



GRAPEFRUIT Gold

The **MeloGold Grapefruit** is a cross between a grapefruit and a pomelo. It is greener than a regular grapefruit and has a thicker white pith (lining). It is **one of the sweetest grapefruit varieties**. Cut it in half and eat with a spoon or peel it like an orange and eat its sections.

November is NATIVE AMERICAN HERITAGE MONTH

“ I was born on the prairies where the wind blew free and there was nothing to break the light of the sun. I was born where there were no enclosures.”

-Geronimo (1829–1909), Chiricahua Apache



Sunday TIME



If you feel down at the end of the weekend, you're not alone. **Many people experience Sunday blues** as we shift from free time to the work week. Use Sundays to life your spirit:

- **Plan a fun activity** to lift your mood -- a trip to the zoo, or a walk in the park.
- **Enjoy something relaxing** -- watch a movie, take a long bath, or a phone a friend.
- If you feel your mind wandering ahead to Monday, gently pull it back to **stay in the moment**.

For info on The FruitGuys' Farm-to-School program, contact customer service: 650-243-5722 • schools@fruitguys.com • fruitguysfarmtoschool.com

