

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

February 2023

FEBRUARY CALENDAR



February is Black History Month; American Heart Month; National Bird Feeding Month; & National Children's Dental Health Month

- 1 National Freedom Day
- 2 Groundhog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Pay a Compliment Day
- 7 National Periodic Table Day
- 9 National Pizza Day
- 11 International Day of Women & Girls in Science
- 12 Abraham Lincoln's Birthday
- 14 Valentine's Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 20 President's Day**
- 21 Mardi Gras
- 22 George Washington's Birthday
- 23 Tennis Day
- 26 Black Lives Matter Day
- 27 International Polar Bear Day

Black History Month 2023

The Association for the Study of African American Life and History, founded in 1915 by Carter G Woodson, established Black History Month. Their mission is to promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community. You can participate in their Black History Virtual Festival by [registering here](#). The theme for 2023 is Black Resistance.



PRODUCE HIGHLIGHT

BLOOD ORANGES

Blood oranges have no blood of course but their deep red-orange pulp and berry-like flavor are sought out by many while they are in season. Blood oranges can be recognized from navel oranges by the dark red blush on their rind.



- 🍊 Excellent source of **vitamin B9**, which has been known to **aid red blood cell formation**
- 🍊 Natural source of **anthocyanins**, compounds known to **combat heart disease**
- 🍊 Delicious taste, with **berry-like overtones**

"Where there is no vision, there is no hope."

-George Washington Carver, scientist & inventor (1864-1943)



For the Birds

It's National Bird Feeding Month! Why not feed your own backyard wild birds? Sunflower seeds in particular are some of their favorites: they're not picky, black oil sunflower seeds, striped sunflower, safflower, or sunflower hearts are all good options.

If you have peanuts, stale or dry bread, bread crusts, plain or seeded crackers they love those too. Just make sure to crumble bread or crackers into small pieces and soak them in water before placing outside.



Holiday Closure

The FruitGuys will be closed for Presidents Day.

CONTACT US: For more info on The FruitGuys Farm-to-School Program, School Bulletin suggestions, or questions about your Nutrition Education materials, contact **Carol Stewart** at **650-438-2842** or **carol@fruitguys.com**. • **fruitguysfarmtoschool.com**

Activity: Handprint Poem

Adapted from DLTKsSitesforKids.com

What you will need:

- White paper
- Paint
- Poem, printed on paper



Instructions:

1. Print poem out on top half of paper.
2. Add decorative Valentine border.
3. Have students dip hand into paint color/ colors of choice.
4. Place handprint/handprints at bottom of paper.
5. Allow them to color/decorate border if desired.
6. Make sure to have them sign and date the back.



Recipe: Slow Cooker Southern Black-Eyed Peas with Bacon

From MomintheCity.com

Ingredients:

- 1 lb dried black-eyed peas
(Soak in 4 cups of cold water overnight. Drain and rinse them well.)
- 1 cup onions, chopped
- 6 cloves of garlic, minced
- 2 bay leaves
- 1 cup roughly chopped cooked bacon
- 6 cups cold water
- 1 tbsp seasoned salt
- 1 tsp ground black pepper

Instructions:

1. Place all of the ingredients in the slow cooker.
2. Stir to blend.
3. Close the slow cooker and cook on high for 3 to 4 hours. (As an alternative, you can cook on low for 6 to 8 hours.)
4. Enjoy!

Prep time: 30 minutes;
Cooking time: 3-4 hours; Serves: 4-6.

COLORING ACTIVITY

