How many oranges does it take to make a bottle of orange juice?

16 oranges!

Scan the QR code to watch a video about how orange juice is made.

What makes cauliflower orange? There is a naturally occurring genetic mutation that allows this vegetable to store more beta carotene (the pigment that gives carrots their color). Beta carotene turns into Vitamin A in your body: think x-ray vision and glowing skin!

Tuesday

3 NO SCHOOL

10 Vegetable Medley

17 Mango Cheeks

24 Gold Beet Sticks

31 Mini Peppers

Wednesday

4 Persimmon Wedges

11 Orange Wedges

18 Orange Cauliflower Florets

25 Clementines

Thursday

5 Orange Pepper Slices

12 Orange Grape Tomatoes

19 Cantaloupe Chunks

26 Carrot Coins

The Marvelous Mango! From souffles to smoothies to salsa, mangos seem to be everywhere! Mangos are a SUPERFOOD-containing copper for red blood cell development, Vitamin A to support skin healing, and Vitamin C for immune boosting!
Scan the QR code to watch two brothers describe their experience of eating persimmons.
What words did they use to describe the persimmons they ate? What words can you use to describe your experience of eating persimmons?

Persimmons are a good source of vitamin A, which helps maintain and improve vision.

Persimmon Fun Facts

Scan the QR code to hear the story of The Tiger and the Dried Persimmon.

**SIGHT**
- Orange
- Big
- Small
- Fresh
- Rotten

**SMELL**
- Fresh
- Spoiled
- Fragrant
- Odorless
- Flowery

**TASTE**
- Ripe
- Sweet
- Tart
- Bland
- Sour

**FEEL**
- Crunchy
- Squishy
- Crisp
- Tough
- Soft
- Ripe