

# SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

October 2018

## OCTOBER CALENDAR



October is National Apple Month and National Hispanic Heritage Month

- 1 World Vegetarian Day
- 2 Civil rights leader Mahatma Gandhi born, 1869
- 3 National Kale Day
- 4 National Golf Day
- 5 Do Something Nice Day; World Smile Day; **World Teachers' Day**
- 6 Mad Hatter Day; First "talkie" motion picture, *The Jazz Singer*, was screened, 1927
- 8 Columbus Day/ Indigenous Peoples' Day
- 9 Leif Eriksson Day
- 16 Dictionary Day; World Food Day
- 17 National Pasta Day
- 22 National Nut Day
- 24 United Nations Day
- 25 Artist Pablo Picasso born, 1881
- 28 Plush Animal Lovers' Day
- 31 Halloween; Carve a Pumpkin Day

## Pumpkin Prose

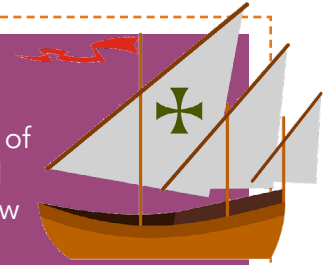


I would rather sit on a pumpkin and have it all to myself, than be crowded on a velvet cushion.

—Henry David Thoreau

## Columbus Day

This national holiday celebrates the anniversary of Italian explorer **Christopher Columbus's** arrival in the Americas. In **1492**, Columbus and his crew set sail searching for a direct water route west from Europe to Asia. When they reached the Americas, they thought they had landed in India, which is why they erroneously called the inhabitants "Indians."



North and South America are named for another Italian explorer, **Amerigo Vespucci**, who ventured to the same region a few years later. Unlike Columbus, Vespucci knew he had reached a "**New World.**" His travel writings were published and widely read, and his name was subsequently used on a map in 1507.

Most scholars agree that Columbus did not discover America. A **Norse explorer** from Iceland, **Leif Eriksson**, is thought to have set foot on continental North America 500 years earlier.

And of course, before anyone "discovered" the Americas, the land was already **inhabited by indigenous nations** who had lived on the continents for thousands of years.

## UNIQUE FRUIT



## JUJUBE

- ✓ Jujubes are also known as **Chinese dates**.
- ✓ When eaten fresh, a jujube **tastes like a sweet apple**. They are sometimes oval and the size of a grape, or round and as big as a golf ball.
- ✓ Remember not to eat its **elongated, pointy seed**.

## STAR FRUIT

- ✓ When this fruit is cut across the middle, each slice is **shaped like a five-pointed star**.
- ✓ Star fruit is ripe when it turns **translucent yellow** and its ridges are tinged **brown**.
- ✓ **The entire fruit is edible**, which means you can eat it like an apple!
- ✓ Its flavor is sweet-tart and may have notes of **apple, pear, citrus, and grape**.



## A Healthier Halloween

How about handing out **healthier options** than candy to the ghosts, goblins, pirates, and princesses who will ring your doorbell this Halloween? Of course fresh fruit is an excellent choice, but here **are a few fun suggestions** you might consider too:

- Bouncy balls
- Stickers
- Mini Halloween stamps
- Pencils or pencil tops
- Erasers
- Mini Halloween bubble containers
- Bookmarks
- Crayons
- Spooky spider rings
- Glow sticks or glow bracelets
- Fun Band-Aids, 2 or 3 for each kid



### Pasta and Veggie Salad

*Recipe by Carol Stewart, director of schools*

#### SALAD INGREDIENTS

- 8 ounces uncooked bite-size pasta of choice
- 8–10 cherry tomatoes, cut in half
- 2 cups chopped veggies: your choice of red and/or yellow bell pepper, broccoli, celery, carrot, cucumber (with peel), snap peas, etc.
- 1–3 tablespoons green onion (thinly sliced) or red onion (finely chopped), add to taste
- ½ cup shaved Parmesan cheese

#### DRESSING INGREDIENTS

- 2 tablespoons balsamic vinegar
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 teaspoon salt
- ⅛ teaspoon black pepper

#### PREPARATION

- **Cook** pasta according to package directions, **drain**, and **rinse** with cold water.
- In a large bowl, **whisk** the dressing ingredients. Add veggies, then pasta, and stir to **combine** well; **cover** and refrigerate.
- Before serving, **sprinkle** with shaved Parmesan.

Serves 6–8.

### Non-Candy Treats: Tangerine Pumpkins

Carving pumpkins is fun, but why not try something different this year? **Draw cute jack-o'-lantern faces on tangerines** with markers to make them look like little pumpkins. They make a great display and, when peeled and eaten, a delightful and nutritious treat!

**Decorate a whole bowl of them** to hand out on Halloween as a healthy yet sweet choice instead of candy.



*Adapted from pennypinchinmom.com*