

# Fresh Fruit and Vegetable Program Educational Toolkit

The [Fresh Fruit & Vegetable Program](#) (FFVP) is a partnership between Seattle Public Schools Culinary Services and the City of Seattle's Office of Sustainability & Environment, and provides an opportunity for students at eligible, participating schools to receive a variety of free, nutritious produce snacks during or after the school day. The program is supported by funds from Seattle's Sweetened Beverage Tax, with the goal of increasing access to fresh produce for students at participating schools with high Free & Reduced Lunch Eligibility Rates (over 35%).

## Overview

This toolkit was created to support SPS staff and students by providing additional resources for complementary nutrition education that can accompany FFVP snack service. The educational materials provided for each item of produce being served may include:

- Factsheets and posters with historical, nutritional, or scientific information
- In-class lesson plans or activities for student and youth engagement (taste tests, science experiments, etc)
- Take-home recipes, worksheets, and flyers to share with the students' families



## Produce Items A-Z

Additional Resources and Collections:

[SNAP-ed Seasonal Produce Guide](#)

[Oregon Harvest for Schools](#)

[Agriculture in the Classroom](#)

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## Apples

### Teaching Materials

- Helpful links:
  - [Washington Apple Commission](#)
  - [WA Grown Food Kit for Apples](#) WSDA
- Factsheets:
  - [All About Apples Brochure](#) SNAP-Ed, WSU Extension
  - [Washington Apples Poster](#) WSDA, Harvest of the Month
- Lesson Plans:
  - [Classroom Connections: Apple](#) Oregon Harvest for Schools, Food Hero
  - [An Apple a Day Keeps the Doctor Away](#) (3-5) Agriculture in the Classroom
  - [Harvest of the Month Apple Teaching Plan](#) Seattle Public Schools and Public Health King County
- Activities
  - [Building with Apples](#) Agriculture in the Classroom
  - [Apple Browning Science Experiment](#) University of Wisconsin Extension
- Worksheets
  - [Nutrition in Every Bite Crossword](#) Washington Apple Commission
  - [Washington Apple Varieties Word Search](#) Washington Apple Commission
- Videos
  - [Oregon Harvest For Schools – Apples](#) (1:28) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - Harvest of the Month Family Newsletter – Apples [English](#) and [Spanish](#) Michigan Nutrition Network, Michigan Fitness Foundation
  - [Better Bites: All About Apples](#) Whole Kids Foundation
- Recipes
  - [Washington Apple Recipes](#) Washington Apple Commission
  - [MyPlate Apple Recipes](#) USDA, MyPlate Kitchen – SNAP Recipes
  - [Make Your Own Washington “Appletizers!”](#) Washington Apple Commission
- Additional Resources
  - [Washington Apple Varieties](#) WSU Fruit Tree

## Apricot

### Teaching Materials

- Factsheet:
  - [All About Apricots](#) SNAP-Ed, Washington State University Extension
  - [Apricot Handout](#) Montana State University Extension
  - [Apricot Fact Sheet](#) Wisconsin Department of Public Instruction
- Lesson Plans
  - [Apricot Lesson Plan, Powerpoint, and Activities](#) South Dakota Department of Health

### Take-Home Materials

- Recipes
  - [MyPlate Recipes with Apricot](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Drying Apricots](#) Colorado State University Extension
- Additional Resources
  - [Apricots: Nutrition, Selection, Storage](#) Produce for Better Health Foundation

## Arugula

### Teaching Materials

- Helpful links:
  - [Arugula History and Facts](#) B&W Quality Growers
- Factsheet:
  - [All About Greens Brochure](#) SNAP-Ed, Washington State University Extension
  - [Arugula Factsheet](#) Wisconsin Department of Public Instruction
- Lesson Plans
  - [A Taste of Leafy Greens Lesson Plan](#) (K-2) Agriculture in the Classroom
  - [Mixed Greens Lesson Plan](#) Vermont Harvest of the Month
- Activities
  - [Activity Guide: Greens](#) Wisconsin Harvest of the Month
- Videos
  - [Arugula Seed Cleaning: Fanning or Winnowing](#) (2:37) Washington State University

### Take-Home Materials

- Flyers
  - [Better Bites: Eat Greens First!](#) Whole Kids Foundation
  - Harvest of the Month Cooked Greens Flyer in [English](#), [Spanish](#), and [Arabic](#) SNAP-Ed. Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of
- Recipes
  - [Arugula Overview and Recipes](#) Tufts University, New Entry Sustainable Farming Project
- Additional Resources
  - [What is Arugula?](#) LettuceInfo.org

## Asparagus

### Teaching Materials

- Factsheet:
  - [All About Asparagus Brochure](#) SNAP-Ed, Washington State University Extension
  - [Washington Harvest Asparagus Poster](#) WSDA
  - [Harvest of the Month Asparagus Infographic](#) University of Wisconsin Extension
- Lesson Plans
  - [Classroom Connections: Asparagus](#) Oregon Harvest for Schools, Food Hero

- Asparagus Lesson Plan ([K-1](#)) and ([2-3](#)) *Iowa Department of Public Health, Pick a Better Snack*
- Activities
  - [Ag-Bites Asparagus Activity \(4-6\)](#) *California Foundation for Agriculture in the Classroom*
  - [Asparagus Activities](#) *National Agriculture in the Classroom*
- Handouts
  - [Asparagus Coloring Page](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - [Oregon Harvest for Schools – Asparagus](#) (1:11) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers
  - Asparagus Family Newsletter in [English](#), [Spanish](#), and [Arabic](#) *SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network. Harvest of the Month*
  - [Asparagus Family Newsletter](#) *Oregon Harvest for Schools, Food Hero*
- Recipes
  - [MyPlate Recipes with Asparagus](#) *USDA, MyPlate Kitchen, SNAP Recipes*
  - [Asparagus Recipes](#) *Michigan Asparagus Advisory Board*

## Bananas

### Teaching Materials

- Helpful links:
  - [Bananas](#) *Harvard, T.H Chan School of Public Health, The Nutrition Source*
- Factsheet:
  - [A Nutrition Fact Sheet: Bananas](#) *SNAP-Ed, Montana State University Extension, Buy, Eat, Live Better*
  - [Banana Facts and Figures](#) *Food and Agriculture Organization of the United Nations*
- Lesson Plans
  - Bananas [Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
  - [Climate Change Phenomena: Bananas in Our Breadbasket? \(6-8\)](#) *Agriculture in the classroom*
  - [Freshest Fruits Lesson Plan \(K-2\)](#) *Washington Agriculture in the Classroom*
- Videos
  - [Brilliant Bananas: From Field to Fork](#) (2:17) *Eat Happy Project*

### Take-Home Materials

- Flyers
  - [Banana Infographic](#) *Wisconsin Department of Public Instruction*
- Recipes
  - [MyPlate Recipes with Bananas](#) *USDA, MyPlate Kitchen, SNAP Recipes*
  - [Banana Recipes](#) *Chiquita Bananas*

## Beets

### Teaching Materials

- Factsheet
  - [All About Beets](#) *SNAP-Ed, Washington State University Extension*
  - [Preparing and Serving Beets: Checklist and Tips](#) *WSDA Farm to School*
  - [Harvest of the Month: Root Vegetables](#) *Whatcom Farm to School*

- Lesson Plans
  - [Dig 'Em Up Lesson Plan \(K-2\)](#) *Agriculture in the Classroom*
  - [Classroom Connections: Beets](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Beets Activities](#) *Harvest for Healthy Kids*
- Handouts
  - [Beets Coloring Sheet](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - [Oregon Harvest for Schools – Beets](#) (6:36) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers
  - Beets Family Newsletter in [English](#), [Spanish](#), and [Arabic](#) *Michigan Nutrition Network, Michigan Fitness Foundation*
  - Oregon Beets Family Newsletter in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Recipes
  - [Beets Nutrition Information and Recipes](#) *Tufts University, New Entry Sustainable Farming Project*
  - [MyPlate Recipes with Beets](#) *USDA, MyPlate Kitchen, SNAP Recipes*

## Blood Orange

### Teaching Materials

- Factsheet:
  - [Blood Oranges Fact sheet](#) *University of California Cooperative Extension*
- Lesson Plans
  - Citrus Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
  - [A “Sour” Subject Lesson Plan \(3-5\)](#) *Agriculture in the Classroom*
- Activities
  - [Florida Citrus Activity Book](#) *University of Florida Extension*

### Take-Home Materials

- Flyers
  - [Blood Oranges Harvest of the Week Flyer](#) *California Department of Public Health, Network for a Healthy California*
- Recipes
  - [Blood Orange Recipes](#) *British Broadcasting Corporation, Good Food*

## Blueberries

### Teaching Materials

- Factsheet:
  - [Berry Flowchart](#) *Agriculture in the Classroom*
  - [All About Blueberries Brochure](#) *SNAP-Ed, Washington State University Extension*
  - [Blueberry Nutrition Infographic](#) *US Highbush Blueberry Council*
- Lesson Plans

- [Wild Blueberry School Kit](#) *Wild Blueberry Producers' Association of Nova Scotia*
- Blueberry [Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
- [Classroom Connections: Blueberries](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [A Trip to the Blueberry Farm Activity Book](#) *North Carolina Farm to School*
  - [Blueberries Nutrition Activity \(5-8\)](#) *Ag-Bites, California Department of Education*
- Videos
  - [Oregon Harvest for Schools – Blueberries](#) (1:29) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers
  - [Blueberry Basics Flyer](#) *SNAP-Ed, Oregon State University, Food Hero*
  - Blueberries Family Newsletter in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Recipes
  - [Blueberry Recipes and Ideas](#) *US Highbush Blueberry Council*
  - [MyPlate Recipes with Blueberries](#) *USDA, MyPlate Kitchen, SNAP Recipes*
- Additional Resources
  - [Sustainable Gardening for Home and Gardens: Blueberries](#) *Seeds to Success, Louisiana Farm to School Program*

## Bok Choy

### Teaching Materials

- Factsheet:
  - [Bok Choy](#) *Wisconsin Department of Public Instruction*
  - Bok Choy Infographic [English](#), [Chinese](#), [Korean](#), [Japanese](#), [Vietnamese](#), and [Tagalog](#) *California Department of Education, Food Roots*
  - [Bok Choy Facts](#) *New Jersey Department of Agriculture*
- Lesson Plans
  - [A Taste of Leafy Greens Lesson Plan](#) (K-2) *Agriculture in the Classroom*
  - [Cabbage Lesson Plan](#) *Vermont Harvest of the Month*
- Activities
  - [Activity Guide: Greens](#) *Wisconsin Harvest of the Month*

### Take-Home Materials

- Flyers
  - [Better Bites: Eat Greens First!](#) *Whole Kids Foundation*
  - Harvest of the Month Cooked Greens Flyer in [English](#), [Spanish](#), and [Arabic](#) *SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of the Month*
- Recipes
  - [Bok Choy Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*
- Additional Resources
  - [Bok Choy History](#) *Food Literacy Center*
  - [How to Grow Bok Choy](#) *University of Florida Extension*

## Broccoli

### Teaching Materials

- Factsheets
  - [All About Broccoli Brochure](#) SNAP-Ed, Washington State University Extension
  - [Washington Broccoli Poster](#) WSDA
  - Broccoli Poster [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
- Lesson Plans
  - Broccoli [Lesson Plan](#) and [Handout](#) Arizona Department of Education
  - [Harvest Lessons: Broccoli and Cauliflower](#) Vermont Harvest of the Month
- Handouts
  - [Broccoli Worksheets](#) Get Healthy Clark County, FFVP
- Videos
  - [Oregon Harvest for Schools – Broccoli](#) (2:06) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - Broccoli Family Newsletter [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
- Recipes
  - [MyPlate Broccoli Recipes](#) USDA, MyPlate Kitchen – SNAP Recipes
  - [Recipes with Broccoli](#) SNAP-Ed, EatFresh, California Department of Social Services
- Additional Resources
  - [Seeds to Success: Broccoli and Cauliflower Webpage](#) Louisiana Farm to School Program

## Brussel Sprouts

### Teaching Materials

- Factsheet:
  - [Veggie Prep: Brussel Sprouts](#) (English, Spanish, Portuguese) USDA SNAP-Ed, University of Rhode Island
  - [Brussel Sprouts Poster](#) Oregon Harvest for Schools, Food Hero
- Lesson Plans
  - [Classroom Connections: Brussel Sprouts](#) (K-12) Oregon Harvest for Schools, Food Hero
  - Brassica (Cabbage, Brussel Sprouts, Kohlrabi) Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
- Videos
  - [Nutrition Links Produce: Brussels Sprouts](#) (4:00) Penn State Extension
  - [Oregon Harvest For Schools – Brussel Sprouts](#) (2:38) Oregon Harvest for Schools, Food Hero
- Worksheets
  - Brussel Sprouts Coloring Page [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - Brussel Sprouts Family Newsletter [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
- Recipes
  - [Brussel Sprouts Recipes](#) Produce For Better Health
  - [MyPlate Brussel Sprouts Recipes](#) USDA, MyPlate Kitchen – SNAP Recipes
- Additional Resources



- [Home Vegetable Gardening: Brussel Sprouts](#) *University of Illinois Extension*
- [The Nutrition Source: Brussel Sprouts](#) *Harvard University, T.H. Chan School of Public Health*

## Cabbage

### Teaching Materials

- Factsheet:
  - [Harvest of the Month Cabbage](#) *SNAP-Ed, California Department of Public Health*
  - [All About Cabbage Brochure](#) *SNAP-Ed, Washington State University Extension*
  - [Cabbage Facts](#) *Growing Minds, Appalachian Sustainable Agriculture Project*
  - [Food Explorer: Cabbage](#) *SNAP-Ed, UMass Extension Nutrition Education Program*
- Lesson Plans
  - [Cabbage Exploration Lesson Plan](#) (K-2) *Growing Minds, Appalachian Sustainable Agriculture Project*
  - [Classroom Connections: Cabbage](#) *Oregon Harvest for Schools, Food Hero*
  - [Washington Grown Educator: Cabbage](#) *Seattle Public Schools, Public Health King County*
- Activities
  - [Red Cabbage Lab, Acids and Bases](#) *Stanford University Extension*
  - [Rainbow Cabbage Experiment](#) *University of Michigan Health, C.S. Mott Children's Hospital*
- Worksheets
  - Cabbage Coloring Page [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - [Oregon Harvest for Schools – Cabbage](#) (2:35) *Oregon Harvest for Schools, Food Hero*
  - [Kitchen Chemistry with Color Changing Cabbage!](#) (3:38) *Oregon Museum of Science and Industry*

### Take-Home Materials

- Flyers
  - Cabbage Family Newsletter [English](#), [Spanish](#), and [Arabic](#) *Michigan Nutrition Network, Michigan Fitness Foundation*
  - [Cabbage Basics Flyer](#) *FoodHero, Oregon State University Extension*
- Recipes
  - [MyPlate Recipes with Cabbage](#) *USDA, MyPlate Kitchen, SNAP Recipes*
  - [Cabbage Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*

## Carrots

### Teaching Materials

- Factsheet:
  - [All About Carrots Brochure](#) *SNAP-Ed, Washington State University Extension*
  - [Carrot Poster](#) *Oregon Harvest for Schools, Food Hero*
- Lesson Plans
  - [Carrot Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
  - [Harvest Lessons: Carrots](#) *New Hampshire Harvest of the Month*
  - [Classroom Connections: Carrots \(K-12\)](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Experiments with Carrot Roots](#) *Massachusetts Farm to School*
- Videos

- [Follow that Food – Carrot Edition](#) *Minnesota Agriculture in the Classroom*
- [Carrot Science Experiment Video](#) (2:36) *Oregon Museum of Science and Industry*
- Worksheets
  - [Carrot Worksheets](#) *Clark County, Fresh Fruit and Vegetable Program*
  - Carrot Coloring Page [English](#) and [Spanish](#)

### Take-Home Materials

- Flyers
  - Harvest of the Month Family Newsletter – Carrots [English](#), [Spanish](#), and [Arabic](#) *Michigan Nutrition Network, Michigan Fitness Foundation*
  - Carrot Family Newsletter [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Recipes
  - [Carrot Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*
  - [Healthy Recipes: Carrots](#) *Maine SNAP-ED, Healthy Eating on a Budget*

## Cauliflower

### Teaching Materials

- Factsheet:
  - Cauliflower Poster in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
  - [Cauliflower](#) *Maine SNAP-Ed*
- Lesson Plans
  - Cauliflower [Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
  - [Classroom Connections: Cauliflower](#) *Oregon Harvest for Schools, Food Hero*
  - [Harvest Lessons: Broccoli and Cauliflower](#) *Vermont Harvest of the Month*
- Worksheets
  - Cauliflower Coloring Sheet in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - [Oregon Harvest for Schools – Cauliflower](#) (2:18) *Oregon Department of Education*

### Take-Home Materials

- Flyers
  - [Broccoli and Cauliflower: Too Good to Waste](#) *USDA SNAP-Ed, California Department of Public Health*
- Recipes
  - [Cauliflower Recipes](#) *Produce for Better Health*
  - [Cauliflower Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*
- Additional Resources
  - [Seeds to Success: Broccoli and Cauliflower Webpage](#) *Louisiana Farm to School Program*

## Chard

### Teaching Materials

- Factsheet:
  - [All About Greens Brochure](#) *SNAP-Ed, Washington State University Extension*
  - [Swiss Chard Webpage](#) *KidsGardening.org*

- Lesson Plans
  - [Discover Dark Green Vegetables! Lesson Plan \(High school\)](#) SNAP-Ed The Ohio State University
  - [Swiss Chard Recipe Lesson Plan](#) Growing Minds
  - [Luscious Leaves Lesson Plan \(3-5\)](#) Agriculture in the Classroom
- Activities
  - [Leaf Chromatography Science Experiment](#) Connecticut Science Center
  - [Activity Guide: Greens](#) Wisconsin Harvest of the Month

### Take-Home Materials

- Flyers
  - Harvest of the Month Cooked Greens Flyer in [English](#), [Spanish](#), and [Arabic](#) SNAP-Ed. Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of the Month
  - [Swiss Chard Flyer](#) Vermont Harvest of the Month
- Recipes
  - [MyPlate Recipes with Chard](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Swiss Chard Overview Recipes](#) Tufts University, New Entry Sustainable Farming Project

## Chinese Eggplant

### Teaching Materials

- Helpful links:
  - [Sustainable Gardens for Home and School Gardens: Eggplant](#) LSU AgCenter, Seeds to Success
- Factsheet:
  - [Chinese Eggplant Article](#) Specialty Produce
  - [Eggplant Factsheet](#) New Jersey Department of Agriculture
- Lesson Plans
  - Summer Veggies (Tomato, Cucumber, Eggplant) Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
  - [Why Did the Eggplant Turn Brown? Lesson Plan](#) LSU AgCenter, Louisiana Harvest of the Month
- Handouts
  - [Eggplant Activity Sheet](#) Seeds to Success

### Take-Home Materials

- Flyers
  - [Eggplant Flyer](#) SDSU Extension
- Recipes
  - [Eggplant Overview and Recipes](#) Tufts University, New Entry Sustainable Farming Project
  - [Eggplant Recipes](#) SNAP-Ed, San Francisco Human Services Agency, EatFresh

## Collard Greens

### Teaching Materials

- Factsheet:
  - [All About Greens Brochure](#) SNAP-Ed, Washington State University Extension
  - [California Harvest of the Month: Greens Factsheet](#) California Department of Public Health

- Lesson Plans
  - [Collard Greens and Food Traditions Lesson Plan \(K-2\)](#) *North Carolina Harvest of the Month, Working Landscapes*
  - Leafy Greens Lesson Plans ([K-1](#)) and ([2-3](#)) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
- Activities
  - [Activity Guide: Greens](#) *Wisconsin Harvest of the Month*
  - [Leaf Chromatography Science Experiment](#) *Connecticut Science Center*
- Videos
  - [Collard Greens and Hot Water Cornbread](#) (12:49) *Richland Library*

### Take-Home Materials

- Flyers
  - Michigan Harvest of the Month Cooked Greens Flyer in [English](#), [Spanish](#), and [Arabic](#) *SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of the Month*
- Recipes
  - [Collard Greens Overview and Recipes](#) *Tufts University, New Entry Sustainable Farming Project*
  - [Collard Green Recipes](#) *SNAP-Ed, New York Department of Health, Just Say Yes to Fruits & Vegetables*
- Additional Resources
  - [Collard Greens Growing Guide](#) *University of California Division of Agriculture and Natural Resources*

## Cranberries

### Teaching Materials

- Factsheet:
  - [Washington Harvest Cranberry Poster](#) *WSDA*
  - [Cranberry Infographic](#) *US Cranberries*
  - [Wisconsin Cranberry Infographic](#) *Wisconsin Agriculture in the Classroom*
- Lesson Plans
  - [The Geography of Thanksgiving Dinner \(6-8\)](#) *Agriculture in the Classroom*
  - Cranberry Lesson Plans ([K-1](#)) and ([2-3](#)) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
  - [Classroom Connections: Cranberries](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Cranberry Bounce Test Scientific Method Activity \(4-6\)](#) *University of Maine Cooperative Extension*
- Worksheets
  - [Cranberry Language Arts Worksheet](#) *University of Maine Cooperative Extension*
  - [Cranberry Crossword Puzzle](#) *University of Maine Cooperative Extension*
- Videos:
  - [Crimson Cranberries - how do cranberries grow?](#) (4:02) *Eat Happy Project*
  - [Oregon Harvest for Schools – Cranberries](#) (1:30) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers
  - Cranberries Family Newsletter in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Recipes

- [Cranberry Recipes](#) *Cranberry Marketing Committee*
- [MyPlate Recipes with Cranberries](#) *USDA, MyPlate Kitchen, SNAP Recipes*

## Cucumber

### Teaching Materials

- Factsheets
  - [Harvest of the Month: Cucumbers](#) *Seattle Public Schools, Public Health King County*
- Lesson Plans
  - [Harvest of the Month Lesson Plan: Cucumbers](#) *Whatcom Farm-to-School*
  - [Washington Grown Educator: Cucumbers](#) *Seattle Public Schools, Public Health King County*
  - [In a Pickle Lesson Plan](#) (3-5) *Growing Minds, Appalachian Sustainable Agriculture Project*
- Videos
  - [Oregon Harvest for Schools – Cucumber](#) (8:29) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Cucumber Osmosis Science Experiment](#) *Boston University*
  - [In a Pickle Math Worksheet](#) (3-5) *Growing Minds, Appalachian Sustainable Agriculture Project*
- Worksheets
  - Cucumber Coloring Sheet in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers
  - [Preserve it Fresh, Preserve it Safe Cucumbers Article](#) *Kansas State University Extension*
- Recipes
  - [Cucumber Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*
  - [MyPlate Recipes with Cucumber](#) *USDA, MyPlate Kitchen, SNAP Recipes*
- Additional Resources
  - [Cucumber: A Brief History](#) *University of Missouri*
  - [Examples of Cucumber Plants Growing](#) *Growing Minds, Appalachian Sustainable Agriculture Project*

## Edamame

### Teaching Materials

- Factsheet:
  - [Soybean Commodity Club](#) *Agriculture in the Classroom*
  - [Edamame Article](#) *KidsGardening*
- Lesson Plans
  - [Bean Seed Cycle Lesson Plan \(K-2\)](#) *Agriculture in the Classroom*
  - [Seed Match Lesson Plan \(K-2\)](#) *Agriculture in the Classroom*
- Activities
  - [How Many Beans in a Pod?:](#) Math activity *Wisconsin Soybeans*

### Take-Home Materials

- Flyers
  - [Edamame Brochure](#) *Washington State University Extension*
- Recipes
  - [Edamame Recipes](#) *British Broadcasting Corporation, Good Food*
  - [Edamame Recipes](#) *Washington State University Extension*

- Additional Resources
  - [Edamame Extension Publication](#) *Washington State University Extension*

## Grapes

### Teaching Materials

- Factsheet:
  - [Grapes Poster](#) *Oregon Harvest for Schools, Food Hero*
  - [Grape History](#) *California Table Grape Commission*
- Lesson Plans
  - [Classroom Connections: Grapes](#) *Oregon Harvest for Schools, Food Hero*
  - Grapes [Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
- Videos
  - [Oregon Harvest for Schools - Grapes](#) Video (1:18) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Grapes in the Classroom Activities](#) *California Table Grape Commission*
  - [Fruits of Our Labor: Making Raisins](#) *Agriculture in the Classroom*

### Take-Home Materials

- Flyers
  - Harvest of the Month Family Newsletter ([English](#), [Spanish](#), [Arabic](#)) *SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network.*
- Recipes
  - [Recipes](#) *California Table Grape Commission*
  - [MyPlate Recipes with Grapes](#) *USDA, MyPlate Kitchen, SNAP Recipes*
- Additional Resources
  - [Grapes from California](#) *California Table Grape Commission*
  - [MyPlate Recipes with Grapes](#) *USDA, MyPlate Kitchen, SNAP Recipes*

## Grapefruit

### Teaching Materials

- Helpful links:
  -
- Factsheet:
  - [Grapefruit Facts and Nutrition](#) *Washington State University Extension*
  - [Grapefruit Infographic](#) *Wisconsin Department of Public Instruction*
- Lesson Plans
  - Grapefruit [Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
  - [A "Sour" Subject Lesson Plan \(3-5\)](#) *Agriculture in the Classroom*
  - Citrus Lesson Plans ([K-1](#)) and ([2-3](#)) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
- Activities
  - [Florida Citrus Activity Book](#) *University of Florida Extension*

### Take-Home Materials



- Flyers
  - [Grapefruit: Nutrition, Selection, Storage Article](#) *Produce for Better Health Foundation*
  - [Fresh Grapefruit Buying Guide](#) *USDA, FFVP*
- Recipes
  - [MyPlate Recipes with Grapefruit](#) *USDA, MyPlate Kitchen, SNAP Recipes*
  - [Citrus Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*

## Green Beans

### Teaching Materials

- Factsheet:
  - [All About Snap Beans Brochure](#) *SNAP-Ed, Washington State University Extension*
  - Oregon String Beans Poster in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Lesson Plans
  - [Get Growing: Green Bean Lesson Plan \(3-5\)](#) *Agriculture in the Classroom*
  - [Classroom Connections: String Beans](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [How to Grow Beans in a Plastic Bag Math Activity](#) *Green Education Foundation*
- Handouts
  - Green Beans Coloring Page in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - Green Bean Video in [English](#) and [Spanish](#) (1:29) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers
  - [Using, Storing, and Preserving Snap Beans](#) *Michigan State University Extension*
  - [Green Bean Basics](#) *SNAP-Ed, Oregon State University Extension, Food Hero*
- Recipes
  - [MyPlate Recipes with Green Beans](#) *USDA, MyPlate Kitchen, SNAP Recipes*
- Additional Resources
  - [Green Beans](#) *Hmong Farmers Association*

## Jicama

### Teaching Materials

- Factsheet:
  - [Jicama Factsheet](#) *Wisconsin Department of Public Instruction*
  - [Jicama Infographic](#) *Bridgeport Nutrition*
- Lesson Plans
  - Pick a Better Snack: Jicama Lesson Plan ([K-1](#)) and ([2-3](#)) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
  - [Jammin' Jicama \(2-3\) Lesson Plan](#) *Network for a Healthy California*
  - [Dig 'Em Up: Root Vegetable Lesson Plan \(K-2\)](#) *Agriculture in the Classroom*
- Handouts
  - [Root Vegetables: Using My 5 Senses](#) *SNAP-Ed, Iowa State University Extension, Pick a Better Snack*

### Take-Home Materials

- Flyers
  - [Jicama Flyer](#) Iowa Department of Public Health, Pick a Better Snack
- Recipes
  - [Jicama Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services
  - [MyPlate Recipes with Jicama](#) USDA, MyPlate Kitchen, SNAP Recipes
- Additional Resources
  - [Using and Preserving Jicama](#) National Center for Home Preservation

## Kale

### Teaching Materials

- Helpful links:
  - [Kale Hero Toolkit](#) Massachusetts Farm to School
- Factsheet:
  - [Washington Harvest Kale Poster](#) WSDA
  - [All About Greens Brochure](#) SNAP-Ed, Washington State University Extension
  - [Classroom Bites: Kale](#) Harvest of the Month Montana
  - [Kale Factsheet](#) Montana State University Extension
- Lesson Plans
  - [Kale Lesson Plan](#) (K-4) Vermont Harvest of the Month
  - [Classroom Connections: Kale](#) Oregon Harvest for Schools, Food Hero
- Handouts
  - Kale Coloring Page in [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
- Videos
  - [Harvest Some Kale with Ari and Nyema](#) (1:26) Nurturing Roots
  - Kale Video Recipe in [English](#) and [Spanish](#) (2:37) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - Kale Family Newsletter in [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
- Recipes
  - [MyPlate Recipes with Kale](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Kale Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services

## Kiwi

### Teaching Materials

- Factsheet:
  - [Oregon Kiwi Poster](#) Oregon Harvest for Schools, Food Hero
  - [Kiwi Fruit Factsheet](#) University of Illinois Extension
  - [Kiwi Factsheet](#) Wisconsin Department of Public Instruction
- Lesson Plans
  - [Classroom Connections: Kiwi](#) Oregon Harvest for Schools, Food Hero
  - Kiwi [Lesson Plan](#) and [Handout](#) Arizona Department of Education
  - Kiwi Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
- Videos



- [Oregon Harvest for Schools – Kiwi](#) Oregon Harvest for Schools, Food Hero
- [The Wee Kiwi](#) (8:03) Utah State University
- Handouts
  - [Kiwi Coloring Page](#) Oregon Harvest for Schools, Food Hero
  - [Kiwi Handouts](#) Get Healthy Clark County, FFVP

### Take-Home Materials

- Flyers
  - Kiwi Family Newsletter in [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
  - [Top 10 Ways to Enjoy Kiwi Fruit](#) Produce for Better Health Foundation
- Recipes
  - [Kiwi Recipes](#) Zespri Kiwis
  - [MyPlate Recipes with Kiwi](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Kiwi Recipes](#) SNAP-Ed, San Francisco Human Services Agency, EatFresh

## Kiwiberry

### Teaching Materials

- Helpful links:
  - [Growing Kiwiberry in your Home Garden](#) University of Minnesota Extension
- Factsheet:
  - [Kiwifruit and Hardy Kiwi \(Kiwiberries\)](#) Ohio State University Extension
- Videos
  - [Meet the Kiwiberry](#) (4:31) University of Minnesota Extension
- Activities
  - [Kids Food Critic Activity](#) USDA Food and Nutrition Services

### Take-Home Materials

- Recipes
  - [Kiwi Berries Recipes](#) KiwiBerries

## Mango

### Teaching Materials

- Factsheet:
  - [Mmm Mangos – Fun Facts and More](#) National Mango Board
- Lesson Plans
  - [Mango History and Production](#) National Mango Board
  - Mango [Lesson Plan](#) and [Handout](#) Arizona Department of Education
  - Mango Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
- Videos
  - Mango Origin Stories [Puerto Rico](#) (9:19), [Mexico](#) (12:40), [Hawaii](#) (6:50), and [Ecuador](#) (22:13) National Mango Board
- Handouts
  - [Mango Mania Worksheet](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack

### Take-Home Materials

- Flyers

- [Nutrition and You... Mangos](#) *Ohio State University Extension*
- Recipes
  - [Mango Recipes](#) *National Mango Board*
  - [Mango Recipes](#) *SNAP-Ed, San Francisco Human Services Agency, EatFresh*
- Additional Resources
  - [Discover Foods: Mangoes](#) *SNAP-Ed, San Francisco Human Services Agency, EatFresh*

## Mushrooms

- Factsheet:
  - [Veggie Prep: Mushrooms](#) (English, Spanish, Portuguese) *SNAP-Ed, University of Rhode Island*
  - [Oregon Mushrooms Poster](#) *Oregon Harvest for Schools, Food Hero*
  - [Mushroom Commodity Factsheet](#) *California Foundation for Agriculture in the Classroom*
- Lesson Plans
  - [Classroom Connections: Mushroom](#) *Oregon Harvest for Schools, Food Hero*
  - [Fungi Multiplication Lesson Plan](#) (6-8) *Agriculture in the Classroom*
  - [Mushroom Madness Lesson Plans](#) (K-2) and (3-5) *The Mushroom Council*
- Videos
  - [Oregon Harvest for Schools – Mushrooms](#) (1:29) *Oregon Harvest for Schools, Food Hero*
- Handouts
  - [Mushroom Coloring Page](#) *Oregon Harvest for Schools, Food Hero*
  - [Mushroom Printable Activity Sheets](#) *Cascade Mycological Foundation*
- Activities
  - [Mushroom Science Projects for Kids](#) *Cascadia Mushrooms*

### Take-Home Materials

- Flyers
  - [Better Bites: Munch on Mighty Mushrooms](#) *Whole Kids Foundation*
  - [Mushroom Basics](#) *SNAP-Ed, Oregon State University, Food Hero.*
  - Mushroom Family Newsletter in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Recipes
  - [Mushroom Recipes](#) *SNAP-Ed, Francisco Human Services Agency, EatFresh*
  - [MyPlate Recipes with Mushrooms](#) *USDA, MyPlate Kitchen, SNAP Recipes*

## Pear

### Teaching Materials

- Helpful links:
  - [WA Grown Food Kit for Pears](#) *WSDA*
  - [Food Buzz: History of Pears Podcast](#) (14:08) *Specialty Produce, Asian Pears*
- Factsheet:
  - [Washington Pears Poster](#) *WSDA*
  - [Pear Basics](#) *SNAP-Ed, Oregon State University, Food Hero.*
- Lesson Plans
  - [Harvest of the Month Pear Teaching Plan](#) *Seattle Public Schools and Public Health King County*
  - [Classroom Connection: Pears](#) *Oregon Harvest for Schools, Food Hero*
  - Pear Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*

- Activities
  - [Pear Life Cycle Activity](#) *Massachusetts Farm to School*
- Videos
  - [Oregon Harvest for Schools – Pears](#) (2:47) *Oregon Harvest for Schools, Food Hero*
- Worksheets
  - [Pear Worksheets](#) *Massachusetts Farm to School, Fresh Fruit and Vegetable Program*
  - [Pear Word Search](#) *USA Pears*
  - [Pear Nutrition Mix and Match](#) *USA Pears*

### Take-Home Materials

- Flyers
  - Pear Family Newsletter in [English](#), [Spanish](#), and [Arabic](#) *SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of the Month*
- Recipes
  - [Pear Recipes](#) and [Kids Recipes](#) *USA Pears*
  - [Pear Recipes](#) *SNAP-Ed, San Francisco Human Services Agency, EatFresh*

## Peas

### Teaching Materials

- Helpful links:
  - [Yes Peas!](#) *British Growers Association*
- Factsheet:
  - [All About Peas Brochure](#) *SNAP-Ed, Washington State University Extension*
  - [Washington Harvest Peas Poster](#) *WSDA*
- Lesson Plans
  - [Peas in a Pod: Genealogy Activity](#) *Agriculture in the Classroom*
  - Sugar Snap Peas [Lesson Plan](#) and [Handout](#) *Arizona Department of Education*
  - [Classroom Connections: Peas](#) *Oregon Harvest to Schools, Food Hero*
- Activities
  - [Give Peas a Chance Activity Kit](#) *American Friends Service Committee, New Mexico Program*

### Take-Home Materials

- Flyers
  - [Pea Basics](#) *SNAP-Ed, Oregon State University Extension, Food Hero*
  - Peas Family Newsletter in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Recipes
  - [MyPlate Recipes with Peas](#) *USDA, MyPlate Kitchen – SNAP Recipes*
  - [Peas Recipes](#) *Yes Peas! British Growers Association*

## Persimmons

### Teaching Materials

- Helpful Links:
  - [Japanese Persimmon Harvest and Nutrition Guide](#) *Purdue University Extension*
- Factsheet:
  - [What is Persimmon Article](#) *Food Roots*
  - [Harvest of the Month California: Persimmons](#) *California Department of Public Health*
  - [Hoshigaki: Japanese Dried Persimmons How-to](#) *Philadelphia Orchard Project*

- Lesson Plans
  - [Puckery, Perfect, or Preserved: Exploring Persimmons Fresh and Dry](#) (6-12) *Philadelphia Orchard Project*

### Take-Home Materials

- Flyers
  - [Persimmon Info Sheet](#) *Philadelphia Orchard Project*
- Recipes
  - [Persimmon Spinach Salad](#) *SNAP-Ed, EatFresh, California Department of Social Services*
  - [Recipes with Persimmons](#) *Epicurious*
- Additional Resources
  - [A Persimmon How-to Guide](#) *Food Roots*

## Potatoes

### Teaching Materials

- Helpful links:
  - [The Spud Syllabus](#) *Washington Potatoes*
- Factsheet:
  - [All About Potatoes Brochure](#) *SNAP-Ed, Washington State University Extension*
  - [Washington Potatoes Poster](#) *Washington State Department of Agriculture*
  - [Washington Harvest of the Month Potatoes](#) *Seattle Public Schools, Public Health King County*
- Lesson Plans
  - [Potato Exploration Lesson Plan](#) *Growing Minds Farm to Table*
  - [Classroom Connections: Potatoes](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Virtual Potato Farm](#) *Whatcom Family Farmers*
  - [Potato Play Dough](#) *The Idaho Potato Commission*
- Handouts
  - Potatoes Coloring Page in [English](#) and [Spanish](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - [Moroccan Potato Fritters](#) *Look, Listen, Learn*
  - [Home Fries](#) *Look, Listen, Learn*
  - [Oregon Harvest for Schools – Potatoes](#) (2:41) *Oregon Harvest for Schools, Food Hero*

### Take-Home Materials

- Flyers + Articles
  - [Potatoes from Garden to Table](#) *North Dakota State University Extension*
  - [How Potatoes are Eaten Around the World](#) *Canadian Broadcasting Corporation Kids*
- Recipes
  - [Potato Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*
  - [MyPlate Potato Recipes](#) *USDA, MyPlate Kitchen – SNAP Recipes*
- Additional Resources
  - [How the Potato Changed the World](#) *The Smithsonian Magazine*

## Pumpkin

### Teaching Materials

- Factsheet:

- [All About Winter Squash Brochure](#) SNAP-Ed, Washington State University Extension
- [Pumpkin Factsheet](#) Montana State University Extension
- [Interesting Facts About Fall-Standard Pumpkins](#) Mississippi State University Extension
- Lesson Plans
  - [The Case of the Missing Pumpkin: Plant Life Cycle Lesson Plan](#) (K-2) Agriculture in the Classroom
  - [Pumpkins... Not Just for Halloween Lesson Plan](#) Agriculture in the Classroom
  - Pumpkin [Lesson Plan](#) and [Handout](#) Arizona Department of Education
- Videos
  - [How Pumpkin is Eaten Around the World](#) (4:49) Food Insider
- Activities
  - [Pumpkin Science and Visual Arts Activities](#) Tennessee Farm Bureau

### Take-Home Materials

- Flyers
  - [Pumpkin: Nutrition, Selection, and Storage](#) Produce for Better Health Foundation
  - [Try Each Part of the Pumpkin in a New Way](#) University of Nebraska Extension, UNL Food
- Recipes
  - [MyPlate Recipes with Pumpkin](#) USDA, MyPlate Kitchen – SNAP Recipes
- Additional Resources
  - [Growing Giant Pumpkins in the Home Garden](#) Ohio State University Extension

## Raspberries

### Teaching Materials

- Helpful links:
  - [K-12 Food Service Toolkit](#) Washington Red Raspberry Commission
  - [Raspberries and More Interactive Webpage](#) University of Illinois Extension
- Factsheet:
  - [All About Raspberries](#) SNAP-Ed, Washington State University Extension
  - [Berry Flowchart](#) Agriculture in the Classroom
- Lesson Plans
  - [Freshest Fruits Lesson Plan \(K-2\)](#) Washington Agriculture in the Classroom
  - [Washington Harvest of the Month Berries Lesson Plan](#) Seattle Public Schools and Public Health King County
- Activities
  - [Virtual Farm Circle: Raspberry Tour](#) Whatcom Family Farmers
- Worksheets
  - [SuperKids Raspberry Nutrition Worksheet](#) Washington Red Raspberry Commission

### Take-Home Materials

- Flyers
  - [Raspberries: Nutrition, Selection, and Storage](#) Produce for Better Health Foundation
- Recipes
  - [Raspberry Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services
  - [Raspberry and Blackberry Recipes](#) Oregon Raspberry and Blackberry Association.

# Rutabaga

## Teaching Materials

- Factsheet:
  - [Harvest of the Month: Root Vegetables](#) *Whatcom Farm to School*
  - [Rutabaga Information Sheet](#) *Canadian Public Health Association, Half your Plate*
- Lesson Plans
  - [Dig 'Em Up: Root Vegetable Lesson Plan \(K-2\)](#) *Agriculture in the Classroom*
  - [Beets and Rutabaga Lesson Plan](#) *Vermont Harvest of the Month*
- Activities
  - [Rutabaga Activity Book](#) *SNAP-Ed, University of the District of Columbia, Center for Nutrition, Diet, and Health*
  - [Vegetable Revival: Root Vegetable Science Experiment](#) *Exploratorium*
- Videos
  - [Come Out to the Farm: Root Vegetables](#) (5:57) *New Mexico State University*

## Take-Home Materials

- Flyers
  - [Beets and Rutabagas Flyer](#) *Vermont Harvest of the Month*
- Recipes
  - [MyPlate Recipes with Rutabaga](#) *USDA, MyPlate Kitchen, SNAP Recipes*
  - [Rutabaga Recipes](#) *SNAP-Ed, EatFresh, California Department of Social Services*
  - [Rutabaga Overview and Recipes](#) *Tufts University, New Entry Sustainable Farming Project*

# Spinach

## Teaching Materials

- Factsheet:
  - [All About Greens](#) *SNAP-Ed, Washington State University Extension*
  - [Washington Harvest Salad Greens Poster](#) *WSDA*
  - [Harvest of the Month Spinach Factsheet](#) *California Department on Public Health*
- Lesson Plans
  - [A Taste of Leafy Greens Lesson Plan \(K-2\)](#) *Agriculture in the Classroom*
  - Pick a Better Snack: Spinach Lesson Plan [\(K-1\)](#) and [\(2-3\)](#) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
  - [Classroom Connections: Spinach](#) *Oregon Harvest for Schools, Food Hero*
- Activities
  - [Salad Dressing Challenge \(3-5\)](#) *FoodCorps*
  - [Spinach DNA Extraction Science Experiment \(6-8\)](#) *Kansa Farm Bureau*
- Videos
  - [Oregon Harvest for Schools – Spinach](#) (1:34) *Oregon Harvest for Schools, Food Hero*
- Worksheets
  - [Spinach Worksheets](#) *Clark County, Fresh Fruit and Vegetable Program*

## Take-Home Materials

- Flyers
  - Spinach Family Newsletter in [English](#), [Spanish](#), and [Arabic](#) *SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of the Month*
  - [Spinach Basics Flyer](#) *SNAP-Ed, Oregon State University, Food Hero*



- Recipes
  - [MyPlate Recipes with Spinach](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Spinach Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services

## Strawberries

### Teaching Materials

- Factsheet:
  - [All About Strawberries Brochure](#) SNAP-Ed, Washington State University Extension
  - [Washington Harvest Strawberries Poster](#) WSDA
  - [Berry Flowchart](#) Agriculture in the Classroom
  - [Harvest of the Month Strawberry Fact Sheet](#) California Department of Public Health
- Lesson Plans
  - Pick a Better Snack: Strawberries Lesson Plan ([K-1](#)) and ([2-3](#)) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
  - [Washington Harvest of the Month Strawberries Lesson Plan](#) Seattle Public Schools and Public Health King County
- Activities
  - [Strawberry pHun! Science Experiment \(6-8\)](#) Ag-Bites, California Department of Education
  - [Tip Off: Growing Strawberry Tips in the Classroom](#) North Carolina Cooperative Extension
  - [Strawberry Activities and Resources \(K-5\)](#) North Carolina Strawberries
- Videos
  - [Oregon Harvest for Schools – Strawberries](#) (1:30) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - Strawberry Family Newsletter in [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
  - [Strawberries: Safe Methods to Store, Preserve, and Enjoy](#) University of California Division of Agriculture and Natural Resources
- Recipes
  - [MyPlate Recipes with Strawberries](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Strawberry Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services

## Summer Squash

### Teaching Materials

- Factsheet:
  - [All About Summer Squash Brochure](#) SNAP-Ed, Washington State University Extension
  - [Washington Harvest Summer Squash Poster](#) WSDA
- Lesson Plans
  - [Fresh From the Garden: Summer Squash Lesson Plan](#) University of California Cooperative Extension
  - [Three Sisters Garden Lesson Plan \(3-5\)](#) Agriculture in the Classroom
- Activities
  - [Crookneck Squash Row: Summer Squash Planting Activities](#) USDA, Team Nutrition
  - [Classroom Connections: Summer Squash Activities](#) Oklahoma Farm to School
- Videos:
  - [Oregon Harvest for Schools – Summer Squash](#) (1:21) Oregon Harvest for Schools, Food Hero

- Handouts
  - [Summer Squash Coloring Page](#) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - [Better Bites: Eat More Squash](#) Whole Kids Foundation
  - [Summer Squash Basics](#) SNAP-Ed, Oregon State University, Food Hero
- Recipes
  - [MyPlate Recipes with Summer Squash](#) USDA, MyPlate Kitchen, SNAP Recipes
  - [Summer Squash Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services

## Tangelos

### Teaching Materials

- Factsheet:
  - [So What's A Tangelo Anyway? Webpage](#) Hale Groves
  - [Citrus Fruit Factsheet](#) Agriculture in the Classroom
  - [Tangelo Infographic](#) Duplin County Schools
- Lesson Plans
  - Citrus Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
  - [A "Sour" Subject Lesson Plan \(3-5\)](#) Agriculture in the Classroom
- Activities
  - [Florida Citrus Activity Book](#) University of Florida Extension
- Videos
  - [Fresh Things: All About Tangelos \(0:58\)](#) FreshPoint

### Take-Home Materials

- Flyers
  - [Whole Food Profiles: Tangelos](#) Arizona Department of Education, Uplift
- Recipes
  - [Tangerine and Tangelo Recipes](#) Farm Fresh Feasts
  - [Tangelo and Honey Glazed Salmon](#) Blue Apron

## Sweet Potato and Yams

### Teaching Materials

- Factsheet:
  - [Sweet Potato Information and Recipes](#) Tufts University, New Entry Sustainable Farming Project
- Lesson Plans
  - Sweet Potato Lesson Plans [\(K-1\)](#) and [\(2-3\)](#) SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack
  - Sweet Potato [Lesson Plan](#) and [Handout](#) Arizona Department of Education
  - [The Geography of Thanksgiving Dinner: Local Food Production Lesson Plan](#) (6-8) Agriculture in the Classroom
- Activities
  - [Science Activity: Sprouting Sweet Potatoes](#) Sweet Potatoes Australia

### Take-Home Materials

- Flyers



- Sweet Potato Family Newsletter in [English](#), [Spanish](#), and [Arabic](#) SNAP-Ed, Michigan Fitness Foundation, Michigan Nutrition Network, Harvest of the Month
- [Better Bites: Make the Sweet Potato Swap](#) Whole Kids Foundation
- Recipes
  - [MyPlate Recipes with Sweet Potatoes and Yams](#) USDA, MyPlate Kitchen – SNAP Recipes
  - [Sweet Potato Recipes](#) SNAP-Ed, EatFresh, California Department of Social Services
- Additional Resources
  - [What is the Difference Between a Sweet Potato and a Yam?](#) Texas Cooperative Extension, Aggie Horticulture Network
  - [Sweet Potatoes: Japan's Enduring Sweetheart](#) Ministry of Foreign Affairs of Japan

## Winter Squash

### Teaching Materials

- Helpful links:
  - [Winter Squash Variety Pictures](#) Agriculture in the Classroom
- Factsheet:
  - [All About Winter Squash Brochure](#) SNAP-Ed, Washington State University Extension
  - [Washington Winter Squash Poster](#) WSDA
  - [Harvest of the Month Winter Squash](#) Whatcom Farm to School
- Lesson Plans
  - [Classroom Connections: Winter Squash](#) Oregon Harvest for Schools, Food Hero
  - [Storing Winter Squash Lesson Plan \(K-2\)](#) Agriculture in the Classroom
  - [Winter Squash Lesson Plan \(K-4\)](#) Vermont Harvest of the Month
- Videos
  - [Oregon Harvest for School – Winter Squash](#) (2:15) Oregon Harvest for Schools, Food Hero

### Take-Home Materials

- Flyers
  - Winter Squash Family Newsletter in [English](#) and [Spanish](#) Oregon Harvest for Schools, Food Hero
- Recipes
  - [MyPlate Recipes with Winter Squash](#) USDA, MyPlate Kitchen – SNAP Recipes
- Additional Resources
  - [What Do I Do With Winter Squash? Webpage](#) USDA, WIC Works Resource System

## Zucchini

Note: See “Summer Squash” section for additional resources

### Teaching Materials

- Factsheet:
  - [Harvest of the Month Zucchini Infographic](#) University of Wisconsin Extension, Americorps Harvest of the Month
  - [All About Summer Squash Brochure](#) SNAP-Ed, Washington State University Extension
  - [Washington Harvest Summer Squash Poster](#) WSDA
- Lesson Plans

- Zucchini Lesson Plans ([K-1](#)) and ([2-3](#)) *SNAP-Ed, Iowa Department of Public Health, Pick a Better Snack*
- [How to Grow a Monster: The Needs of a Zucchini Plant \(K-2\)](#) *Agriculture in the Classroom*
- Activities
  - [Classroom Connections: Summer Squash Activities](#) *Oklahoma Farm to School*
- Handouts
  - [Summer Squash Coloring Page](#) *Oregon Harvest for Schools, Food Hero*
- Videos
  - [Oregon Harvest for Schools – Summer Squash](#) (1:21) *Oregon Harvest for Schools, Food Hero*

### **Take-Home Materials**

- Flyers
  - [Better Bites: Eat More Squash](#) *Whole Kids Foundation*
  - [Summer Squash Basics](#) *SNAP-Ed, Oregon State University, Food Hero*
- Recipes
  - [Zucchini from A to Z: Overview and Recipes](#) *University of Alaska Fairbanks Cooperative Extension*
  - [Summer Squash Overview and Recipes](#) *Tufts University, New Entry Sustainable Farming Project*