



SPRING ONIONS

DID YOU KNOW?
Spring Onions are harvested approximately 2 to 3 months after planting and provide bright, fresh flavors, often viewed as one of the first vegetables of spring. The onions are also entirely edible, including the leaves and bulb, and can be utilized fresh or cooked.

#NationalSchoolLunch



Informational flyers are a popular way for districts to share nutrition facts about local products served. Some CEs used TDA or USDA resources, while a large percentage of participants created their own. Among those that designed their own flyers are the following: **Community ISD, Hamshire-Fannett ISD, Navarro ISD, Spring ISD, Tomball ISD, Killeen ISD, Gunter ISD, Mission CISD, Katy ISD, Lamar CISD, Granbury ISD, Denton ISD, Deer Park ISD, Duncanville ISD, Brenham ISD, Dickinson ISD, Pearland ISD, Alvin ISD, Sinton ISD, La Vega ISD, Hardin-Jefferson ISD, and DeSoto ISD**

2023 Farm Fresh Challenge Flyers



Texas Watermelon



Season in Texas:
May - October

Did you know?
Melons are the cousins of cucumbers and squash, as they are part of the large gourd family.

Benefits:
Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.

Where are Watermelon Grown in Texas?

- The High Plains
- East Texas
- Winter Garden
- Rio Grand Valley

Fun Fact
Watermelon festivals are common in Texas, including the White-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.



Pumpkin Fun Facts



PUMPKINS WERE ONCE RECOMMENDED FOR REMOVING STREPTOCOCCI AND CHOLERA BACTERIA.

MEALY, GREEN TIMES, PUMPKINS WERE USED AS AN INGREDIENT FOR THE CRUST OF PIES, NOT THE FILLING.

Pumpkins are 90% water.

Pumpkins contain Vitamin C & Vitamin A.

PUMPKIN FLOWERS ARE EATABLE.

THE LARGEST PUMPKIN EVER GROWN WEIGHED 2,689 POUNDS.

IS A PUMPKIN REALLY A SQUASH? YES! IT'S A MEMBER OF THE CUCURBITACEAE FAMILY WHICH INCLUDES SQUASH AND CUCUMBERS.

OCTOBER FARM FRESH CHALLENGE

TRY TODAY'S LOCAL PRODUCE!

Local Produce:	From:
 Green Cabbage	San Benito, TX Borzynski Farms Inc. www.borzynskifarm.com
 Apples	Idalou, TX Top of Texas Farms

DID YOU KNOW? ...

- Cabbage is a cruciferous vegetable and related to cauliflower, Brussels sprouts, and broccoli.
- The skin of an apple contains two types of fiber: soluble & insoluble fiber.



Zucchini brownies

1 1/2 cup vegetable oil
1 1/2 cups granulated sugar
1 tablespoon vanilla extract
2 cups oil purpose flour
1/2 cup unsweetened cocoa powder
1 1/2 teaspoon baking soda
1 1/2 teaspoon kosher salt

FARM FRESH TIME

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Community ISD Farm Fresh Challenge 2023



READY FOR A LIP-SMACKING ADVENTURE? SAVOR PADRINO FOODS, THE SCRUMPTIOUS STAR OF THIS WEEK!

Padrino Foods is owned by third-generation tamale makers David and Diane Gutierrez Luther. Also TamaleDave and TamaleDiane.

"We make homestyle, hand-wrapped tamales," says TamaleDave. "And we make them the way Diane's grandfather, Tomas Gutierrez taught her. Made from scratch with fresh produce and quality cuts of meat. Nothing from a can. We don't add preservatives and we don't use lard. And as an extra, Padrino tamales are gluten-free."

TamaleDave and TamaleDiane have over 38 years of business experience and operate Padrino Foods out of a 27,000-square-foot facility in Irving, Texas.

At Padrino, our mission is to make it as easy as possible to buy, sell and eat authentic corn-shuck wrapped tamales. We package our product in vacuum-sealed bags for convenience, maximum freshness and extended shelf life. The bags can be placed in boiling water, in-therm units, steamers or microwaves.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
Farm Fresh Initiative

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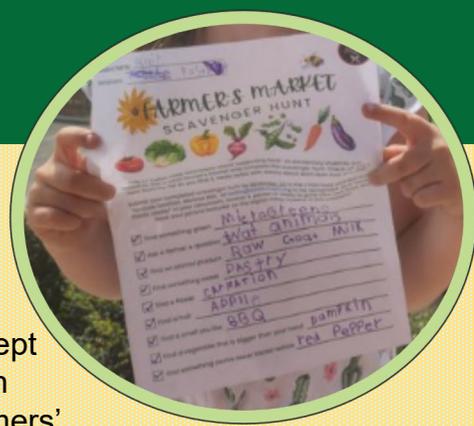


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Denton ISD combined nutrition facts about Brussels sprouts with a word search

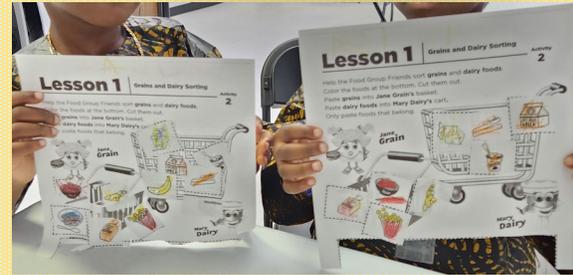


Lake Travis ISD kept students engaged in learning with a Farmers' Market Scavenger Hunt



Students at **Seminole ISD** were treated to an educational visit from a local farmer. The visit was documented in the local newspaper

Students at **Brite Star Community Center** showed their food group identification skills with these activity sheets



Grapevine-Colleyville ISD mixed math and nutrition by placing stickers with food math questions on the back of locally sourced, Smart Snack compliant cookies

Education



In conjunction with a taste testing, **Harlingen ISD** used this poster to inform students about Gala apples in Texas



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