

# The Fruit and Veggie Buzz

## Kids in the White House

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On August 20, 2012, First Lady Michelle Obama hosted the first ever "Kids State Dinner" at the White House. She invited 54 budding chefs to a formal luncheon for winning the Healthy Lunchtime Challenge. Children ages 8-12 from all over the country came up with recipes for healthy, affordable, and delicious meals that followed the nutritional guidelines from MyPlate. One winner was picked from all 50 states, 3 territories, and the District of Columbia. Kids were able to bring a parent with them to the event.



Over 1,200 recipes submissions were sent in and judged carefully based on appearance, smell, and taste. Judges also took price and nutrition into consideration while judging the entries. The full cookbook of recipes can be found on the [Let's Move](#) website.

Here is the recipe from Indiana's winner, Alexander Alyward, age 8.

### Vegetable Quinoa Salad with Chicken (serves 4-6)

#### INGREDIENTS

- 2 cups cooked quinoa
- 6 ounces grilled skinless boneless
- chicken or turkey deli meat, cut into bite-size pieces

### FFVP Reminders

#### Wednesday, October 10, 2012-

FFVP Webinar from 9:30-10:30 am (EDT)

Topics covered in this webinar will be general updates, a discussion on special dietary needs, food safety requirements, information on site visits, and more.

Click [here](#) to register.

- 2/3 cup chopped fresh spinach
- 1/2 cup diced tomatoes
- 1/2 cucumber, peeled and diced
- 1/2 red pepper, seeded and diced
- 3 table-spoons homemade or purchased olive-oil vinaigrette

#### PREPARATION

In a large bowl, combine the quinoa, chicken or turkey, spinach, tomato, cucumbers, red pepper, and vinaigrette.

Toss to combine, and season to taste with salt.

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### Top 10 Fruit Snacks for Kids

10. **Popsicles!** Freeze [100 % juice](#) to make popsicles.
9. **Fruit Sandwiches.** Use slices of [apples](#) or [pears](#) and low-fat cheese
8. **Peanut Butter & ...Whatever!** Serve fresh fruit with a dab of peanut butter.
7. **Fruit & Yogurt.** Fresh fruit dipped in your kid's favorite low-fat yogurt.
6. **Smoothies.** Kids won't pass up tasty fruit smoothies.
5. **Fruit Cups.** Canned fruit or single-serve fruit cups.
4. **Applesauce Dip.** Fresh fruit dipped in applesauce.
3. **Dried Fruits.** Pack up dried fruits such as [raisins](#), [blueberries](#), apricots and apple slices for great on-the-go snacks.
2. **Fun Fruit Salad.** Serve fresh fruit that can be dipped in salad dressings such as poppy seed or balsamic vinegar.
1. **Fruit Chunks.** Frozen fruit chunks such as [grapes](#), [banana](#) slices, blueberries or [watermelon](#) are perfect when you're in a rush.



# October is National Apple Month!

## Celebrate by Eating Apples

There are thousands of apple varieties, all with slightly different textures and flavors. Although Red Delicious is the most commonly consumed apple, there are so many other types available in the fall. Indiana is home to many apple orchards where consumers can hand-pick their favorite types of apples right off the tree. This fall find an apple orchard near you! (For more information on Indiana apple orchards, visit [www.orangepeppin.com](http://www.orangepeppin.com))

Apple Orchards offering U-Pick options:

### Central Indiana:

- **Anderson Orchard**- Mooresville, IN: Pick your own apples. Fresh apple cider and apple butter made from Anderson Orchard apples.
- **Anderson Orchard Pleasant View**- Fairfield, IN: Apple cider, cider slush, caramel apples, apple butter, preserves, and fresh vegetables.
- **Ditzler Orchard**- Rosedale, IN: A large variety of apples and fresh apple cider all fall. Guests are welcome to stay and picnic on the grounds. Also, school tours and Saturday pic-your-own is available.
- **Stuckey Farms**- Sheridan, IN: Stuckey Farms has an enormous apple orchard which visitors can wander and pick their own apples from many different varieties. Stuckey brand apple cider which is made right there in the store.

### Northwest Indiana:

- **County Line Orchard**-Hobart, IN: This is the closest U-pick apple orchard to Chicago. County Line Orchard is open September-October and offers many family fun options such as a "Kids Barnyard", wagon rides, and an 8-acre corn maze.

### Northeast Indiana:

- **Bruik Brothers Produce**- New Haven, IN: U-pick orchard with many varieties on dwarf trees. Apples are available already washed as well. They also offer fresh apple cider and apple butter along with fresh produce, pumpkins and gourds
- **Cook's Orchard**- Fort Wayne, IN: Pick your own apples or choose from a large variety of already picked apples on display in store room. Also have available: tomatoes, pumpkins, gourds and a large variety of jams and jellies
- **G.W. Stroh Orchards**- Angola, IN: Over 30 varieties of apples, peaches, pears, and plums. Located in the North-east corner of Indiana

### Southern Indiana:

- **Salatin Orchard**- Moores Hill, IN: Offers 25 varieties of U-Pick apples

### Western Indiana:

- **Swanee Orchard**-Terre Haute, IN: Pick Your Own or We Pick our apples for you! Fresh apple cider, vegetables, pumpkins and butters!
- **Wea Creek Orchard**-Lafayette, IN: A good experience to learn about farming and pick out quality produce for the family



## What's the Buzz?

### What's the buzz about Winter Squash?

Winter squash come in all different shapes and sizes and are classified as orange vegetables according to the MyPlate guidelines. They can be cooked in a variety of ways including baking, boiling, steaming, roasting or sautéing. Depending on how they are prepared, winter squash can have either a sweet or savory flavor. They are a great choice to pair with meats, fruits and other vegetables.

### Nutrition:

Winter squash are good sources of Vitamin A, Vitamin C, potassium, and fiber. They also contain niacin, folate and iron. Winter squash are low in calories and are fat free.



### Availability, Selection, and Storage:

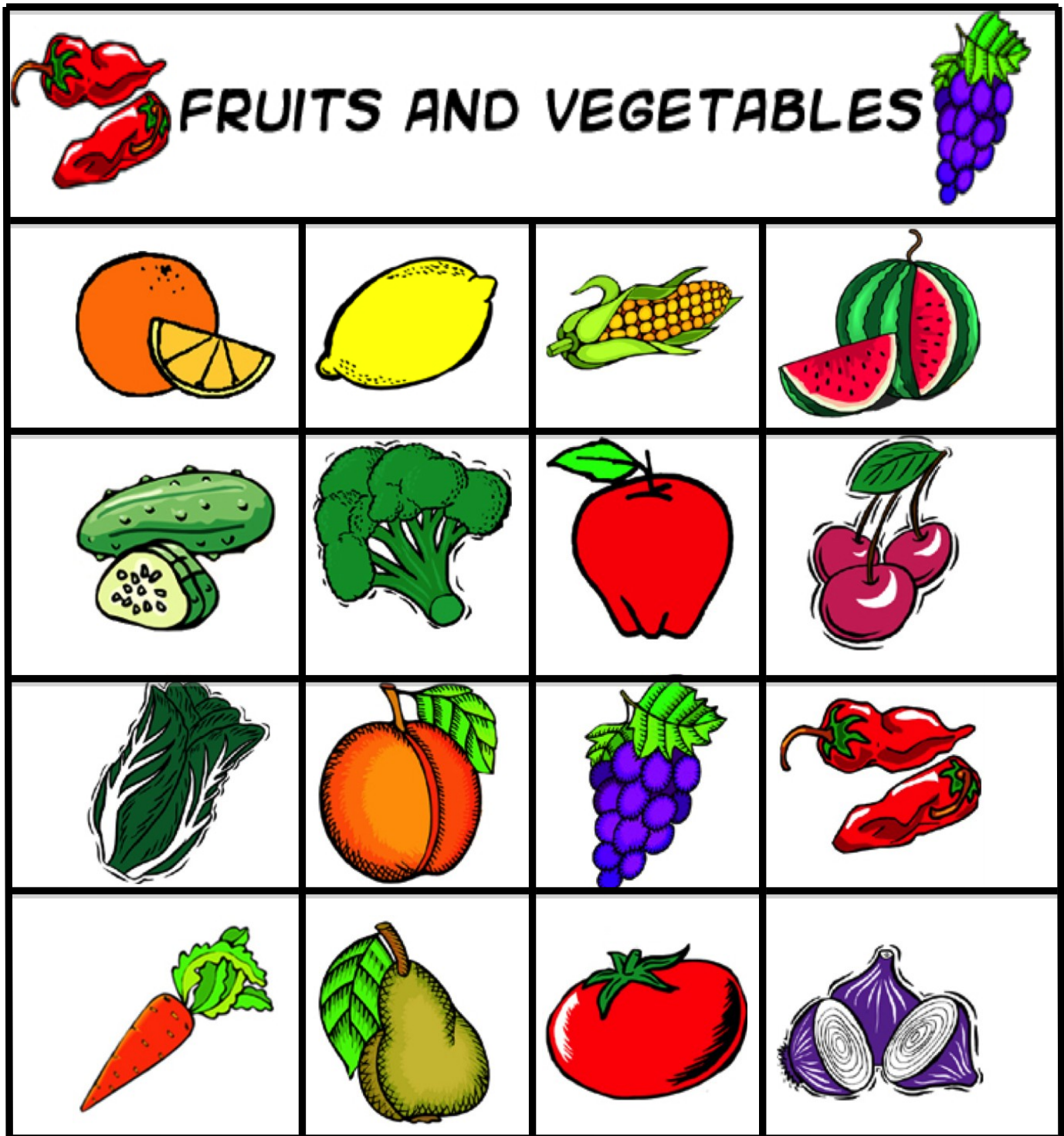
Winter squash are harvested to fully mature in September and October and are available well into the winter months. When selecting a winter squash, look for a hard, tough rind with the stem still attached. These squash will have the best flavor. Signs of squash decay include punctures, cuts, or sunken spots. Winter squash can keep for up to 3 months if stored in a cool dry place. Once squash is cut, it can be stored in the refrigerator for up to 5 days. Uncut squash can also be frozen for up to a year.

### Tips:

If the rind is too hard to cut, pierce the squash and microwave for a few minutes to soften the squash.

# Fruit and Vegetable Bingo

Have fun with your kids at the grocery store with this fruit and vegetable Bingo game from Bogglesworldesl.com! Print off the bingo card and bring it with you to the grocery store. Have kids walk through produce section and draw an X on the fruits and vegetables they see. Either play with regular bingo rules where kids try to finish a whole line, or try playing where kids have to find everything on the card. For more bingo cards [CLICK HERE](#).





# Fruit and Vegetable Word Search

T U H O Y N V Y V P I N E A P P L E F C E W U U Y  
 R I E S D S P I N A C H C R A C U S U X C O K W L  
 D G U B A A E R E W O L F I L U A C J I U P I T C  
 V K R R D U C H C A E P N E W D U C X V T H Q K W  
 R N D Y F A Q O B E A N S Y R M E W Y E T J S S N  
 R T L V D E N S V F K E T N B B R E P P E P T S X  
 M A Y C Z I P T Z A Y R Q E W N O P O W L K V U V  
 X K S A K L H A Q R E O R J K O W K P D Z W C B Z  
 U W L P C U C K R R E Y E J G K B W O F E Z D S D  
 S J M H B Z W E D G T O C I R P A E N W Q L U S J  
 Z U G G J E B H S X J S J J Y C D X E J G R K M C  
 P Q G D V E R U Z O N C G Y J C R Q U T M Q K V W  
 I S A B U A J R Y T C E I A V I Z W Z A S R P N L  
 M U B L A S J N Y A A L Z E N R U I W P L W G P Z  
 Y G B C A N C R Y M R E T L A E F A T D O L K U H  
 Q A U T E X A M O O R R L E C D F B X A W G G O S  
 B R E Z B U Z N E T O Y P E A S Z D B T E H R T F  
 A A C T R O H L A C T B E T Z U R Z J T M A I L G  
 D P K V O X Y W C M Q L B Z S P J Q F Y N C W N Q  
 L S I P C I Y H O D P S G R Q M H K J G R N I O X  
 O A T N C E G K Q P T R G U R M U Y E W Y L K D F  
 P W D T O M W N A F A K E X P Y X W M P Z T B S S  
 R A Q L L C G V R P O B M V T L W D B O I P K U A  
 H G X G I K T U E O K T N M S S U B V C R B H G O  
 P K C R N A K U K A C R K L K I L M T J Y A W W E

## Word Bank

|            |             |           |
|------------|-------------|-----------|
| APPLE      | APRICOT     | ASPARAGUS |
| AVOCADO    | BANANA      | BEANS     |
| BEETS      | BLUEBERRY   | BROCCOLI  |
| CARROT     | CAULIFLOWER | CELERY    |
| CORN       | CUCUMBER    | GRAPE     |
| GRAPEFRUIT | KIWI        | LETTUCE   |
| ORANGE     | PEACH       | PEAR      |
| PEAS       | PEPPER      | PINEAPPLE |
| PLUM       | PUMPKIN     | RASPBERRY |
| SPINACH    | SQUASH      | TOMATO    |