

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

November 2020

NOVEMBER CALENDAR



November is **Native American Heritage Month** and **World Vegan Month**

- 1 Daylight Savings Time ends / World Vegan Day
- 3 Election Day / National Sandwich Day
- 6 Inventor of basketball James Naismith born, 1861
- 7 Scientist Marie Curie born, 1867
- 11 Veterans Day
- 13 World Kindness Day
- 15 America Recycles Day
- 17 Take a Hike Day
- 19 Abraham Lincoln delivers Gettysburg Address, 1863
- 20 Universal Children's Day
- 26 Thanksgiving Day
- 27 National Native American Heritage Day

"If we wonder often, the gift of knowledge will come. If we never wonder, knowledge will never find us."

—Arapaho proverb

I am Grateful for...





Use this space to write 2 things you are grateful for.



1. _____
2. _____

Giving Thanks



Research shows that expressing gratitude increases happiness and wellbeing. With Thanksgiving right around the corner, November is a great time to cultivate a gratitude habit. Find an approach that works best for you. Before long, you'll start noticing more and more things to be grateful for.

-  Take a moment at the end of each day to **write down 3 positive things** that happened.
-  **Keep a gratitude list** and add things when they occur to you.
-  **Partner with a friend** or family member and **email or text each other your gratitude list** every day (or week).
-  Invite family members to keep their own gratitude lists and everyone **share them on Thanksgiving**, either in person or virtually.



UNIQUE FRUITS AND VEGGIES

ROMANESCO

-  **Romanesco is an edible flower**, like its cousins broccoli and cauliflower.
-  Romanesco gets its striking looks from its spiral structure, which are **fractals: natural patterns that repeat** over and over at different scales.
-  With a **firm texture and a mild, cauliflower-like flavor**, try raw dipped in hummus or salad dressing, or steamed with a bit of olive oil or butter.



PERCINNAMON

-  **Percinnamon persimmons** have a sweet cinnamon-y flavor—perfect for enjoying during the fall season.
-  There are two types of persimmons: fuyu, which is sweet and firm like an apple; and the hachiya, which is soft and custardy when ripe. **The Percinnamon is in the middle, with a texture like a ripe tomato.**
-  Persimmons are an excellent source of fiber, vitamin A, and vitamin C.

CONTACT US: For more info on The FruitGuys Farm-to-School Program, School Bulletin suggestions, or questions about your Nutrition Education materials, contact Carol Stewart at 650-438-2842 or carol@fruitguys.com. • fruitguysfarmtoschool.com









Paper Leaf Garland

What you'll need:

- Leaves gathered from outside
- Newspaper or any paper
- Crayons or markers
- Watercolor paints
- Scissors
- Tape
- String
- Stapler (or hole punch)



Adapted from www.redtedart.com

-  Take a walk and collect a range of large and medium-sized leaves -- the more shapes and sizes the better.
-  Place a drop cloth or extra newspaper layers on your work surface to absorb damp paint.
-  Lay out pieces of paper and trace outlines of your leaves with crayons or markers. Draw in the stem and veins of the leaf.
-  Paint over your leaf outlines with watercolors. Try different colors and let them bleed together for a pretty autumn mix. You don't need to stay inside the lines!
-  Let dry fully and cut out leaves, leaving a tab at the "stem" of the leaf for hanging. Place a little tape at the tab to strengthen for hanging.
-  Hole-punch your newspaper leaves or staple them to a length of string to create your garland.



Stuffed Sweet Potatoes

Adapted from: <https://www.onelovelylife.com/6-amazing-ways-to-stuff-a-baked-sweet-potato/>

INGREDIENTS

- 2-4 Sweet potatoes
- Olive oil & salt
- Toppings

PREPARATION

1. Preheat oven to 375°F.
2. Wash potatoes and prick skin with a fork or knife times.
3. Rub each potato with olive oil and sprinkle with salt.
4. Place potatoes on a foil-lined baking sheet.
5. Bake 45-60 minutes, or until easily pierced with a fork.
6. Make a slit lengthwise across the top and fluff the inside with a fork then stuff with your favorite toppings.

Serves 3-4. Prep time, 5 minutes; cook time, 45 minutes.



TOPPING IDEAS

Make a slit lengthwise across the top and fluff the inside with a fork before stuffing with your favorite toppings.

- Cooked black beans, sauteed greens, salsa
- Diced avocado, halved cherry tomatoes, drizzle olive oil, salt & pepper
- Chilli (meat or vegetarian), sour cream, chopped cilantro
- Scrambled or fried egg, grated cheese, sliced jalapeno
- Greek yogurt, grated cheddar cheese, chopped scallions

Cool-Weather Tips

November is the last full month of fall! As we anticipate the winter months, keep these tips in mind:

-  The holidays are upon us, so we may find ourselves eating more and getting less exercise; try enjoying a brisk walk and fresh air whenever the weather is fine.
-  The sun goes down sooner, so nights are longer. Don't forget to dress in layers

