### Fresh Fruit & Vegetable Program
February 2023

**Educators: your input is important to us!**
Please take a brief survey about the FFVP program and the monthly calendars. Thank you!

**Watch students in the Philippines perform in their hometown’s papaya festival.**

I'm a papaya, a berry fruit that grows from the stem of the papaya tree.

Oro Blanco is a natural hybrid of a grapefruit and a pomelo. The taste is similar to a sweet grapefruit.

I taste sweet. You can eat my seeds, too! They are spicy and taste like pepper.

#### Tuesday
- 1 Gold Beet Sticks
- 7 Pepino Melon Slices
- 14 Yellow Grape Tomatoes
- 21 Golden Delicious Apples
- 28 Cauliflower

#### Wednesday
- 2 Oro Blanco Wedges
- 8 Yellow Squash Coins
- 15 Star Fruit Slices
- 22 Yellow Pepper Slices

#### Thursday
- 9 Papaya Slices
- 16 Jicama Slices
- 23 Pineapple Chunks

There are many uses for the papaya tree and its leaves. The stem can be used to make rope and its leaves can be used to remove freckles, boost your immune system and heal an upset stomach.
Jicama is a great source of fiber and vitamin C. Learn more about the many important nutrients found in jicama.

- What adjectives can you use to describe your experience of how star fruit looks, smells, tastes, and feels? Look at the table below for examples.
- Watch two sisters taste star fruit for the first time.

<table>
<thead>
<tr>
<th>SIGHT</th>
<th>SMELL</th>
<th>TASTE</th>
<th>FEEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>Fresh</td>
<td>Delicious</td>
<td>Crunchy</td>
</tr>
<tr>
<td>Big</td>
<td>Spoiled</td>
<td>Sweet</td>
<td>Mushy/Soft</td>
</tr>
<tr>
<td>Small</td>
<td>Sweet</td>
<td>Tart</td>
<td>Delicate</td>
</tr>
<tr>
<td>Fresh</td>
<td>Odorless</td>
<td>Bland</td>
<td>Smooth</td>
</tr>
<tr>
<td>Rotten</td>
<td>Flowery</td>
<td>Sour</td>
<td>Waxy</td>
</tr>
<tr>
<td>Beautiful</td>
<td></td>
<td>Tasty</td>
<td>Prickly</td>
</tr>
</tbody>
</table>

Because pepino melons contain ample amounts of potassium and no sodium, it's a good choice of fruit for regulating blood pressure. Read more about the many benefits of eating pepino melons.