion, chopped
- ½ teaspoon sea salt
- 3 garlic cloves, smashed
- 1 pound carrots, roughly chopped
- 1 teaspoon grated fresh ginger
- 1 tablespoon apple cider vinegar
- 3 cups vegetable broth
- Freshly ground black pepper
- 1 teaspoon maple syrup, optional
- Coconut milk, for garnish, optional

#### Instructions

- Heat oil in a large pot over medium heat. Add onions, salt and pepper and cook until soft, stirring occasionally (8 minutes). Add the smashed garlic cloves and carrots to the pot and cook 8 minutes more. Stir occasionally.
- Stir in the ginger, apple cider vinegar, and broth. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- Let cool slightly and transfer to a blender. Blend until smooth. If your soup is too thick, add a little water. If you would like your soup a little sweeter, add the maple syrup.
- Serve with a drizzle of coconut milk, if desired.

#### RESOURCES:

- UCal Gardner Program, <https://ucanr.edu>
- US Department of Agriculture, Food, and Nutrition Service, [www.fns.usda.gov](http://www.fns.usda.gov)



## ALL ABOUT Cantaloupes!

### DID YOU KNOW?

The cantaloupe is a juicy, orange summer fruit that's related to the watermelon and honeydew melon. It also belongs to the same plant family as cucumbers, pumpkins, squashes, and gourds. The semi-sweet cantaloupes most familiar to people in the U.S. are a type of muskmelon.

People have grown cantaloupes for thousands of years. Most people agree it likely first grew in Persia (modern Iran). The fruit made its way to the New World with Christopher Columbus during his second voyage in the late 1400s.

### HOW DO THEY GROW?

Cantaloupes grow best in sunny locations and in fertile, well-drained soils. Cantaloupe require 35-45 days to mature from flowering, depending on the temperature and variety. The first flowers to appear on the vines are male. The female flowers, which open later, have a swelling at the base that forms the fruit. After bees pollinate these female flowers, the fruit develops.

### FUN FACTS:

- Cantaloupes are named after Cantalupo, Italy. Australians call cantaloupe "rockmelon."
- It has plenty of relatives! Cantaloupe are members of a vine-crop family known as Cucurbitaceae, which includes other melons, squash, cucumbers, pumpkins, and gourds.
- Cantaloupe tell you when they're ripe. The vine will naturally slip from the fruit when it's harvest time. You'll also notice the skin will turn creamy-beige under the "netted" pattern on the melon.
- Bees have to visit each melon 10-15 times to properly pollinate them.
- California is the leading producer of cantaloupes in the U.S.

### GREAT TO EAT!

The sweet and juicy orange flesh inside of the melon is the part we eat. A cup of cantaloupe has more than 100% of your recommended daily intake of vitamin A. It also has nearly 100% of your recommended daily allowance of vitamin C. Both these nutrients play a major role in maintaining skin health. Vitamin A helps protect the skin from sun damage, and vitamin C helps support your natural collagen production.

Cantaloupes hydrate you. They're filled with electrolytes. These minerals balance body fluids in your body and keep it working right. That helps you stay hydrated and full of energy. Compounds called phytonutrients in cantaloupes give them anti-inflammatory properties.

### MELON FRUIT SALAD WITH HONEY, LIME AND MINT DRESSING

#### Ingredients

- 1 mini seedless watermelon, diced into small cubes (5 cups)
- 1 cantaloupe, diced into small cubes (5 cups)
- 1 honeydew, diced into small cubes (5 cups)
- 1 pineapple, diced into small cubes (3 1/2 cups)
- 1/3 cup honey
- 1/4 cup fresh lime juice
- 1/4 cup chopped fresh mint

#### Instructions

Dice fruit (drain of any excess liquid) and add fruit to a large salad bowl. In a jar or bowl whisk together honey, lime juice and mint. Pour over fruit and toss to evenly coat. Serve immediately.

#### RESOURCES:

- [CookingClassy.com](https://www.cookingclassy.com)
- US Department of Agriculture, Food, and Nutrition Service, [www.fns.usda.gov](https://www.fns.usda.gov)



## ALL ABOUT Sugar Snap Peas!

### DID YOU KNOW?

Sugar snap peas are a vegetable that belong to the legume family, vegetables that contain pods. However, their nutrition is more similar to starchy vegetables, so they are considered part of this vegetable group.

The **snap pea**, also known as the **sugar snap pea**, is an edible pod pea with rounded pods and thick pod walls, in contrast to snow pea pods, which are flat with thin walls. The name **mangetout** (French for "eat all") can apply to snap peas and snow peas.

Snap peas are often served in salads or eaten whole. They may also be stir-fried or steamed. Before being eaten, mature snap pea pods may need to be "stringed," which means the membranous string running along the top of the pod from base to tip is removed. Over-cooking the pods will make them come apart.

### HOW DO THEY GROW?

The snap pea is a cool season legume. It may be planted in spring as early as the soil can be worked.

### FUN FACTS:

- Snap peas were created when a shelling pea mutant was crossed with a snow pea.
- Some snap pea plants can reach 6'7" in height.
- There are 3-8 peas in each pod.

### GREAT TO EAT!

Sugar snap peas are rich in fiber, vitamin C, vitamin A, and folate. They even contain a little protein. They make for a great snack or addition to stir-fry!

### DELICIOUS WAYS TO ENJOY SUGAR SNAP PEAS

- You can eat them raw (dip them in some yummy ranch dressing!) or cooked!

### EASY ROASTED SUGAR SNAP PEAS

#### Ingredients

- 1 pound sugar snap peas, stems and stringy parts removed, washed and dried
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarse ground black pepper
- 1/4 teaspoon garlic powder (if desired)

#### Instructions

- Preheat oven to 450°F.
- On a rimmed baking sheet, toss snap peas with oil, salt, pepper, and garlic powder. Bake for 10 to 12 minutes or until desired tenderness.
- Serve immediately as a side dish, or on a salad, or as a yummy snack.

#### Notes

*The drier you get the peas before roasting them, the better they will be. A salad spinner works great!*

#### Nutrition

*Calories: 78kcal | Carbohydrates: 8g | Protein: 4g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Sodium: 269mg | Fiber: 3g | Sugar: 5g*

### RESOURCES:

- Snap Pea Facts for Kids  
[https://kids.kiddle.co/Snap\\_pea](https://kids.kiddle.co/Snap_pea)



## ALL ABOUT Bananas!

### DID YOU KNOW?

Bananas are a yellow fruit that are surrounded by a delicate peel. Bananas are not yet ripe when the peel is green. There are many varieties of bananas and originally grew in Southeast Asian jungles.

### HOW DO THEY GROW?

- Bananas grow on plants that look like trees but are not actually trees.
- Due to their need for a warm, tropical climate, bananas are not grown in the US.
- Banana bunches grow pointing up!

### FUN FACTS:

- Bananas have been growing on the Earth for millions of years.
- Bunches of bananas are called “hands” and each hand has about 20 “fingers.”
- Interestingly, banana plants are giant herbs, not trees.
- Bananas can be black, red and blue! Red and blue, long and thin, fat and short, round or softly squared, there are more than 300 varieties of the Banana, which is in the Musa family. The classic yellow banana found in supermarkets is called the Cavendish.
- **Bananas are not a tree, but a very big herb!** Bananas are such a majestic fruit, but they do not grow on trees as they have no woody trunk or bough. The “trunk” of the banana is rather a leafstalk, as it is a dense clump of leaves ready to curl out.

### GREAT TO EAT!

Bananas are most known for their potassium content but also contain B vitamins, vitamin C, magnesium, and fiber. These support heart health and digestive health. Bananas make for a good snack, cereal-topper, or a great addition to your favorite muffin or fruit bread.

You can slice up a red bell pepper into strips and use it to dip into a delicious hummus, or add to a salad for a sweet kick! You can cut the top, hollow out the seeds and make a classic stuffed pepper filled with cooked ground beef, rice, tomato sauce, and cheese. It's an easy way to make a healthy weeknight supper!

### RESOURCES:

- <https://ranchomastatal.com/blognewsletter/2020/4/8/10-things-you-didnt-know-about-the-banana>
- US Department of Agriculture, Food, and Nutrition Service, [www.fns.usda.gov](http://www.fns.usda.gov)



## ALL ABOUT Celery!

### DID YOU KNOW?

Celery is a cultivated plant that has been used as a vegetable since ancient times. Celery has a long fibrous stalk that tapers into leaves. Celery seed powder is used as a spice.

Celery originally came from the Mediterranean area (France, Italy, and Greece) and was transported around the world as celery seed. Now, California supplies over 80% of celery in the US, and other countries that are big producers of celery include Spain and Mexico.

### HOW DO THEY GROW?

Celery likes sun and shade. The roots of celery grow very close to the surface. The stalk sprouts upward of the root. The celery stalks form a thick base at the bottom and on the surface grows into solid stalks with large green leaves. The plant will grow to a height of 18 to 24 inches, and will also regenerate (regrow) after you cut it.

### FUN FACTS:

- Celery leaves were part of the garlands found in the tomb of Egyptian pharaoh Tutankhamun
- In ancient times, celery was used as medicine to treat toothaches, to calm nerves, and to help people sleep!

### GREAT TO EAT!

Celery has a high amount of fiber, Vitamin C, Vitamin B6, and vitamin K. Vitamin K keeps our bones healthy and strong!

Celery has lots of water, which makes it a hydrating vegetable. Fiber is good for our body because it can make digestion easier, and it helps us feel full for a long period of time.

The stalks can be eaten raw, or chopped up in a salad, or as an ingredient in soups, Thanksgiving stuffing, and stews. Celery makes a great addition to juices, smoothies, and salads. Celery stalks can also be eaten dipped in hummus, ranch, or vegetable dip.

### SPICY LOADED CELERY STICKS

#### INGREDIENTS:

- 12 stalks celery cut into 1 inch pieces
- One 8oz. package of softened cream cheese
- 4 oz. blue cheese
- 1 dash of hot pepper sauce
- 1 tsp lemon juice
- ¼ tsp black pepper

#### INSTRUCTIONS:

Put the celery pieces on a plate. Mix the other ingredients in a bowl and blend well. Top the celery sticks with the mix.

#### RESOURCES:

- US Department of Agriculture, Food, and Nutrition Service, [www.fns.usda.gov](http://www.fns.usda.gov)



## ALL ABOUT Apples!

### DID YOU KNOW?

Apples have more than 100 scientific names! An apple is a round edible fruit produced by an apple tree. We eat the most widely grown kinds, known as ***Malus domestica***. The fruits have been cultivated for thousands of years in Eurasia before they were introduced into North America.

### HOW DO THEY GROW?

Apple trees are considered “deciduous” which means the fruit falls from the tree once it matures. Apple trees grow from seeds inside of the fruit, but most often grow from grafting of cuttings. Grafting is a horticultural term that means joining plants together. The trees can grow up to 49 feet tall. The tree produces beautiful rosy-pink blossoms in the spring. The bees love the blossoms, and help to cross-pollinate the plants so they develop fruits. The apple blossoms develop into the fruits we enjoy later in the fall.

### FUN FACTS:

- Apples are a member of the rose family. They range in size and can be as little as a cherry or as large as a grapefruit!
- The science of apple growing is called pomology.
- Apples have no fat, no sodium and they are cholesterol free! That makes them a healthy snack!
- 2500 varieties of apples are grown in the United States, but there are more than 7,500 cultivars of apples that come in amazing arrays of colors from dark red, to yellow, to green!

### GREAT TO EAT!

Have you heard the saying, “an apple a day keeps the doctor away”? It’s true - apples contain vitamin C to support the immune system, vitamin B for blood health, vitamin E for strong cells in our body. Minerals include Potassium, Calcium, Magnesium, Copper and Manganese. They contain fiber, to keep us feeling full, and pectin, a type of fiber that lowers cholesterol.

### DELICIOUS WAYS TO ENJOY APPLES

- People usually eat apples raw, but you can also use them in various salad recipes, bake them into a pie, make yummy juices, and winter drinks like hot apple cider!

### APPLE CRISP RECIPE

#### *Ingredients*

#### *Filling:*

- 5 cups fresh apples sliced
- 1/2 cup granulated white sugar
- 1/2 tsp cinnamon
- 1 teaspoon vanilla extract

#### *Topping:*

- 1/2 cup all purpose flour
- 1/3 cup old fashioned oats
- 2/3 cup packed brown sugar
- 1/4 tsp salt
- 1/2 teaspoon cinnamon
- 1/4 cup (1/2 stick) butter melted

#### *Instructions*

1. Preheat oven to 350 degrees. Grease a deep dish pie plate or large baking dish with butter or cooking spray and set aside.
2. Combine the sliced apples with the sugar, cinnamon, and vanilla extract in a large bowl and mix until all of the apples are evenly coated. Pour into the prepared baking dish.
3. In a separate medium size bowl, combine the flour, oats, brown sugar, salt, and cinnamon. Pour in the melted butter and stir until well coated and crumbly. Sprinkle the crumb mixture evenly over the top of the apples.
4. Bake in the preheated oven for 45-60 minutes until fruit is soft and the topping is golden brown. Allow to cool slightly before serving. Serve warm with vanilla ice cream on top. Enjoy!

### RESOURCES:

- Belle of the Kitchen.com