



FFVP

HARTFORD - SAN MARCOS - GALVESTON - FRYE

FRESH FRUIT & VEGETABLE PROGRAM



THIS PROGRAM INTRODUCES A WIDE VARIETY OF FRUITS AND VEGETABLES THROUGH:

- TASTE TESTING
- TOUCH
- SMELL
- KNOWLEDGE

ALL STUDENTS ARE ENCOURAGED TO PARTICIPATE!

JOIN US TO TRY UNIQUE FRUITS AND VEGGIES!

2

TIMES PER WEEK

EXAMPLE PRODUCE:

- KUMQUATS
- MINI HEIRLOOM TOMATOES
- DRAGON FRUIT

This institution is an equal opportunity provider.

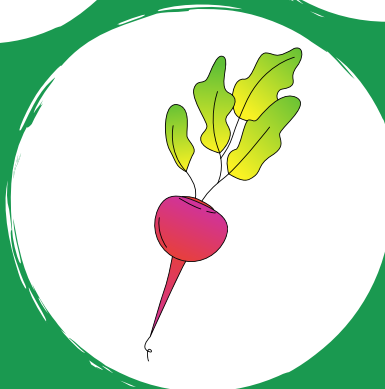
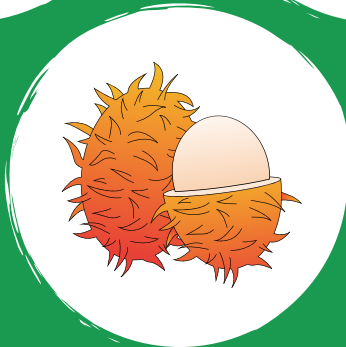
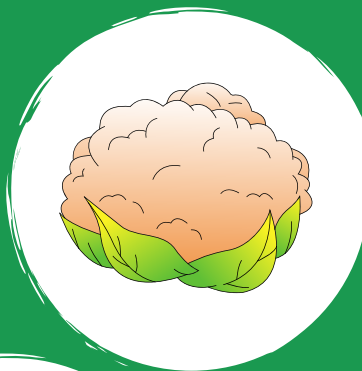
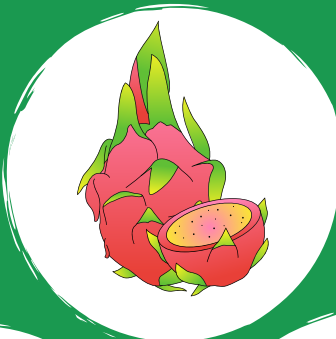
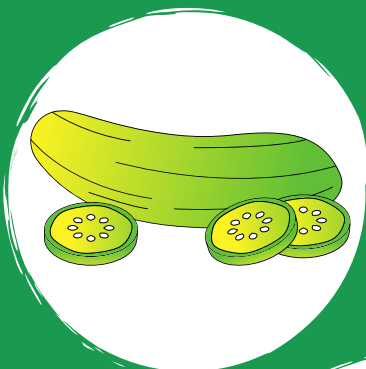
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TODAY'S FRESH PRODUCE:

RAMBUTAN



Guatemala



LOOKS LIKE



The Rambutan is a bright-red, oval fruit with a semi-thick leathery rind. It is about the size of a small hen's egg and is covered with long, soft spines. It is soft and easy to eat.

The flesh varies between white to pale pink and the texture is kind of a mix between a grape and a pear with a hint of cherry.

TASTES LIKE



**DID
YOU
KNOW?**

There are many different varieties of Rambutan with unique appearances, ranging in color from red, orange and yellow to a blend of these colors.

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TODAY'S FRESH PRODUCE:

GREEN PLUMS



California, U.S.A.



LOOKS LIKE



Green plums have a smooth green peel with a dusty finish. The inside flesh surrounds a single hard fruit stone.

TASTES LIKE



It is a sweet and tart flavor. They have a different flavor than the normal sweet taste of a plum.

**DID
YOU
KNOW?**

Green plums are the same fruit as regular plums, they're just picked before they're ripe.

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TODAY'S FRESH PRODUCE:

ASIAN PEARS

California, U.S.A.



LOOKS LIKE



Asian pears are a yellowish-tan color and they are shaped more like apples than a common pear.

Asian pears have a crisp and juicy texture with an apple-like flavor.

TASTES LIKE



**DID
YOU
KNOW?**

There once was a time in Japan, where pears were believed to ward off evil and misfortune and were often planted near gates and in the corner of properties for protection.

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TODAY'S FRESH PRODUCE:
CHOCOLATE PERSIMMONS

California, U.S.A.



LOOKS LIKE



Chocolate Persimmons are oval and slightly flattened in shape. The skin is glossy, smooth, taut, and chewy. It has dark orange, almost red hues, and is capped with a green, papery calyx.

Chocolate persimmons have a very sweet and sugary flavor with subtle spice-filled undertones.

TASTES LIKE



**DID
YOU
KNOW?**

The fruits are named "chocolate" for their brown, variegated flesh, not for their taste.

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TODAY'S FRESH PRODUCE:

GOLD KIWI

California, U.S.A.



LOOKS LIKE



Gold kiwi has bronze toned, smooth, hairless paper-thin skin.

Sweet and tropical with notes of pineapple and mango.

TASTES LIKE



**DID
YOU
KNOW?**

The Gold kiwi fruit is an edible berry. While all other kiwi fruit are cultivars of *Actinidia deliciosa*, the gold kiwifruit is a distinct and independent species, *Actinidia chinensis*.

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TODAY'S FRESH PRODUCE:
COTTON CANDY GRAPES

California, U.S.A.



LOOKS LIKE



Green skin that is thick, smooth, and firm and the flesh is translucent green, plump, seedless, and juicy.

Unmistakably like cotton candy.

TASTES LIKE



**DID
YOU
KNOW?**

Cotton Candy Grapes were a delicious accident. They were developed by horticulturists experimenting with different hybridizations to make more flavorful grapes.

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TODAY'S FRESH PRODUCE:

BLOOD ORANGE

Arizona, U.S.A.



LOOKS LIKE



The Blood orange looks like the conventional orange on the outside, with a bright orange outer skin.

TASTES LIKE



The Blood orange offers a sweet aroma and flavor with moderate tart undertones.

**DID
YOU
KNOW?**

The inner flesh is where the Blood orange get its name, due to the deep red streaked pulp.

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TODAY'S FRESH PRODUCE:

LUCY GLO APPLES

Washington, U.S.A.



LOOKS LIKE



The skin is smooth, slightly bumpy, thin, and yellow.
The flesh is marbled with red, pink, and white hues.

Tasty and tart with a hint of sweetness.

TASTES LIKE



**DID
YOU
KNOW?**

Lucy Glo Apples were named for its "glowing" appearance, as the pigmented flesh can be seen through thin parts of the skin, giving the surface a faint, rosy coloring.

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TODAY'S FRESH PRODUCE:

CAPE GOOSEBERRIES

California, U.S.A.



LOOKS LIKE



Small, golden-yellow tomato encased in a papery husk.

TASTES LIKE



A tropical flavor that is both sweet and tart at the same time.

**DID
YOU
KNOW?**

Cape gooseberries generally fall to the ground before they are ripe, and they can be stored for many months in their husk.

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TODAY'S FRESH PRODUCE:

PIE PUMPKIN

California, U.S.A.



LOOKS LIKE



Pie pumpkins tend to be smaller than a pumpkin you would carve. They can vary in color from pale orange to dark orange.

A cousin to every other winter squash out there, pumpkins have a similar earthy sweet flavor.

TASTES LIKE



**DID
YOU
KNOW?**

The **FIRST** pumpkin pies were actually **WHOLE BAKED PUMPKINS** stuffed with assorted spices and apples!!

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TODAY'S FRESH PRODUCE:

STAR FRUIT

Mexico



LOOKS LIKE



Star fruit are glossy, yellow, and translucent with a waxy skin.

The flavor of star fruit has been described as combining plum, pineapple, apple, lemon and grape when it ripens to yellow.

TASTES LIKE



**DID
YOU
KNOW?**

The fruit gets its name from the star-like shape it takes when cut.

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TODAY'S FRESH PRODUCE:

**BABY TRI-COLORED
CARROTS**

Mexico



LOOKS LIKE



Baby mixed carrots are a combination of yellow, white, purple haze, black night, and the standard orange colors.

The flavor profiles range from earthy, mild, and sweet.

TASTES LIKE

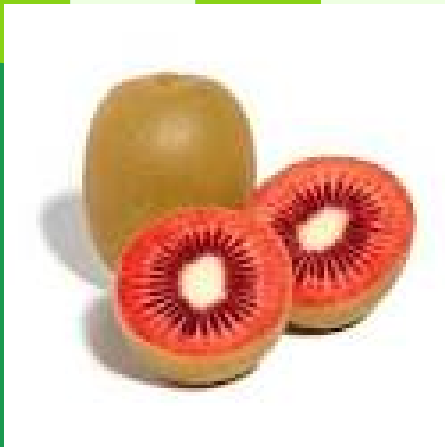


**DID
YOU
KNOW?**

You can plant an actual carrot in the ground, where they will again sprout leaves, send up a flower stalk, flower, and make seeds!

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TODAY'S FRESH PRODUCE:

RED KIWI

California, U.S.A.



LOOKS LIKE



Looks like the golden kiwi oval shape, dark brown skin, which is slightly yellowed, and tiny dots on their skin. Inside is vivid and deep maroon.

Candy-like sweetness combined with fruity, sweet berry, and tropical flavors.

TASTES LIKE



**DID
YOU
KNOW?**

The outer skin on kiwi is edible and nutritious.

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TODAY'S FRESH PRODUCE:

BABY BANANA

California, U.S.A.



LOOKS LIKE



Looks like a typical banana but they are petite in size, averaging only three to four inches in length.

Baby bananas have a very dense creamy texture and once ripe their flavor is rich and sweet with vanilla and caramel undertones.

TASTES LIKE



**DID
YOU
KNOW?**

It is believed bananas originated about 10,000 years ago and may have been the world's first fruit.

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TODAY'S FRESH PRODUCE:

GREEN DRAGON APPLE

California, U.S.A.



LOOKS LIKE



Skin is bright yellow-green, shiny, and smooth, dotted with tiny brown freckles. Underneath the surface, the flesh is white, juicy, and crisp, encasing a central core with a few, dark brown oval seeds.

The Green Dragon is a sweet apple, with low acidity, and numerous fruit esters in the aroma, it is known as the most aromatic of apples.

TASTES LIKE



**DID
YOU
KNOW?**

Green Dragon apple is named after the Chinese symbol for royalty — and they're royally good!

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TODAY'S FRESH PRODUCE:

**BABY HEIRLOOM
TOMATOES**



California, U.S.A.



LOOKS LIKE



Baby Heirloom tomatoes vary in size and can be green, pale yellow, bright orange, deep red, purple, or even chocolate brown.

Sweet, delicious, and easy to eat as a quick but gourmet, healthy snack.

TASTES LIKE



**DID
YOU
KNOW?**

Baby Heirlooms are grown from saved seeds and are at least 50 years old, and some can be a 100+ years old.

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TODAY'S FRESH PRODUCE:

MINI CUCUMBERS

California, U.S.A.



LOOKS LIKE



Miniature cucumbers look like the English Cucumber but, just a few inches long at maturity, and most are only an inch or so wide.

The inner flesh is pale green to white and offers a crisp, crunchy, cool texture with a mild flavor.

TASTES LIKE



**DID
YOU
KNOW?**

Mini Cucumbers are approximately 95% water, offer potassium, beta-carotene, and vitamin K, and several phytochemicals with promising health benefits. Talk about small but mighty!

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TODAY'S FRESH PRODUCE:
MINI SWEET BELL PEPPERS

California, U.S.A.



LOOKS LIKE



Mini peppers range in color from yellow, red to orange and are small, averaging seven centimeters they are uniform shape that tapers slightly to the non-stem end.

Mini sweet peppers are crunchy with a mild flavor that is sweeter than regular sized bell peppers.

TASTES LIKE



**DID
YOU
KNOW?**

Peppers are technically a fruit, and they belong to the nightshade family, along with potatoes and tomatoes.

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TODAY'S FRESH PRODUCE:

MANDARIN

California, U.S.A.



LOOKS LIKE



Satsuma mandarins are round or slightly flattened, three to four inches in diameter, with orange-red skin that is loose, slightly bumpy.

Considered the juiciest of the citrus family and have a balanced sweet-yet-tart flavor.

TASTES LIKE



**DID
YOU
KNOW?**

Satsuma mandarins may have originated in China, but it was first reported in Japan more than 700 years ago.

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TODAY'S FRESH PRODUCE:

KUMQUATS

California, U.S.A.



LOOKS LIKE



Kumquats look like tiny oranges, but unlike oranges, these small fruits are eaten whole, peel and all.

Slightly sweet, but the overwhelming flavor is sour and tangy.

TASTES LIKE



**DID
YOU
KNOW?**

Kumquat trees not only produce delicious fruits but are also widely used as ornamental plants for their shiny leaves and summer blooming white flowers.

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TODAY'S FRESH PRODUCE:

SUGARBEE APPLE

California, U.S.A.



LOOKS LIKE



Sugarbee apples are mainly red with splashes of yellow. They look very much like their parent, the Honeycrisp apple.

Sugarbee apples are crisp, crunchy, and sweet with a hint of a caramel like taste.

TASTES LIKE



**DID
YOU
KNOW?**

The Sugarbee Apple was born because of cross-pollination from a honeybee and a honeycrisp apple. It has a very sweet flavor hence the name SugarBee!

LET'S TRY UNIQUE FRUITS AND VEGGIES!

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TODAY'S FRESH PRODUCE:

BOSC PEAR

California, U.S.A.



LOOKS LIKE



The Bosc pear is usually brown and stands a head taller than other pears with its elongated slender neck.

Sweet, juicy flavor with hints of fall spices like cinnamon and nutmeg.

TASTES LIKE



**DID
YOU
KNOW?**

Bosc pear is often used in drawings, paintings, and photography due to its shape. It is called the "aristocrat of pears".