

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

March 2020

MARCH CALENDAR



March was named after the **Roman mythological god, Mars**. March is **Music in Our Schools Month**.

- 1 Peanut Butter Lovers' Day
- 2 Author Dr. Suess born, 1904;
National Read Across America Day
- 3 National Anthem Day;
Peach Blossom Day
- 8 International Women's Day;
Daylight Saving Time begins at 2 a.m.
- 12 Plant a Flower Day
- 14 Learn About Butterflies Day;
National Pi Day
- 17 Saint Patrick's Day
- 20 Spring (vernal) equinox
- 23 National Puppy Day
- 25 Waffle Day
- 26 National Spinach Day



FruitGuys News

We're excited to announce that your Nutrition Education materials will ship out this month! Please **look for an email with information and delivery updates** soon.

Farm Highlight: Friend's Ranches Farms



Sweet and juicy Pixie tangerines are back in season, straight from Friend's Ranches farm in California's Ojai Valley. **Friend's Ranches** is a small farm run by four family members and a dedicated group of long-time employees. **Five generations of the Friend family have lived and farmed in the Ojai Valley** for over 100 years. Friend's Ranches produces a variety of fresh citrus and avocados. Look for Pixie tangerines, Gold Nugget mandarins, and Meyer lemons.

UNIQUE FRUIT

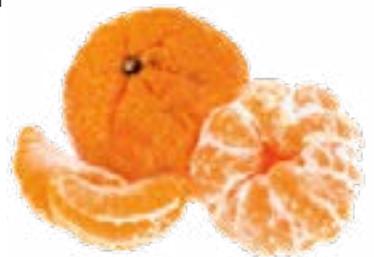
OJAI PIXIES

- ☞ Pixie tangerines are **sweet, seedless, and easy to peel**.
- ☞ Grown almost exclusively in California's Ojai Valley, **pixies have a limited harvest season**. Enjoy while they're still in season!
- ☞ Tangerines are exceptionally nutritious — one tangerine contains **more vitamin C than an orange**.



GOLDEN NUGGET MANDARINS

- ☞ Golden Nugget mandarins were **named for their golden-orange color** and the "pebbly" texture of their skin.
- ☞ Their **fragrant skin peels easily**. Because they're seedless, their juicy segments are often added to salads.
- ☞ Golden Nugget mandarins are considered by experts to be among the **best tasting citrus in the world**.





Recipe: Scrambled Eggs Breakfast Tacos

Recipe by Katherine Weber
from The FruitGuys

What you'll need

- 2 tortillas (flour or corn)
- 2 tablespoons shredded cheese (cheddar or jack)
- 2 tablespoons canned refried pinto beans (optional)
- 2 eggs
- ½ tablespoon butter

Optional: sliced avocado, sliced fresh jalapeño, salsa, or hot sauce

Instructions

1. Preheat oven to 350°F.
2. Place tortillas on a baking sheet
On each tortilla, spread 1 tbs beans (if using) and 1 tbs cheese. Place in oven.
3. Break eggs into bowl and whisk.
4. In skillet over medium heat, melt butter, and cook eggs until scrambled.
5. Remove tortillas from oven, divide scrambled eggs into tortillas.
6. Add avocado, jalapeño slices, salsa or hot sauce (if using.)
7. Fold up taco and enjoy!
Or wrap in foil to eat on the go!

Serves 1. Prep time, 5 minutes;
cook time, 5 minutes.

Cook's note: Egg tacos can be made the night before and kept in the refrigerator for a quick breakfast or snack the next day. After cooking, wrap in foil. To reheat, place foil-wrapped taco in 350°F oven for 10 minutes

Craft: Framed Maps

(Adapted from *SadieSeasongoods.com*)

What you'll need

- Vintage or second-hand **picture frame**. Search thrift stores and garage sales; oval makes an especially pleasing shape.
- **Spray paint** in a color that matches your home decor or map. If you have a group of frames, select different complementary paint colors.
- Paper **road map** of a location with special meaning: somewhere you have lived, traveled, or dream of visiting. Look for maps at book stores, auto shops, and thrift stores.
- Pencil
- Scissors
- Glass cleaner

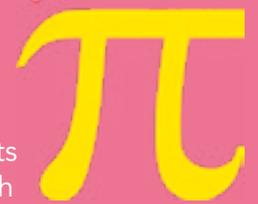


Instructions

1. **Remove glass** from frame; clean with glass cleaner and let dry.
2. **Paint frame** and let dry.
3. Lay glass over portion of map you want to frame.
Use pencil to trace outline of glass, then **cut out map**.
4. **Assemble** map and glass in frame.
5. **Group** multiple framed maps for a charming display.

Celebrate Pi Day

National Pi Day celebrates the number pi, also written as the Greek letter π. Representing a constant ratio -- the circumference of a circle to its diameter -- pi is an infinite number that starts with 3.14. **Pi Day is celebrated by mathematicians every year on March 14**, aka 3.14. Some people celebrate by eating foods with "pi" in their names: pie, pizza, or pineapple!



Quote

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade."

— Charles Dickens