FRESH FRUIT & VEGETABLE PROGRAM
NOVEMBER 2023

TUESDAY
1 Mango Spears
7 Honeydew Chunks
14 Kiwi Wedges
21 Persimmon
28 Red Grapes

WEDNESDAY
2 Sugar Snap Peas & Baby Carrots
8 Purple Kohlrabi Sticks
15 Orange Grape Tomatoes
22 Celery Sticks
29 Sliced Cucumber

THURSDAY
9 Capped Strawberries
16 Cantaloupe & Red Grapes
23 Thanksgiving
30 Pomegranate & Blueberries

Baby Carrots
Learn about the steps some fully grown carrots go through on their way to becoming the baby carrots we eat at school in the video below.

Kiwi Fruit
The kiwi fruit was named after the kiwi bird, an iconic symbol of New Zealand, but kiwi fruit was brought to New Zealand from another country. Can you guess what country the kiwi fruit comes from?

Find this calendar with video links at: SPPS.org/ffvp
Have you ever wanted something that you can’t have? Watch this video about a fox who wants some grapes, but can’t reach them. Should we believe what the fox says about how the grapes taste?

Caroline Aoyama, a Mora, MN farmer, harvests their cucumbers 50-55 days after planting. When she picks cucumbers she wears gloves to protect her skin from the spiky vines of the cucumber plant. Hear what else Caroline has to say about growing cucumbers in the video above.

Watch kids describe their experience of tasting a pomegranate. What adjectives can you use to describe your experience of how a pomegranate looks, smells, tastes, and feels? Look at the table below for examples of words to use.

<table>
<thead>
<tr>
<th>SIGHT</th>
<th>SMELL</th>
<th>TASTE</th>
<th>FEEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ripe</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>Fragrant</td>
<td>Spicy</td>
<td>Crisp</td>
</tr>
<tr>
<td>Fresh</td>
<td>Odorless</td>
<td>Bland</td>
<td>Grainy</td>
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<tr>
<td>Rotten</td>
<td>Flowery</td>
<td>Sour</td>
<td>Juicy</td>
</tr>
<tr>
<td>Beautiful</td>
<td>Rich</td>
<td>Tasty</td>
<td>Chewy</td>
</tr>
</tbody>
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Blueberries are not just a delicious snack, eating blueberries is beneficial to your health in many ways. For example, blueberries can lower cholesterol levels, help control blood sugar and improve digestion.