



Farm to School

www.farmtoschool.nj.gov

NOVEMBER

2017

FRUIT & VEGETABLE CELEBRATIONS

- National Pomegranate Month
- Sweet Potato Awareness Month
- National Pepper Month
- November 23– Eat a Cranberry Day

HARVEST OF THE MONTH

Sweet Potatoes and Pears



THANKSGIVING FEAST

Week of the 13th– One Week Prior to Thanksgiving

“It’s all about the Vegetables!”

Incorporate the items served at the first Thanksgiving: Squash, Carrots, and Peas

**Decorate:** Thanksgiving traditional, Request student artwork

**Handouts:** Internet info about squash, carrots, and peas [www.nutrition-and-you.com](http://www.nutrition-and-you.com)



SWEET POTATO AWARENESS MONTH

Pick a day early in November

Sample it! Sweet Potato Special

**Decorate:** Baskets or bags (lined with Maschio’s paper) filled with fresh whole sweet potatoes to be given away as a lucky tray prize with a recipe!

**More Info on Sweet Potatoes Visit:** [www.whfoods.org](http://www.whfoods.org)

Sweet potatoes are native to Central and South America and are one of the oldest vegetables known to man. They have been consumed since prehistoric times as evidenced by sweet potato relics dating back 10,000 years that have been discovered in Peruvian caves.



MASCHIO'S FARM TO SCHOOL EDUCATION BASKET



**Health benefits of “Super Fruit” Pomegranate**  
Pomegranate is not just a fruit, indeed it is a “super fruit” because it is packed with healthy vitamins, minerals and phytonutrients.....countless benefits.  
*Check their web site listed above for more!*

