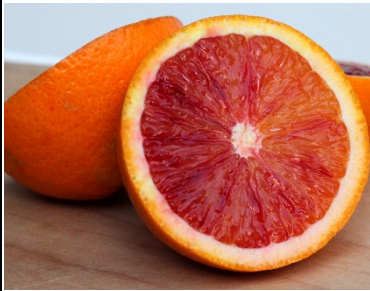




Newsletter

BALTIMORE CITY
PUBLIC SCHOOLS



Week of 2/6

Blood Oranges- it is believed that blood oranges are cross between pomegranates and oranges. NOT TRUE! They are simply oranges that underwent a genetic mutation that turned the pulp red

Apple/grape packs



Week of 2/13

Red Pears- Please let these pears sit out for a few days! The best indication of ripeness for any pear is the thumb test: gentle thumb pressure near the stem will yield slightly when the pear is ripe.

Pineapple Pals

Kiwi Berry (if ordered) The Kiwi Berries beautiful green skin lacks the undesirable fuzz found on the larger, well-known variety. Enjoy right out of the hand as a quick snack

Week of 2/20

Red Plums Rich in fiber, red plums are a curious blend of sweet, sour and juicy. Do not refrigerate. Plums should be slightly soft to the touch and room temperature when eaten

Pineapple Pals



Week of 2/27

Green Gage Plums- A FFVP favorite! The Greengage plum is deceptive in its looks, with colors of granny smith apples (suggesting tartness) mottled with fair rust colored dots and an unassuming petit apricot size. What is revealed is a historically excellent fruit, complex in taste and texture. The Greengage plum has an amber green flesh nearly the same color of its skin, its texture unsurpassed in its tender firm quality, bursting with syrup-like juices when ripe. Its flavor candy sweet and extremely low acid.

GREAT KIDS
GREAT SCHOOLS