

APPLE A DAY MENU PLANNING

RECIPES, IDEAS AND MORE FOR SCHOOL MENU PLANNERS



C H E L A N F R E S H . C O M

INTRODUCTION



Chelan Fresh is grower owned and represents family farms in Central and North Central Washington. Our growers proudly produce some of Washington's finest apples, pears and cherries. Many of the family farm operations are lead by 4th and 5th generation growers who are committed to continuing their family farming legacy. Our fruit comes from the slopes of the Cascade Mountains where ample sunshine, gentle mountain slopes and cool crisp air combine with the waters of the mighty Columbia and Snake rivers to create ideal growing conditions.

Chelan Fresh strives for excellence in the products we provide. It is to consumers, educators and food service professionals like yourself that we offer our new menu planning guidebook and curriculum. We hope you find this eBook a useful tool in your efforts to seek new and interesting ways of introducing more fruits and vegetables into your meals and curriculum planning.

Thank you for all of the work you do on behalf of feeding our school age children the healthiest meals possible.

All our best,

The Chelan Fresh Team

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ROASTED SWEET POTATO & APPLE HASH



Makes 48 - 1/2 cup servings

Ingredients (for 96 servings x2)

- 4 lbs.** sweet potatoes, cut into 1" cubes with skin on
- 4 lbs.** cauliflower, broken into small florets
- 2 lbs.** carrots, peeled and sliced into 1" rounds
- 2 lbs.** apples, cut into 1" cubes with skin on
- 1 cup** raw slivered almonds
- 1/2 cup** olive oil
- 1 teaspoon** black pepper

Serving Size: 1/2 cup of vegetables
Servings Per Recipe: 24

Calories: 90 • Total Fat: 3.5g • Saturated Fat: 0g
Cholesterol: 0mg • Sodium: 45mg • Carbohydrate: 14g
Fiber: 3g • Sugar: 5g • Protein: 2g



DIRECTIONS



- 1.** Preheat oven to 375 degrees convection.
- 2.** Add all ingredients to a large bowl and toss to coat evenly with olive oil.
- 3.** Spread vegetables on 2 sheet pans in a single layer.*
- 4.** Roast for 30 minutes, stirring vegetables half way through cooking time.

Notes *Be sure not to crowd the vegetables on the baking sheet, doing so will cause the vegetables to steam rather than roast and caramelize. Other vegetables such as Butternut Squash, Brussels Sprouts, or Parsnips, also work well in this recipe and can easily be substituted or added.

Serving Suggestions: 4 oz. Roasted chicken thigh or breast • 1/2 cup apple slices • 8 oz. low fat milk

APPLE & BROCCOLI COUS COUS SALAD

Makes 48 servings

Ingredients (for 96 servings x2)

For the dressing:

- 1 cup lemon juice
- 1 cup olive oil
- 2 tablespoons maple syrup
- 2 tablespoons Dijon mustard
- 2 teaspoons salt

For the salad:

- 80 ounces whole wheat cous cous
- 8 heads of broccoli (about 6 pounds), stems and flowers cut into small pieces
- 2 teaspoons sea salt
- 1/2 cup extra virgin olive oil
- 24 apples, cut in small dice
- 8 cups toasted walnuts, chopped



DIRECTIONS



1. Whisk all of the dressing ingredients together.
2. Preheat oven to 425 degrees. Toss broccoli with salt and olive oil. Place in a single layer on rimmed baking sheets. Roast for 15 minutes, or until tender and starting to brown. Remove from oven and let cool.
3. Cook cous cous according to package directions. Pour dressing over cous cous while it is hot and then set aside to cool.
4. In a large bowl, add the roasted broccoli, cous cous with salad dressing, chopped apple and walnuts. Stir together.
5. Salad can be served immediately or refrigerated for 4 – 6 hours before serving.

Serving Size: ~1/2 cup
Servings Per Recipe: 24

Calories: 120 • Total Fat: 5g • Saturated Fat: 0.5g • Cholesterol: 5mg • Sodium: 110mg • Total Carbohydrate: 19g • Dietary Fiber: 2g
Sugar: 6g • Protein: 3g

APPLE TURKEY BURGER SLIDERS



Makes 48 sliders

Ingredients (for 96 servings x2)

- 9 lbs ground dark turkey meat
- 1/2 cup extra virgin olive oil
- 2 cups onion, finely diced
- 2 cups celery, finely diced
- 2 cups apple, grated
- 1/2 cup cilantro, finely chopped
- 2 tablespoons dried basil
- 4 tablespoons dijon mustard
- 6 eggs
- 2 cups whole wheat panko bread crumbs

Calories: 200 • Total Fat: 14g • Saturated Fat: 3.5g
Cholesterol: 90mg • Sodium: 95mg • Carbohydrate: 4g
Fiber: 0g • Sugar: 1g • Protein: 16g



DIRECTIONS



1. Heat a large sauce pan over medium heat and the olive oil along with the diced onions and celery. Cook until the onions are golden. Remove from heat and allow to cool.
2. In a large mixing bowl add the grated apple, cilantro, basil, dijon mustard, and eggs. Whisk all ingredients until combined. Add the cooled onion mixture along with the ground turkey and panko breadcrumbs.
3. Using your hands, mix ingredients until combined, but do not overwork the mixture. Portion each slider into 4 oz burger patties.

SERVING SUGGESTIONS:

Serve on a small whole-wheat bun and top with a 1-ounce slice of cheese, and condiments of your choice.

APPLE, BROWN RICE & CHICKEN SALAD

Makes 48 servings

Ingredients (for 96 servings x2)

For the salad:

- 12 cups** rice, cooked
- 8** apples - chopped
- 8** celery stalks - chopped
- 4 cups** cooked chicken - cubed

For the dressing:

- 8 tablespoons** lemon juice
- 12 tablespoons** olive oil
- 1 cup** apple cider vinegar
- 8 tablespoons** honey
- 2 teaspoons** salt



DIRECTIONS



1. In a large mixing bowl, combine all salad ingredients.
2. Whisk together dress ingredient until well incorporated.
3. Toss salad with dressing.
4. Serve chilled.

SERVING SUGGESTIONS:

For the milk component, add 1 ounce of shredded cheese cheese per serving.

Serving Size: -1/2 cup

Servings Per Recipe: 24

Calories: 120 • Total Fat: 5g • Saturated Fat: 0.5g • Cholesterol: 5mg • Sodium: 110mg Total Carbohydrate: 19g • Dietary Fiber: 2g
Sugar: 6g • Protein: 3g

VEGETARIAN BEAN AND APPLE CURRY

Makes 48 - 1/2 cup servings

Ingredients (for 96 servings x2)

- 2 cups onion, finely diced
- 6 cloves garlic, minced
- 4 teaspoons fresh ginger, minced
- 4 tablespoons olive oil
- 4 tablespoons mild curry powder *
- 2 teaspoon ground cumin
- 4 whole apples, grated
- 4 (30oz) cans great northern beans
- 4 (30oz) cans kidney beans
- 2 (56 oz) cans crushed tomatoes
- 2 (30oz) cans tomato sauce
- 2 cups low sodium chicken stock
- 2 cups light coconut milk



DIRECTIONS



1. In a large stock pot, heat olive oil over medium heat and saute onions until deeply golden. Add the garlic, ginger, and spices and cook for a few minutes longer until fragrant. Add the apple to the onion mixture and cook until the apple begins to soften.
2. To the pot add the two kinds of beans, the crushed tomatoes, tomato sauce, and chicken stock and bring everything to a boil.
3. Add the coconut milk and stir until completely incorporated and sauce has thickened. Serve hot.

Notes: * Curry powders can differ drastically in heat and intensity of flavor. Depending on which brand/variety you are using, you may need to adjust the quantity which is added.

Serving Suggestions: 1/2 cup brown rice

Serving Size: 1/2 cup
Servings Per Recipe: 24

Calories: 100 • Total Fat: 2.5g • Saturated Fat: 1g • Cholesterol: 0mg • Sodium: 180mg • Carbohydrate: 17g • Fiber: 4g
Sugar: 6g • Protein: 5g

BUTTERNUT SQUASH AND APPLE SOUP

Makes 50 - 1 cup servings

Ingredients (for 100 servings x2)

- 1/2 cup olive oil
- 9 lbs. butternut squash, cut into 1" cubes
- 4 lbs. carrots, cut into 1" slices
- 2 lbs. onion, thinly sliced
- 3 lbs. apples with skins, thinly sliced
- 8 quarts low sodium chicken stock
- 4 teaspoons thyme
- 2 teaspoons black pepper



DIRECTIONS



1. Toss cubed butternut squash together with carrots and 3 tablespoons olive oil. Spread evenly on 2 half sheet pans.* Roast 375 convection oven for 40 minutes, rotating half way through cooking time.
2. Heat large soup pot over medium heat and add 1 tablespoon olive oil with sliced onions and apples. Cook until onions are golden and apples have caramelized, about 15-20 minutes.
3. Add Chicken stock to soup pot with apples and onions along with fresh thyme and black pepper.
4. Add roasted butternut squash and carrots to soup pot and using an immersion blender, blend soup until completely smooth.
5. Bring to a complete boil before serving warm.

Notes: * Be sure to keep the vegetables in a thin layer. Overcrowding will cause them to steam rather than roast

Serving Suggestions: 1 slice whole grain toast, cut into sticks or a grilled cheese sandwich

Serving Size: 1 cup
Servings Per Recipe: 25

Calories: 100 • Total Fat: 2.5g • Saturated Fat: 0g • Cholesterol: 0mg • Sodium: 280mg • Carbohydrate: 19g • Fiber: 4g
Sugar: 7g • Protein: 4g

CAULIFLOWER & APPLE PASTA BAKE



Makes 48 servings

Ingredients (for 96 servings x2)

- 49 oz.** dried whole grain pasta*
- 16 oz** cauliflower - steamed until fork tender
- 4 whole** (16 oz) apples, chopped
- 2 tablespoons** olive oil
- 10 cups** low fat milk
- 1/2 cup** whole wheat flour
- 24 oz.** Shredded cheddar cheese
- 1 cup** whole wheat panko/breadcrumbs **16 oz.** shredded mozzarella cheese
- 1** teaspoon black pepper



DIRECTIONS



- 1.** Set oven temperature to 375 degrees. Lightly grease 1 large (17x13) or 2 (9x13) casserole dish(es).
- 2.** Cook pasta according to package directions.
- 3.** In a large frying pan, heat olive oil and sauté apple slices until golden and soft.
- 4.** In a food processor puree the apples with the cauliflower until smooth.
- 5.** In a large stock pot, whisk together the milk and whole wheat flour, and cook until thickened. Add in the shredded cheddar cheese and black pepper and whisk until smooth. Pour in the cooked pasta and toss until it is completely coated. Pour everything into the casserole dish, sprinkle with mozzarella cheese and panko/breadcrumbs. Bake 35-40 minutes (large) or 20-25 minutes (2 smaller) until golden and bubbly. Cut into 24 pieces.

Notes We chose rotini pasta, but any shape such as penne or bowtie can be substituted.

Serving Suggestions: 4 oz piece bbq chicken, 1/2 cup watermelon

Serving Size: 1 piece
Servings Per Recipe: 24

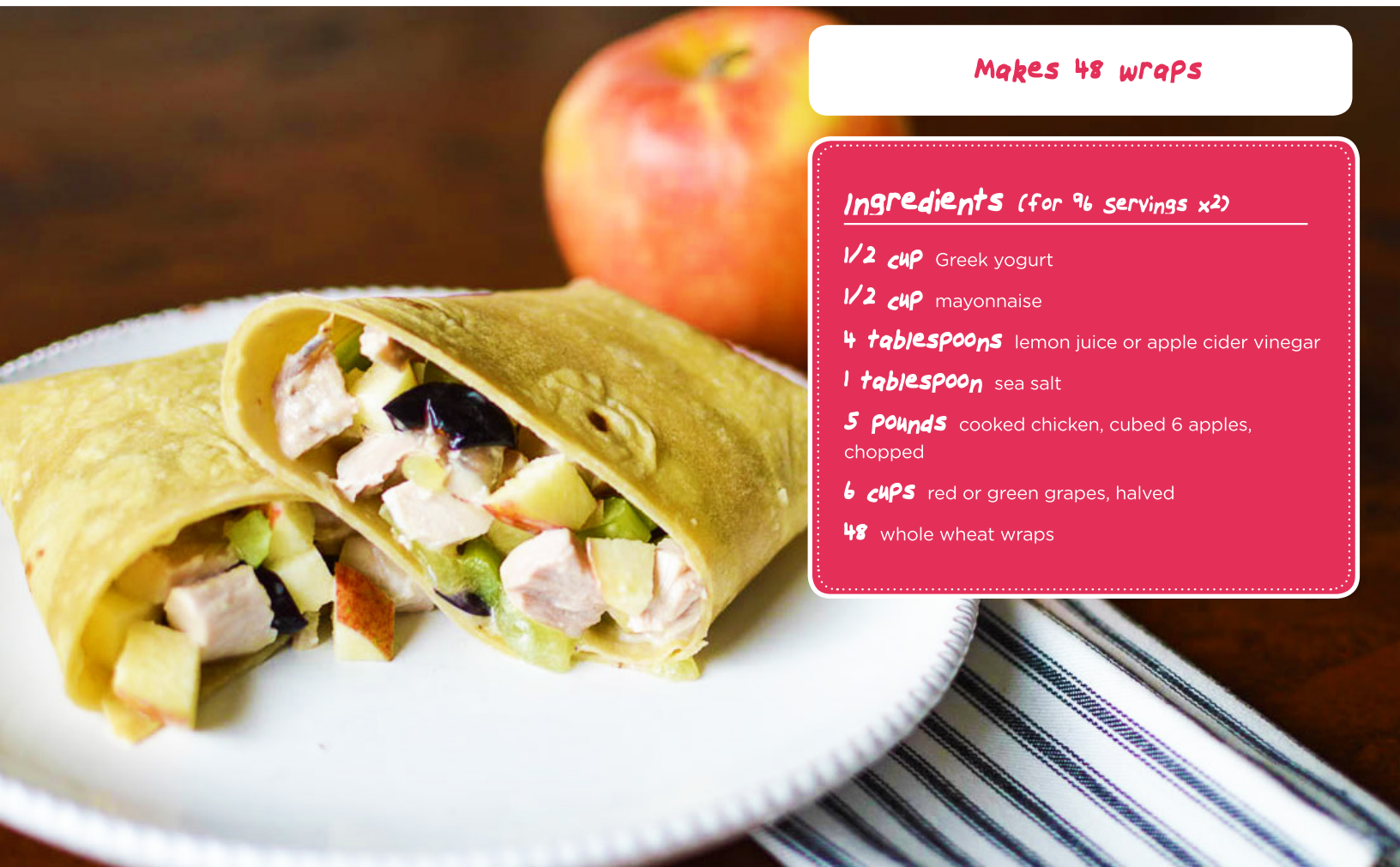
Calories: 230 • Total Fat: 9g • Saturated Fat: 4.5g • Cholesterol: 25mg • Sodium: 170mg • Carbohydrate: 27g • Fiber: 4g • Sugar: 5g • Protein: 11g

FRUITY CHICKEN WRAP

Makes 48 wraps

Ingredients (for 96 servings x2)

- 1/2 cup Greek yogurt
- 1/2 cup mayonnaise
- 4 tablespoons lemon juice or apple cider vinegar
- 1 tablespoon sea salt
- 5 pounds cooked chicken, cubed 6 apples, chopped
- 6 cups red or green grapes, halved
- 48 whole wheat wraps



DIRECTIONS



1. In a small bowl, whisk together the Greek yogurt, mayonnaise, lemon juice and salt.
2. In a large bowl, add the cooked chicken, apples and grapes. Top with the yogurt mixture and stir well.
3. Scoop 3/4 cup – 1 cup of the chicken salad into the middle of a wrap. Roll tightly and cut in half. Serve immediately.

SERVING SUGGESTIONS:

Serve with 1/2 cup of carrot sticks and 8 ounces of milk.

Serving Size: 1 wrap

Servings Per Recipe: 24

Calories: 180 calories • Total Fat: 6g • Saturated Fat: 1g • Cholesterol: 40mg • Sodium: 370mg
Total Carbohydrate: 19g • Dietary Fiber: 8g • Sugar: 7g • Protein: 20g

TURKEY AND CHEDDAR SANDWICHES WITH CHERRY COMPOTE



Makes 48

Ingredients (for 96 servings x2)

16 oz. cherries, pitted
1 cup orange juice
1/4 teaspoon nutmeg
1/4 teaspoon salt
1/2 teaspoon cornstarch
48 slices whole grain bread – 1 oz slices
1/2 cup low fat mayonnaise
24 slices reduced fat cheddar cheese – 1 oz slices
2 lbs 4 oz deli sliced turkey breast
24 leaves green leaf lettuce

Serving Size: 1/2 sandwich

Servings Per Recipe: 48

Calories: 160 • Total Fat: 5g • Saturated Fat: 2g
Cholesterol: 25mg • Sodium: 490mg
Total Carbohydrate: 18g • Dietary Fiber: 2g
Sugar: 5g • Protein: 11g



DIRECTIONS



1. Make the Cherry Compote: Add cherries, orange juice, nutmeg, salt, and cornstarch to saucepan over medium heat and bring to boil. Simmer over low heat until cherries have cooked down and mixture is thick (about 15 minutes).
2. Next, assemble sandwiches: Spread 12 slices of bread with 1 tablespoon of Cherry Compote.
3. Spread the other 12 slices with 1 teaspoon low fat mayonnaise.
4. Place 1.5 oz of sliced turkey, one 1 oz slice of cheddar cheese, and one leaf of lettuce on one of the slices of bread and top with other.
5. Slice each sandwich in half. Each half is one serving.

SERVING SUGGESTIONS: Vegetable Component: 1/2 cup sweet potato fries or 1/2 cup carrot + cucumber sticks • Fruit Component: 1/2 cup apple slices or 1/2 cup pitted cherries • Milk Component: 1 cup low fat milk

TOFU STIR-FRY

WITH CHERRY SWEET CHILI SAUCE

*makes 48 - 1 cup servings
with 2 tablespoons sauce*

Ingredients (for 96 servings x2)

Sauce:

- 2 cups sweet chili sauce
- 2 cups light coconut milk
- 10 oz cherries, pitted
- 2 teaspoons fresh ginger
- 1/2 cup soy sauce
- 1 cup rice wine vinegar

Stir-fry:

- 6 lbs. bok choy, diced
- 6 lbs. snap peas
- 9 lbs. extra firm tofu
- 2/3 cup olive oil, divided
- 1 cup unsalted cashews, chopped *



DIRECTIONS



1. To prepare the Cherry Sweet Chili Sauce:
2. Place all ingredients in blender, and blend until completely smooth.
3. Add to a medium saucepan and bring to a boil before removing from heat and keeping warm.

TO PREPARE THE TOFU STIR-FRY:

1. Remove tofu from packet, and press between sheets of paper towel to release moisture. After several minutes, cut into 1" cubes.
2. Heat 2 tablespoons of olive oil in large frying pan or wok and cook tofu in batches until golden and crispy on the outside. Remove from pan to a warm dish and continue with the remaining tofu and olive oil.
3. Once all the tofu is cooked, add the bok choy and snap peas to the pan and cook until slightly wilted and crisp.
4. Add the tofu back to the pan to warm through, sprinkle with chopped cashews.
5. Serve 1 cup of Tofu Stir-Fry together with 2 tablespoon of Cherry Sweet Chili Sauce.

Notes: * If nuts pose an allergy issue, feel free to leave them out, or consider substituting sunflower seeds for a similar crunch.

Serving Suggestions: 1/2 cup brown rice or brown rice noodles • 1/2 cup grapes • 8 oz. low fat milk

Serving Size: 1 cup of stir fry w/ 2 tablespoons sauce

Servings Per Recipe: 24

Calories: 230 • Total Fat: 12g • Saturated Fat: 2g • Cholesterol: 0mg • Sodium: 300mg • Carbohydrate: 17g • Fiber: 4g
Sugar: 10g • Protein: 17g

VEGGIE RAINBOW ENCHILADAS

WITH CHERRY ENCHILADA SAUCE

Serves 48
Serving size: 2 enchiladas

Ingredients (for 96 servings x2)

For the enchilada sauce:

- 6 large onions, peeled and cut in wedges
- 12 garlic cloves
- 6 red bell pepper, stemmed and cut in large slices
- 6 large poblano pepper, stemmed and seeded and cut in large
- 6 28-ounce can whole peeled tomatoes, tomatoes and juice separated
- 12 tablespoons extra virgin olive oil
- 12 cups cherries, pitted
- 6 cups water or chicken stock
- 6 teaspoons ground cumin
- 1 1/2 teaspoon red pepper flakes
- 3 tablespoons sea salt, divided

For the enchiladas:

- 96 tortillas
- 12 cups steamed broccoli, cooled
- 72 ounces Monterey Jack cheese, shredded



DIRECTIONS



1. Preheat oven to 425 degrees. Place the onion, garlic, red bell pepper, poblano peppers and whole canned tomatoes (juice reserved) on a rimmed baking sheet or roasting pan. Season with 1 teaspoon of sea salt. Place the roasting pan in the oven and roast for 25 - 35 minutes, or until the vegetables start to darken and blister. Remove from the oven and let cool slightly.
2. Place all of the roasted vegetables in a blender with the reserved tomato juice, cherries, water or chicken stock, cumin, red pepper flakes and additional teaspoon of sea salt. Puree until smooth. (You may need to do this in batches.)
3. In a large bowl, toss together the steamed broccoli and 12 ounces of the shredded cheese.
4. Place 3 cups of the enchilada sauce in the bottom of a deep baking dish (or split between large baking dishes). Working with one tortilla at a time, place about 3 - 4 tablespoons of the broccoli mixture in a tortilla and roll it up. Place it in the baking dish, seam side down. Repeat with remaining tortillas, filling up the baking dish.
5. Cover the tortillas with the remaining enchilada sauce and then cover the top of the sauce with the remaining 24 ounces of shredded cheese.
6. Reduce the oven temperature to 375. Place the baking dish in the oven and cook for 20 - 25 minutes, or until the cheese has melted and is bubbling. Let cool for at least 10 minutes before serving.

Note: Makes about 18 cups of enchilada sauce.

Serving Suggestions: Serve with a green salad or cole slaw.

Serving Size: 2 enchiladas

Servings Per Recipe: 24

Calories: 360 • Total Fat: 18g • Saturated Fat: 9g • Cholesterol: 40mg • Sodium: 630mg • Total Carbohydrate: 36g • Dietary Fiber: 6g
Sugar: 9g • Protein: 16g

CHERRY STUFFING

WITH ROASTED ROSEMARY CHICKEN THIGHS



Makes 48 - 1/4 cup servings of stuffing
Makes 48 chicken thighs

Ingredients (for 96 servings x2)

Stuffing:

- 2 lbs. whole grain stuffing cubes *
- 6 tablespoons olive oil
- 2 1/2 cups celery, finely diced
- 3/4 cups onion, finely diced
- 2 teaspoons dried thyme
- 20 oz. cherries, diced
- 2 1/2 cups chicken broth

Chicken Thighs:

- 48 boneless, skinless chicken thighs
- 1/2 cup olive oil
- 2 teaspoons salt and pepper
- 8 springs of fresh rosemary

Serving Size: 1 chicken thigh & 1/4 cup stuffing
Servings Per Recipe: 24

Calories: 180 • Total Fat: 7g • Saturated Fat: 1.5g
Cholesterol: 55mg • Sodium: 260mg • Carbohydrate: 11g
Fiber: 2g • Sugar: 3g • Protein: 16g



DIRECTIONS



To prepare the Cherry Stuffing:

1. Preheat oven to 325 degrees and lightly grease a 4 quart casserole dish.
2. In a large frying pan add olive oil, celery, and onion and sauté until golden. Remove from heat.

To Prepare the Rosemary Chicken Thighs:

1. Heat oven to 375 degrees.
2. Season the chicken thighs with one teaspoon of both salt and pepper.
3. In a large frying pan, add 1 tablespoon of olive oil along with one sprig of fresh rosemary. Move the rosemary around the pan to flavor the oil and it heats. Once very hot, add chicken thighs in batches of 6. Cook 2-3 minutes each side over medium high heat until lightly crisp. Flip over and continue to cook for 2-3

3. In a large bowl toss stuffing cubes with celery mixture, thyme, diced cherries, and chicken broth.
4. Add mixture to casserole dish, cover with foil, and bake 50-60 minutes. Remove foil and bake for an additional 10 minutes until lightly crunchy on top.

minutes longer. Transfer chicken thighs to a half sheet pan. Continue to cook the chicken in batches of 6, adding 1 tablespoon of olive oil and a fresh sprig of rosemary each time.

4. Once all the chicken thighs are on the sheet pan, roast in the oven 7-10 minutes until the thighs have reached an internal temperature of 165 degrees.
5. Serve Chicken thighs with serving of Cherry Stuffing.

Notes: * To make homemade stuffing cubes, cut slightly stale whole grain bread into 1 inch cubes and lay them in a single layer onto a baking sheet. Bake the bread cubes at 300 degrees for 10-15 minutes until dry and firm. Remove from oven and allow to cool. These bread cubes can be kept in an airtight container for up to 2 days at room temperature or frozen in sturdy plastic freezer bags for up to 2 months.

Serving Suggestions: 1/2 cup Sweet Potato & Apple Hash or mashed sweet potatoes • 1/2 cup pitted cherries • 8 oz. low fat milk

FISH TACO

WITH CHERRY SALSA

makes 48 tacos

Ingredients (for 96 servings x2)

Tacos:

- 4 lbs. red snapper fillets *
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 4 teaspoons mild taco seasoning
- 24 oz. green cabbage, thinly sliced
- 6 avocados, sliced**
- 48 corn tortillas

Salsa:

- 1 1/2 cup cherries, finely diced
- 1 1/2 cup tomatoes, finely diced
- 1/2 cup yellow onion, finely diced
- 4 tablespoons cilantro, chopped
- 2 teaspoons lime juice



DIRECTIONS



To prepare the Cherry Salsa:

1. Toss all ingredients together into a medium bowl and set aside.

To prepare the Tacos:

1. Preheat oven to 350 degrees. Line baking sheet with foil and lay out fish fillets. Sprinkle with lemon juice, olive oil, and taco seasoning. Bake for 15-20 minutes until opaque and internal temperature reaches 145 degrees. Remove from oven and keep oven on.
2. Lay tortillas out on a separate baking sheet, and place in hot oven for several minutes to warm slightly.
3. Remove tortillas from oven, and one at a time fill each with 1 oz. fish, a large pinch of cabbage (about 0.5 oz), two slices of avocado, and 1 heaping tablespoon of Cherry Pico de Gallo Salsa.

Notes: * If red snapper is unavailable, any other mild white fish, such as tilapia may be substituted. * Depending on which type of fish used, a small amount of moisture will be lost during the cooking process resulting in a “cooked weight” that differs from “raw weight”. For the fish in this recipe, each pound (16 oz.) of raw fish resulted in 3/4 pound (12 oz.) cooked fish. ** each avocado was sliced into 16 slices.

Serving Suggestions: 1/2 cup pineapple or mango • 8 oz. low fat milk

Serving Size: 1 taco

Servings Per Recipe: 24

Calories: 120 • Total Fat: 4g • Saturated Fat: 0.5g • Cholesterol: 0mg • Sodium: 50mg • Carbohydrate: 15g • Fiber: 3g
Sugar: 2g • Protein: 7g

CHERRY MARINARA

WITH ZUCCHINI MEATBALLS

*makes 96 meatballs and
48 (1/4 cup) servings sauce*



Ingredients

For the Meatballs:

- 4 1/2 lbs ground beef
- 6 cloves of garlic, minced
- 4 large eggs
- 2 teaspoons Italian seasoning
- 4 cups zucchini, finely grated
- 2 small red onions, finely chopped
- 1/2 cup whole wheat panko breadcrumbs

For the sauce:

- 4 tablespoons olive oil
- 4 cloves garlic, minced
- 2 medium bell peppers, chopped
- 2 (56 oz.) can fire roasted crushed tomatoes
- 2 (16 oz.) can tomato sauce
- 1/2 cup diced frozen cherries, thawed
- 1 Tablespoon + 1 teaspoon Italian seasoning

Serving Size: 2 meatballs & 1/4 cup sauce

Servings Per Recipe: 24

Calories: 100 • Total Fat: 4g • Saturated Fat: 1.5g
Cholesterol: 40mg • Sodium: 105mg • Carbohydrate: 6g
Fiber: 1g • Sugar: 4g • Protein: 11g



DIRECTIONS



To make Meatballs:

1. Preheat oven to 400 degrees and line a half sheet baking pan with parchment paper.
2. In a large bowl combine ground beef, minced garlic, eggs, Italian seasoning, zucchini, onion, and panko.
3. Using your hands combine all the ingredients together. Using a two tablespoon scoop, portion and roll mixture into a ball, and place on prepared baking pan; repeat with remaining mixture.
4. Place the baking pan in the oven to bake for 20-25 minutes, or until they're evenly brown and cooked through.

To make Cherry Marinara Sauce:

1. Warm the oil in a large dutch oven over medium-heat. Add in the garlic and sauté for about one minute, until just golden.
2. Add the chopped bell pepper and saute until soft. Allow mixture to cool slightly before pouring into food processor. Set dutch oven back on stove.
3. Add the crushed fire roasted tomatoes, cherries, and seasoning to the processor along with the garlic/bell pepper mixture. Pulse until the mixture is smooth.
4. Pour the sauce back into the dutch oven, add the tomato sauce and simmer for 15 minutes, stirring occasionally.
5. Once the meatballs are out of the oven, add them to the sauce, and gently stir to coat.

SERVING SUGGESTIONS: 1/2 cup cooked whole wheat pasta or one whole grain bun. 1 oz. low moisture mozzarella cheese, sprinkled on top. 1/2 cup pitted cherries.

CHERRY CHOCOLATE TOFU PIE

Makes 1 pie, 10 servings

Ingredients

- 10 ounces semi-sweet chocolate
- 14 ounces silken tofu, drained
- 3 tablespoons maple syrup
- 2 teaspoons vanilla
- 1 cup pitted cherries
- 9" prepared pie crust



DIRECTIONS



1. In a microwave safe bowl or over the stovetop, melt the 10 ounces of chocolate.
2. In a food processor, blend together the melted chocolate, tofu, maple syrup, vanilla, and cherries.
3. Pour the pie filling into a prepared pie crust and refrigerate until firm.

Serving Size: 1 slice

Servings Per Recipe: 10 (1 pie)

Calories: 280 • Total Fat: 15g • Saturated Fat: 6g • Cholesterol: <5mg • Sodium: 100mg
Total Carbohydrate: 35g • Dietary Fiber: 2g • Sugar: 22g • Protein: 4g

VERY CHERRY SLOPPY JOE'S

WITH MATCHSTICK APPLES



Serves 48

Ingredients (for 96 servings x2)

- 8 lbs** ground dark turkey meat
- 1/2 cup** extra-virgin olive oil
- 4 pounds** ground beef, 90% lean
- 6 teaspoons** sea salt
- 1/2 teaspoon** red pepper flakes
- 6** small onions, finely chopped
- 6** small red bell peppers, finely chopped
- 6 tablespoons** apple cider vinegar
- 8 cups** cherries, pitted and pureed until smooth
- 16 cups** tomato sauce
- 4 teaspoons** ground cumin
- 4 teaspoons** ground coriander
- 48** whole wheat hamburger buns
- 8-12** small apples, cored and cut in matchstick pieces



DIRECTIONS



- 1.** Heat a large skillet over medium high heat. Add olive oil and beef to the pan and season with salt and red pepper flakes. Break the meat up with a wooden spoon, allowing it to brown all over.
- 2.** When the meat has browned, add onion and red peppers to the skillet. Reduce heat to a medium heat and cook the onions, peppers and beef for about 10 minutes, or until the onions are translucent.
- 3.** Add the apple cider vinegar, cherry puree, tomato sauce, cumin and coriander to the pan and stir. Reduce the heat to low heat and cook the mixture for another 30 minutes, or until the tomato mixture has thickened.
- 4.** Scoop about 1/2 cup of Sloppy Joe mixture onto a hamburger bun and top with matchstick apples.

Serving Suggestions: For the dairy component, serve with 8 ounces of milk. Can also be served with a green salad or cole slaw.

Serving Size: 1 Sloppy Joe
Servings Per Recipe: 24

Calories: 340 calories • Total Fat: 12g • Saturated Fat: 3.5g • Cholesterol: 50mg • Sodium: 540mg • Total Carbohydrate: 33g
 Dietary Fiber: 5g • Sugar: 13g • Protein: 23 g

CHERRY BAKED OATMEAL



Makes 48 servings

Ingredients (for 96 servings x2)

Dry Ingredients:

- 8 cups whole rolled oats
- 6 teaspoons baking powder
- 8 teaspoons cinnamon
- 2 teaspoons salt
- 2 cups walnuts - chopped *optional

Wet Ingredients:

- 8 teaspoons vanilla
- 4 eggs - beaten
- 6 cups reduced fat milk
- 2 cups unsweetened applesauce
- 8 tablespoons unsalted butter - melted
- 8 cups pitted cherries - fresh or frozen

Serving Size: 1 piece

Servings Per Recipe: 24

Calories: 110 • Total Fat: 4g • Saturated Fat: 2g
Cholesterol: 25mg • Sodium: 160mg
Total Carbohydrate: 15g • Dietary Fiber: 2g
Sugar: 6g • Protein: 4g



DIRECTIONS



1. Preheat oven to 350°. Butter the inside of a two 9 x13 inch baking pans.
2. Combine the dry ingredients in a medium bowl.
3. In a separate medium bowl, combine the wet ingredients.
4. Add the milk mixture to oat mixture; stir well.
5. Arrange the cherries on the bottom of the pans. Cover the cherries with the oat mixture.
6. Bake at 350° for about 35 minutes or until the top is golden and the oats have set.

*Serve warm with maple syrup, if desired.

SERVING SUGGESTIONS:

Top with low fat yogurt.

NORTHWEST PEAR BREAKFAST BITES



Compliments
of USA Pears



Yield	50 to 100 Servings
Serving Size	1 Muffin Top
1 Serving Provides	1.25 ounce equivalents grain/bread, 1/4 cup fruit

Ingredients (for 100 servings x2)

- 1 lb 12 oz (7 1/2 cups) Oatmeal, quick cooking
- 7 oz (1 1/2 cups) Whole-wheat flour
- 7 oz (1 1/2 cups) Enriched all-purpose flour
- 4 1/2 oz (1 1/2 cups) Nonfat dry milk powder
- 1/4 oz (4 1/2 tsp) Cinnamon, ground, divided
- 2 1/4 tsp Salt
- 1 1/2 tsp Baking soda
- 3/4 tsp Nutmeg
- 4 lb 12 oz (12 1/2 cups) USA Pears, cored and cut into -
1/2" inch cubes
- 12 oz (1 1/2 cups) Canola oil
- 14 oz (2 cups) Brown sugar, packed
- 7 oz (4) Egg
- 1/2 oz (1 tbsp) Vanilla
- 15 oz (3 cups) Dried cranberries



DIRECTIONS



1. Blend oats, whole-wheat flour, enriched all purpose flour, dry milk powder, 3 teaspoons cinnamon, salt, baking soda and nutmeg.
2. Toss pears with remaining cinnamon.
3. Mix oil, brown sugar, eggs and vanilla with an electric mixer on high for 2 minutes until lighter in color. Add oat and flour mixture and stir until blended.
4. Add pears and dried cranberries and stir just until combined. Do not over mix.
5. Form dough using 1/4 cup or #16 scoop and place on 2 parchment lined, 18x26x1-inch sheet pans. For 100 cookies place on 4, 18x26x1-inch sheet pans.
6. Bake in conventional oven at 375° for 18 to 23 minutes until edges are set and top is golden brown. Cool 3 minutes and remove from sheet pans.

HONEY CINNAMON ROASTED PEARS

WITH GREEK YOGURT AND GRANOLA



Yield	50 to 100 Servings
Serving Size	1 portion
1 Serving Provides	1.2 cup fruit, 1 ounce equivalent meat/meat alternate, 1 ounce equivalent grains

Ingredients (for 100 servings x2)

- 11 pounds** USA Pears, fresh, 100 count, firm-ripe, such as Red or Green Anjou or Bosc
- 1/4 cup** Vegetable oil
- 1/4 cup** Honey
- 1/4 cup** Lemon juice
- 2 1/2 teaspoons** Lemon zest, fresh
- 1 1/2 teaspoons** Cinnamon
- 6 quarts (1 cup)** Fat-free yogurt, plain, Greek style
- 3 quarts (1/2 cup)** Whole grain granola, prepared

Compliments
of USA Pears



Pears



DIRECTIONS



1. Wash, core and cut pears into 6 wedges each. It may be easiest to use a fruit slicer fitted with a 6-segment coring blade. Place pear wedges into a large bowl or container.
2. Add the vegetable oil, honey, lemon juice, lemon zest and cinnamon to the pears. Gently mix the pears until they are well coated with the seasonings.
3. Place pear wedges on parchment-lined sheet pans, being careful not to crown the pans. Bake in a preheated 425° oven for 15-20 minutes, or until tender and caramelized but not falling apart. Remove from oven and hold warm for immediate service or chill for later service.
4. To serve, use a #8 scoop to portion 1/2 cup Greek style yogurt into a bowl. Top with 3 roasted pear wedges and 1/4 cup granola. Serve immediately.

PEAR, CREAM CHEESE & HAM PINWHEELS

makes 48 servings

Ingredients (for 96 servings x2)

- 24 8" whole wheat tortilla
- 2 lbs sliced ham
- 4 1/2 cups whipped cream cheese
- 24 cups arugula
- 12 pears - sliced into thin strips

Serving Size: 3 pinwheels

Servings Per Recipe: 48

Calories: 190 • Total Fat: 7g • Saturated Fat: 3.5g
Cholesterol: 30mg • Sodium: 520mg
Total Carbohydrate: 26g • Dietary Fiber: 4g
Sugar: 10g • Protein: 9g



DIRECTIONS



1. First, assemble the pinwheels: spread the 12 tortillas with 3 tablespoons of cream cheese, and then top with 2 ounces of ham, 4-5 pear slices, and 1 cup arugula.
2. Roll up each tortilla tightly.
3. Just before serving, cut the edges off of each tortilla before slicing off into 6 pieces.

Notes: If time permits, placed the rolled tortillas in a large Ziploc bags, seam side down and allow to sit for a few hours prior to cutting.

SERVING SUGGESTIONS: Serve with carrot and cucumber sticks, or apple slices.

PEAR FRENCH TOAST BAKE

makes 48 servings

Ingredients (for 96 servings x2)

8 cups whole milk
24 eggs
2 tablespoons cinnamon
2 tablespoons vanilla extract
48 oz whole grain bread - sliced into 1 oz slices
6 pears, sliced vertically into 8 slices.
2 cups rolled oats
2 cups pecans
8 tablespoons maple syrup - divided

Serving Size: 1 slice

Servings Per Recipe: 24

Calories: 220 • Total Fat: 9g • Saturated Fat: 2g
Cholesterol: 95mg • Sodium: 160mg • Carbohydrate: 25g
Fiber: 4g • Sugar: 9g • Protein: 10g



DIRECTIONS



1. In a large bowl whisk together the milk, eggs, cinnamon, vanilla extract, and 2 tablespoons maple syrup and set aside.
2. In two 9x13 lightly greased baking dishes, alternately arrange 12 slices of bread with 12 slices pear into each dish.
3. Divide egg mixture between the two baking dishes. Make sure that the egg mixture completely saturates the bread slices and gets between each slice.
4. Cover the baking dishes tightly with plastic wrap and refrigerate overnight.

The following day:

1. Preheat oven to 350 degrees.
2. In a medium bowl toss together the rolled oats and pecans with 2 tablespoons of maple syrup.
3. Remove plastic wrap from baking dishes and divide topping between each dish.
4. Bake french toast for about 50 minutes until the bread has slightly puffed and the top is golden.
5. Serve warm with a small amount of extra maple syrup.

PEAR OAT MUFFINS

Makes 48 muffins

Ingredients (for 96 servings x2)

4 cups rolled oats
44 cups low fat Greek yogurt
2 sticks (1 cup) unsalted butter, softened
1/2 cup brown sugar
4 eggs
4 pears with skin, grated (about 2 cups, packed)
2 cups whole wheat flour
2 cups all purpose flour
4 teaspoons cinnamon
4 teaspoons baking powder
2 teaspoons baking soda
1/2 teaspoon salt

Serving Size: 1 muffin
Servings Per Recipe: 24

Calories: 160 • Total Fat: 6g • Saturated Fat: 3g
Cholesterol: 25mg • Sodium: 120mg • Carbohydrate: 22g
Fiber: 3g • Sugar: 6g • Protein: 6g



DIRECTIONS



1. Preheat the oven to 350 degrees and line a 24-muffin pan (or two 12-muffin pans) with cupcake liners/parchment.
2. In a large bowl stir together both flours, the cinnamon, baking powder, baking soda and salt until incorporated. Set aside.
3. In a stand mixer, cream together the butter and brown sugar until smooth. Add in the egg and yogurt and beat to combine.
4. Add the flour mixture to the wet ingredients and mix until just combined. Fold in the grated pears.
5. Divide the mixture evenly between the muffin tins and bake in the middle of the oven for 25-30 minutes, until a tester comes out clean, and the tops are lightly golden.
6. Cool several minutes in the tins before removing and cooling completely before serving.

ROASTED PEARS & BUTTERNUT SQUASH



Compliments
of USA Pears



Yield	50 to 100 Servings
Serving Size	cup
1 Serving Provides	cup fruit, cup red/orange vegetable

Ingredients (for 100 servings x2)

- 5 Pounds** USA Pears, fresh, firm ripe such as Red or Green Anjou or Bosc
- 5 Pounds** Butternut squash, fresh, 1 inch dice
- 1/4 Cup** Reduced sodium soy sauce
- 1/4 Cup** Vegetable Oil
- 2 Tablespoons** Brown Sugar
- 1 Teaspoon** Nutmeg, ground
- 1/2 Teaspoon** Black pepper, ground



DIRECTIONS



1. Wash, core and cut pears into 6 wedges each. It may be easiest to use a fruit slicer fitted with a 6-segment coring blade. Place pear wedges into a large bowl or container. Add diced fresh butternut squash to the pear wedges.
2. Add the reduced sodium soy sauce, vegetable oil, brown sugar, nutmeg and black pepper to the pears. Gently mix the pears and squash until they are well coated with the seasonings.
3. Place pears and squash on parchment-lined sheet pans, being careful not to crowd the pans. Bake in a preheated 425° oven for 15-20 minutes, or until the squash is tender and pears are caramelized but not falling apart. Remove from oven and hold warm for service.
4. Serve cup portions using a #8 scoop.

BBQ CHICKEN AND PEAR PIZZA



Yield	56 to 104 Servings
Serving Size	1 Slice
1 Serving Provides	2 grain/bread servings, 2 ounce equivalents meat/ meat alternate, 1/8 cup fruit

Ingredients (for 100 servings x2)

- 7** USA Pears, fresh, 100 count, firm ripe such as Bartlett or Anjou
- 7** Whole grain pizza crust, par-baked, 16 inch
- 1 3/4 Cups** Barbecue sauce, prepared
- 1 Pound 12 ounces** Mozzarella Cheese, Shredded
- 1 Pound 12 ounces** Reduced fat cheddar cheese, shredded
- 6 Pounds 5 ounces** Chicken fajita strips, diced
- 1/2 Cup** Green onions, fresh, sliced

Compliments
of USA Pears



Pears



DIRECTIONS



- 1.** Wash, core and cut pears into 16 thin wedges each. Start by cutting each pear into quarters, then cut each quarter in half, then each eighth in half for a total of 16 thin wedges per pear. Place pear wedges in a bowl and set aside.
- 2.** Place thawed par-baked pizza crusts on parchment-lined sheet pans. Spread 1/4 cup of the prepared barbecue sauce evenly over each crust.
- 3.** Combine the mozzarella and reduced fat cheddar cheese. Top each pizza with 8 ounces (about 2 cups) of shredded cheese blend and distribute evenly over the crust.
- 4.** Distribute about 14.4 ounces diced fajita chicken over each pizza. Place 16 pear wedges on the pizza in a wheel spoke pattern evenly spaced around the circle. Each of the 8 pizza slices of pear. Sprinkle each pizza with about 1 tablespoon of sliced green onions.
- 5.** Bake in preheated 375° oven for about 6-9 minutes, or until the cheese is melted and bubbling. Remove the pizzas from the oven and let them rest at room temperature for about 5 minutes. Then slice each pizza into 8 even slices making sure each slice includes pears.



PEAR & TURKEY FLATBREAD SANDWICH



Compliments
of USA Pears



Yield	50 to 100 Servings
K-5 Serving Size	1 flatbread sandwich with 1.6 ounces turkey
6-12 Serving Size	1 flatbread sandwich with 3.2 ounces turkey
K-5 1 Serving provides	2 ounces meat/meat alternate 2 ounce equivalents grain/ bread, 1 cup fruit
6-12 1 Serving provides	3 ounces meat/meat alternate 2 ounce equivalents grain/ bread, 1 cup fruit

Ingredients (for 100 servings x2)

- 50 each** Whole grain rich flatbread, 2 ounce equivalents each
- 2 teaspoons** Whole grain mustard, prepared
- 1 cup** Deli style turkey, sliced
- 5 pounds (grades K-5) 10 pounds (grades 6-12)** Mozzarella cheese, shredded
- 1 pound 9 ounces (6 1/4 cups)** Reduced fat cheddar cheese, shredded
- 6 pounds, 6 ounces (12 1/2 cups)** USA Pears, fresh, ripe, such as Green or Red Anjou
- 12 1/2 cups** Baby spinach, fresh (optional)



DIRECTIONS



- Line full-sized sheet pans with parchment paper. Place flatbreads on sheet pan creating 1 layer without overlapping the flatbreads.
- Spread 1 teaspoon of whole grain mustard on one half of each of the flatbreads. Place 1.6 ounces (for grades K-5) or 3.2 ounces (for grades 6-12) of sliced deli turkey on half of the flatbread covering the mustard.
- Combine cheeses and place 1 ounce (about 1/4 cup) of the shredded cheese on the other half of each of the flatbreads, spreading cheese toward the edges. Bake in a preheated 350° oven for about 6-10 minutes, or until the cheese melts completely. Remove from oven and hold warm.
- Meanwhile, slice the pears into 1/4 inch thick slices. Dip pear slices in acidulated water to prevent browning. Drain and hold chilled until serving. Before serving, place 5-6 slices over the turkey on half of the flatbread. Fold the cheese side of the flatbread over the top of the pears. Serve immediately.
- Provide baby spinach as an optional self-serve.

POPPY SEED, PEAR & CABBAGE SLAW



Compliments
of USA Pears

Yield	50 to 100 Servings
Serving Size	1/2 cup
1 Serving Provides	3/8 cup other vegetables, 1/8 cup fruit

Ingredients (for 100 servings x2)

- 5 pounds** Green cabbage, finely shredded
- 12 ounces** Red cabbage, finely shredded
- 2 pounds** USA Pears, fresh, Bosc, firm-ripe thinly sliced or julienned
- 1 cup** Lowfat mayonnaise
- 1 cup** Cider Vinegar
- 1/2 cup** Sugar
- 1 tablespoon, 1 teaspoon** Poppy Seeds
- 2 1/4 teaspoons** Salt
- 3/4 teaspoons** Onion Powder



DIRECTIONS



- 1.** In a large bowl or container combine the finely shredded green and red cabbage, and the sliced or julienned fresh pear.
- 2.** Whisk together the mayonnaise, cider vinegar, sugar, poppy seeds, salt and onion powder. Pour dressing over cabbage and pears. Gently stir until the dressing is well distributed. Hold chilled until ready for service.
- 3.** Server cup portions using a #8 scoop.



LESSON PLANS

ORCHARDS
APPLES
PEARS
CHERRIES
WALNUTS



ORCHARDS

INTRODUCTION FOR EDUCATORS

This is the beginning of our journey around the garden. We are starting in the orchards where children will begin to learn about the different types of fruits and nuts that grow on trees. Through the different lessons, we will be helping children learn about where their food comes from, how it is grown, the process it takes before arriving in their lunch boxes or cafeteria, and ways we can enjoy and eat it! We will also be including different activity ideas to create hands-on activities to increase children's experience with different kinds of produce, such as easy recipes for the children to prepare as snacks, steps for sprouting or planting seeds, and inspiration for using foods as a medium for art projects.

Our goal is to increase children's experience with different foods through touch, smell, sight, and taste, in hopes it encourages them to try new foods, increase their variety of fruit and vegetable intake, and make positive, healthy food choices. We hope that through positive experiences and educational interactions with food production, children will learn how to love and protect our environment and the earth which provides us with so much nourishment.



SECTION 1



INTRODUCTION TO ORCHARDS : GROUP/CLASSROOM QUESTIONS AND DISCUSSION:

What is an orchard?

A planting of trees and shrubs which are grown for food production.

What grows in an orchard?

Have the children list as many fruits as they can think of that grow on trees in an orchard. Give them hints to help them with answers such as nuts and olives, and challenge them with pictures of fruits they may not know about, like avocados, cherimoyas, persimmons, and mangos.

**Write these answers down on the white board to use in Art Activity 2.*

How do trees grow in an orchard?

Trees start as a seed, which sprout and grow into a tree, which then produces flowers. These flowers turn into fruit containing seeds. These seeds make new trees!

What are some things that are needed to allow trees to grow?

Water, sunshine, soil, etc.

What are some of their experiences regarding orchards?

Have they visited one before? Have they been apple picking? Do any of them have fruit or nut trees in their yards? Or do they live near one?





SECTION 2

**ART ACTIVITY AND GAME****Picture Collage:**

Bring in a variety of magazines (preferably ones such as food, cooking, gardening, nature, etc.) and provide each child with a blank piece of card stock or construction paper. Allow to children to cut out pictures of different trees and fruits to create an orchard of their own!

Encourage them to also include orchard critters such as bees, squirrels, and birds who help produce more fruit and trees by pollinating the flowers and spreading the seeds.

They may also like to include different tools that could be used in their orchard such as ladders for picking the fruit or trucks to transport all the picked fruit.

Walled Tree:

On butcher paper, draw a large tree to hang on the wall of the classroom. Have each child draw, color, or paint and cut out a fruit or nut that grows on a tree. Attach each one to the tree on the wall. See if each child can choose a different fruit or nut so that your tree will have a rainbow of beautiful fruit/nuts! Feel free to use your list of fruits/nuts made during your group discussion about orchards. Leave the tree up for the duration of the time your class/group is in the orchard section of the lesson plans. Having that constant visual exposure on the wall will help the children retain the information and remind them of the variety of foods that grow on trees!



SECTION 3

**LITERATURE AND EDUCATIONAL MATERIALS:****Books:**

One Red Apple by Harriet Ziefert

"Follow the life cycle of an apple: from fruit growing on the tree to market, to picnic, to seed, to sapling and tree, and finally to a new apple. This simple, joyful book with radiant illustrations introduces readers to the amazing and delectable way the earth provides food."

A Fruit Is A Suitcase For Seeds by Jean Richards

"Readers will learn how fruits are designed to protect a plant's seeds and also to help the plant spread its seeds to new places."

Apples to Oregon by Deborah Hopkinson

"Slightly true narrative of how a brave pioneer father brought apples, peaches, pears, plums, grapes, and cherries (and children) across the plains."

How do Apples Grow? by Betsy Maestro

"Find out how an apple grows from bud to flower to fruit--ready for you to pick!"

APPLES

INTRODUCTION FOR EDUCATORS

Our first stop in our journey around the orchard is at the apple trees. Apples will likely be a fruit that most of the children are very familiar with, and they will probably have some personal input on their knowledge of, and experiences with, this popular fruit.

Apples are a great choice of fruit for children. They are packed with phytochemicals and antioxidants, which have been shown to support strong immune systems and fuel their growth and development. Apples also contain soluble and insoluble fiber, which not only keep their bodies healthy to help ward off chronic diseases later in life, but they also help to keep kids fuller for longer. Apples are perfectly packaged in their own edible skin, and this comes in handy when packing them in lunch boxes or snack packs! Because of their many varieties, apples are easily accessible in grocery stores year round at affordable prices. Both of these elements make apples a great fruit choice for children at school as well as at home.



SECTION 1



INTRODUCTION TO APPLES: GROUP/CLASSROOM QUESTIONS AND DISCUSSION:

How many students have tasted an apple before?

Have the students who have eaten/tasted apples before raise their hand.

How do apples grow?

They grow on trees in orchards.

How many different varieties of apples do you think there are?

Around 7,500 different varieties worldwide!

What are some foods that are made with apples?

Apple sauce, apple juice, apple pie, apple chips, etc.

What are some foods that you eat at home that have apples in them?

Have the children raise their hands and share times when they eat apples (such as at their Grandma's house, or in pies during Thanksgiving, etc.) or family meals that are cooked/prepared that use apples.



SECTION 2



ACTIVITY: DESCRIBING AND TASTING RED, GREEN, AND YELLOW APPLES:

Purchase red, green, and yellow apples (the number will depend on the number of children and if they will be working in pairs or groups). Have the children split into pairs/tables/groups. Give each pair/table/group one of each color of apple. First have them use their sense of touch, smell, and feel to “investigate” and examine the apples. Next, cut the apple horizontally, revealing the “star” in the middle, and have the children count the seeds. Cut pieces or slices of the apple for the children to taste.

Favorite Apple Graph - On a large piece of butcher/construction paper, draw a large apple (about 18” wide x 24” high - or larger!) and attach to the classroom wall or white/chalkboard. Have red, green, and yellow cut outs of small apples that the children can choose as their favorite to write their name on and then stick to the apple (see attached for example).

5 Senses: Ask the children for descriptive words about the apples that they have just examined and tasted. Write these words on large sticky notes. On the white/chalk board, write the 5 senses across the top (touch, taste, hear, smell, sight). Have the children assist you with placing the descriptive words under the corresponding sense.



SECTION 3

**ACTIVITY: DESCRIBING AND TASTING RED, GREEN, AND YELLOW APPLES:**

makes 12 small parfaits

Ingredients:

- 2 each - red, green, and yellow apples, cut into small pieces (by teacher or students)
- cinnamon
- 4 - 7oz containers unsweetened low fat Greek yogurt
- 1/2 cup honey, divided (about 2 teaspoons per serving)
- 3 cups granola

Tools:

- 12 small plastic cups or bowls
- 12 plastic spoons
- 12 plastic knives - if allowing children to chop apples

Directions:

Have children first wash their hands. In the children's pairs/groups/tables have them chop the apples with plastic knives into small pieces (or the teacher can do this ahead of time). Let them sprinkle the pieces with a small amount of cinnamon, and toss.

Divide the apples into the 12 small plastic cups (about 1/2 cup each) and top with a dollop (about 1/4 cup) of the Greek yogurt. Drizzle lightly with honey (no more than 2 teaspoons) and top with 1/4 cup granola.





SECTION 4



LITERATURE AND EDUCATIONAL MATERIALS:

Books:

Johnny Appleseed by Steven Kellogg

"This beloved folktale describes the legendary hero, John Chapman (Johnny Appleseed), who plants apple trees across the American wilderness."

The Apple Pie Tree by Zoe Hall

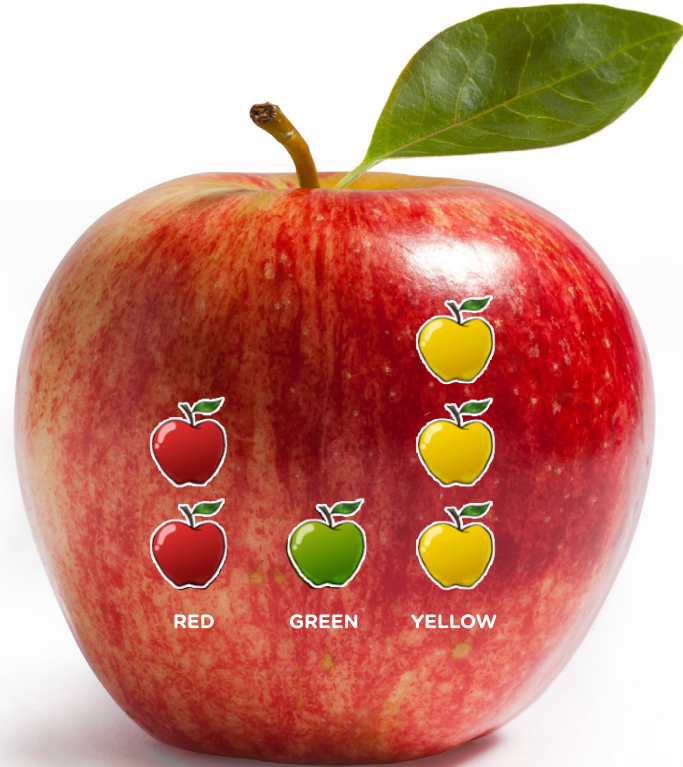
"An enchanting story about two young girls who care for their apple tree through all seasons."

I Am an Apple by Jean Marzollo

"Hello Reader Series book describes the life cycle of an apple."

Apples, Apples, Apples by Nancy Elizabeth Wallace

"Follow a bunny family around an apple orchard as they learn all about apples."



SECTION 5



TAKE HOME RECIPE:

We are excited to be learning about Apples in the classroom. Children have been exploring and testing the different tastes and texture of several apples and learning how they are packed with healthy nutrients that help to keep their bodies strong and healthy.

Here is an apple recipe for you to make at home with your child, as they share with you all the fun information that they learned in class.



APPLE, BROWN RICE AND CHICKEN SALAD

Makes 4 - 1/2 cup servings

INGREDIENTS:

For the salad:

- 1 cup brown rice**, cooked
- 1 apple** - chopped
- 1 celery stalk** - chopped
- 1 cup cooked chicken** - cubed

For the dressing:

- 1 tablespoons** lemon juice
- 2 tablespoons** olive oil
- 1 tablespoon** apple cider vinegar
- 1 tablespoons** honey

DIRECTIONS:

1. In a large mixing bowl, combine all salad ingredients.
2. Whisk together dress ingredient until well incorporated.
3. Toss salad with dressing.
4. Serve chilled.

PEARS

INTRODUCTION FOR EDUCATORS

Our second stop along the way in the orchards are at the pear trees. Pears are a nutrient-dense fruit perfect for children's growing bodies. The fiber in pears keeps our digestive systems strong and healthy. Fiber also helps to fill us up, so we feel full and more satisfied after eating meals that contain fiber. Pears are particularly rich in vitamin C, which helps support a healthy immune system to fight against infections and diseases. Pears are also high in potassium, an important mineral that helps our heart beat normally and helps with muscle contractions. Because pears are available year-round, children should be able to find them in grocery stores with their families. Have children take note of how many varieties of pears they can find the next time they are at the grocery store. Have them encourage their families to bring some pears home!



SECTION 1



INTRODUCTION TO PEARS: GROUP/CLASSROOM QUESTIONS AND DISCUSSION:

How many students have tasted a pear before?

Have the students who have eaten/tasted pears before raise their hand.

What do they remember pears as tasting like?

Have them describe in as many descriptive words (remembering the apple lesson plan) as they can what pears taste, smell, feel, like.

How do pears grow?

They grow on trees in orchards.

What are some foods that you eat at home that have pears in them?

Have the children list any recipes or dishes that they eat at home that contain pears, if they don't have many, ask if they have tried certain recipes, like baked pears, pear crisp/crumble, or pears in salads-green or fruit.



SECTION 2



PEAR WORD SEARCH

GXWOARTIAIOXREAP E H H E
 FSNCOOSSIAOZLPIEZWN
 VT MPLZLONFP HLTGLMHFO
 WASHINGTONPKLQSDSYD
 RRFTTELTRABREFEICES
 IKICRASGTXTIKLPBNRM
 OREGONEOHORSCIEODRCL
 AICDAJEKWCUYE IUSKORS
 EMFETOOEEROSVMCMPPO
 ZSSROUAOSQELLEROFNSE
 COOZELEATSODTRSASFQO
 WNCKKRHRGSCCESEKHUGN
 RIHEIAKEEOGSOFCVENO
 KRKTRENEMRQLIUA FGRUN
 CGSAOPONPEBMMMJSAGDW
 OLMQRGDBMZOTOIFXGASS
 IERVQHGNPCFFQAKRCHRN
 YTAADRSAP EODVBCPIOJP
 CFSFATLXFESKEGEGFSNO
 MWOXNOCAEMYLSIAHNNRC

PEAR
HARVEST

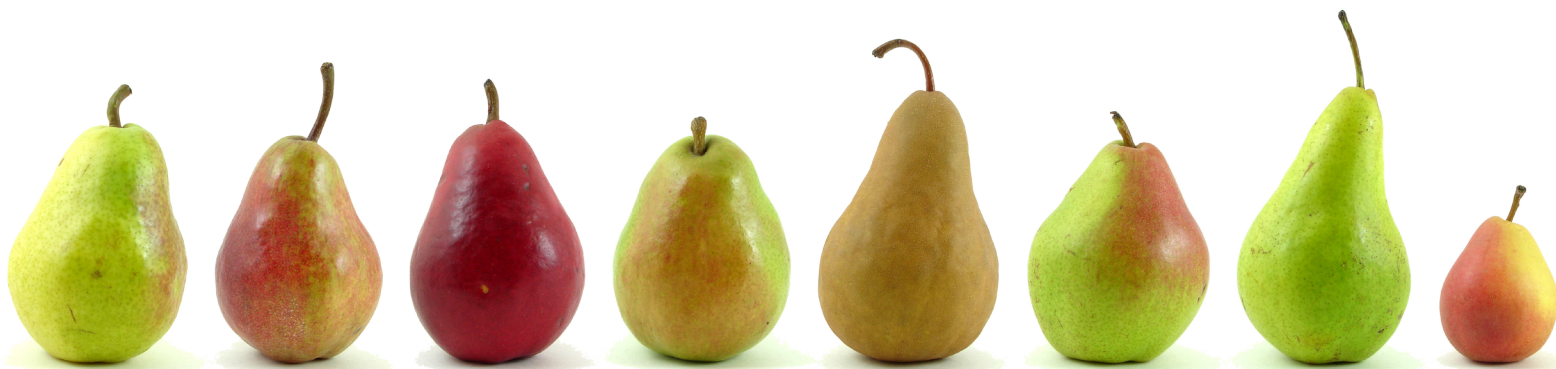
ANJOU
BARTLETT

BOSC
COMICE

SECKEL
FORELLE

BLOSSOM
WASHINGTON

**word search adapted from USA Pears*





SECTION 3

**HANDS ON COOKING ACTIVITY : TURKEY AND PEAR WRAPS**

makes 12 servings

1 serving : 1 pinwheel

Ingredients:

2 - 12" whole wheat tortillas

4 oz. sliced turkey

6 tablespoons whipped cream cheese, divided

1 pear, sliced

Tools:

Plastic spoons

Tablespoon measuring spoon

Directions:

1. Using the plastic spoons, spread the cream cheese on the tortilla. Top each tortilla with 2oz. turkey, and half of the sliced pear. Roll the tortilla up tightly and slice into 6 slices.



SECTION 4

**LITERATURE AND EDUCATIONAL MATERIALS:****Books:**

Too Many Pears! by Jackie French

"Pamela the cow loves pears and will do anything to get them. But will Amy find a way to keep the pears safe?

Watch Pamela perform all kinds of antics to get to her favorite fruit."

Little Pear Tree by Jenny Bowers

"A gorgeous, eye-catching explosion of color that invites little hands to explore the seasons with an array of images and words tucked behind cleverly designed flaps."

The Pear in the Pear Tree by Pamela Allen

"A simple but amusing story of John and Jane's attempts to pick a pear from the pear tree."



SECTION 5



PEAR AND OAT MUFFINS

Makes 12 muffins

We are sending this delicious and nutritious recipe for Pear and Oat Muffins home with your child, so that they can introduce you to pears! They have been learning about the different variety of pears as well as making snacks in class that utilize this fruit that is packed with vitamins and minerals. We hope you enjoy baking up these treats with your child, as the mixing and measuring is a perfect job for little hands!

INGREDIENTS:

- | | |
|---|---------------------------|
| 1 cups rolled oats | 1/2 cup whole wheat flour |
| 1 cups low fat Greek yogurt | 1/2 cup all purpose flour |
| 1/2 stick (1/4 cup) unsalted butter, softened | 1 teaspoon cinnamon |
| 2 tablespoons brown sugar | 1 teaspoon baking powder |
| 1 egg | 1/2 teaspoon baking soda |
| 1 pear with skin, grated (about 1 cups, packed) | |

DIRECTIONS:

1. Preheat the oven to 350 degrees and line a 12-muffin pan with cupcake liners.
2. In a large bowl stir together both flours, the cinnamon, baking powder, and baking soda until incorporated. Set aside.
3. In a stand mixer, cream together the butter and brown sugar until smooth. Add in the egg and yogurt and beat to combine.
4. Add the flour mixture to the wet ingredients and mix until just combined. Fold in the grated pears.
5. Divide the mixture evenly between the muffin tins and bake in the middle of the oven for 25-30 minutes, until a tester comes out clean, and the tops are lightly golden.
6. Cool several minutes in the tins before removing and cooling completely before serving.

CHERRIES

INTRODUCTION FOR EDUCATORS

We have arrived at the cherry trees in the orchard! Cherries are powerful little superfoods that pack a huge punch when it comes to health benefits! These rich jewel-toned beauties are so fun to eat and make a delicious snack for kids! Like many of the other fruits we have discussed in the orchard, cherries are chock-full of nutrients such as antioxidants and phytochemicals, along with their vitamins and minerals. Along with vitamins and minerals like potassium, vitamin C, and B vitamins, cherries contain anthocyanins, flavonoids that give cherries their vivid red coloring. Anthocyanins have a list of health benefits that play a role in helping prevent lifestyle related diseases such as diabetes, cancer, and cardiovascular disease; all of which are beginning to strike children more and more. Encouraging children to consume more red, blue, and purple fruits and vegetables will ensure they are receiving the benefits of these wonderfully powerful compounds.



SECTION 1



INTRODUCTION TO CHERRIES: FUN FACTS:

Cherries are a part of the Rose family.

No wonder their blossoms smell so wonderful!

The seed in the center of a cherry is called a pit.

Careful not to bite into one!

It takes about 250 cherries to fill just ONE cherry pie!

That is a lot of cherries to pit.

There are two main types of cherries : sweet or sour.

Which ones have you tried?

Cherries will only ripen on the tree and therefore cannot be picked early and left to ripen.

This makes cherry season very short, so get them while you can!

Cherries have been eaten for thousands of years.

As far back as the Stone Age!





SECTION 2

**ART ACTIVITY AND GAME : CHERRY BLOSSOM TREES AND CHERRY CHECKERS****Cherry Blossom Tree:**

A fun and easy activity where children glue popcorn onto draw/painted/cutout cherry tree branches. An alternative would be to use red paint and have them use their fingers to dot cherries onto the green leafed tree.

Cherry Checkers:

Print out a checker board onto construction paper. Pass out 24 cherries (12 for each player). In pairs, have the children set up their game of checkers using the cherries as their pieces. The children get to eat the cherries that they capture.



SECTION 3

**HANDS ON COOKING:****Cherry “Salsa”**

Makes 12 tasting servings

8 oz. cherries, pitted

basil leaves

4 oz. strawberries

1 box whole grain crackers

Have the children cut the cherries and strawberries into small pieces and add to a medium bowl. Chop the basil and toss it together with the cherries and strawberries. Use the whole grain crackers to scoop up the “salsa”.



SECTION 4

**LITERATURE AND EDUCATIONAL MATERIALS:****Books:**

Cherries and Cherry Pits by Vera B. Williams

“A young girls telling of how she plans to plant the pits of cherries, nourish them, watch them grow, and share the fruit with people from all over the neighborhood.”

Hidden Cherries by Anne Margaret Lewis

“A delightful search and find book.”



SECTION 2



CHERRY BAKED OATMEAL

Makes 4 - 1/2 cup servings

We have been learning about cherries in class and are sending this delicious recipe for Cherry Baked Oatmeal home with your child in hopes that it will inspire you to include cherries in your meals and recipes at home. This is a wonderful recipe to make for busy mornings, as you can bake up a whole pan, and then just heat and serve the squares as needed. Packed with fiber (and cherries of course!) this is a great breakfast or snack to keep your child full and focused.

INGREDIENTS:

Dry Ingredients:

- 2 cups** whole rolled oats
- 1 1/2 teaspoons** baking powder
- 2 teaspoons** cinnamon
- 1/2 teaspoon** salt
- 1/2 cup walnuts** - chopped *optional

Wet Ingredients:

- 2 teaspoons** vanilla
- 1** egg - beaten
- 1 1/2 cups** reduced fat milk
- 1/2 cup** unsweetened applesauce
- 2 tablespoons** unsalted butter - melted
- 2 cups** pitted cherries - fresh or frozen

DIRECTIONS:

1. Preheat oven to 350°. Butter the inside of a 9 x13 inch baking dish.
2. Combine the dry ingredients in a medium bowl.
3. In a separate medium bowl, combine the wet ingredients.
4. Add the milk mixture to oat mixture; stir well.
5. Arrange the cherries on the bottom of the pans. Cover the cherries with the oat mixture.
6. Bake at 350° for about 35 minutes or until the top is golden and the oats have set.

*Serve warm with maple syrup, if desired.

WALNUTS

INTRODUCTION FOR EDUCATORS

Our last stop in the orchard is at the walnut trees. We sometimes forget that nuts also fall in the category of orchard crops. Walnuts are one of the more popular tree nuts, and many children may have tasted them before. Walnuts are packed with powerful nourishing fats, which play a vital role in maintaining a healthy heart, cardiovascular system, and metabolism. They are also a good source of plant-based protein. Walnuts help to support healthy growing bodies!



SECTION 1



INTRODUCTION TO WALNUTS: WHAT, WHERE, WHEN, WHY, HOW:

Take several walnuts in their shell into the classroom and have children guess what they are!

If they don't know, crack open the walnut (or take in shelled walnuts) and see if they can guess now.

What - What are Walnuts?

Walnuts are nuts that are packed with healthy fats and plant-based protein that help our bodies stay strong and healthy.

Where - Where do they grow?

Walnuts grow on trees! In the United States, over 90% of walnuts are grown in California.

When - When do you eat them?

Ask the children where they have seen walnuts. Do they eat them in trail mix? Does their family like to add them to their cookies? Is there a special time or occasion in which walnuts are eaten or prepared? In Mexico, they are found in "Mexican Wedding Cookies" and in Greece, they are found in the dessert "Baklava".

Why - Why are they good for us?

The fats that are in walnuts are good for our heart, brain, and lungs. These are easy to remember because the walnut looks like all three of these body organs! The walnut halves look very similar to our brains when they are placed dome side up on a flat surface. Pick the walnut up and look at the underside and see how when it is held up, it looks like a set of lungs! The walnut shell slightly resembles our hearts with their different chambers. The fats, vitamins, and minerals found in walnuts help to keep these organs doing their jobs properly! We want to make sure that we are giving our bodies the right fuel for all of our different needs.

How - How do we eat them?

Walnuts are protected by a hard outer shell. Explain that the shell has to be broken before we can eat the tasty walnut inside. Walnuts can be eaten alone or added to different dishes such as salads or cookies. Walnuts can also be turned into walnut butter (just like peanut butter, but with walnuts!)



SECTION 2

**ART ACTIVITY : WALNUT SHELL TURTLES AND FROGS****Supplies:**

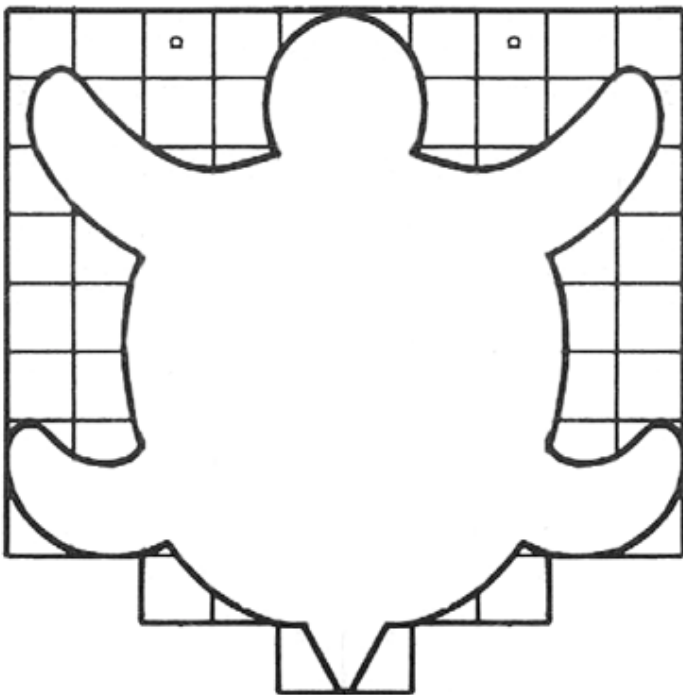
construction paper
attached templates

scissors
paint

paint brushes
intact walnut shell halves

googly eyes
glue

Use the attached templates* to trace the “bodies” of the turtles and frogs on chosen construction color. (This will act as the base for the shell) Have the children then choose and cut out the template for either the turtle or the frog. Using their chosen colors of paint, have them decorate the walnut shells. Once dry, glue the eyes to the shells and glue the shells to the construction paper bodies.



*not to scale



SECTION 3

**HANDS ON COOKING: WALNUT BUTTER AND CHOCOLATE WALNUT-BUTTER BALLS****WALNUT BUTTER:**

This is a great activity to show children how nuts are turned into nut butters. You will need to bring in a food processor for this demonstration.

Add 1 cup walnuts to the food processor and switch it on. The walnuts will first get chopped into pieces, then will turn into fine crumbs, which look like breadcrumbs. After a few minutes the walnut “crumbs” will become sticky and create a ball in the food processor...keep it going!

Soon, as the walnuts continue to process and become warm (from all the processing) the oils will begin to release and walnuts will begin to smooth out into a paste. Once the paste is uniform and smooth (and looks similar to peanut butter), it is ready!

Use this walnut butter in the recipe below for Chocolate Walnut-Butter Balls

CHOCOLATE WALNUT-BUTTER BALLS:

MAKES 20 BALLS

INGREDIENTS:**Dry Ingredients:**

1/2 cup raw walnuts

1 cup pitted dates (about 10)

1/2 cup walnut butter

1/2 cup unsweetened coconut flakes

1/4 cup cocoa powder

1/4 cup chocolate chips

Tools:

food processor

clean hands!

WALNUT BUTTER:

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Use this walnut butter in the recipe below for Chocolate Walnut-Butter Balls



SECTION 4



APPLE AND BROCCOLI COUS COUS SALAD

Makes 4 servings

INGREDIENTS:

For the dressing:

- 2 tablespoons** lemon juice
- 2 tablespoons** olive oil
- 2 teaspoons** maple syrup
- 1 teaspoon** Dijon mustard

For the salad:

- 8 ounces** whole wheat cous cous*
- 1 small head** of broccoli, chopped
- 1 tablespoon** extra virgin olive oil
- 2** apples, diced
- 1/2 cup** toasted walnuts, chopped

DIRECTIONS:

1. Whisk all of the dressing ingredients together.
2. Preheat oven to 425 degrees. Toss broccoli with olive oil. Place in a single layer on rimmed baking sheets. Roast for 15 minutes, or until tender and starting to brown. Remove from oven and let cool.
3. Cook cous cous according to package directions. Pour dressing over cous cous while it is hot and then set aside to cool.
4. In a large bowl, add the roasted broccoli, cous cous with salad dressing, chopped apple and walnuts. Stir together.
5. Salad can be served immediately or refrigerated for 4 – 6 hours before serving.

*If you can't find whole wheat cous cous, you can substitute brown rice or another whole grain.



HOLLY MARKEY



Born and raised in a small beach town in Southern California, Holly's food career journey began with a catering class at her local community college at 18. She loved it, and was immediately bitten by the culinary bug. She later received her bachelor's degree in Nutrition from Cal Poly San Luis Obispo and Kaplan University, and continues to participate in culinary programs and classes all over California and the UK. Holly has spent the majority of her culinary career as a family chef and personal events caterer, before joining NourishRDs. She continually strives to make a positive impact in her community by volunteering her time with her local food bank, working mostly with children and families to learn the importance of proper nutrition and using the food bank's resources to create balanced meals at home.



LISA SAMUEL

RDN, MBA



A cooking cupid with a mission to help people fall in love with their kitchen, Lisa believes the most powerful thing you can do for your health is to learn to cook and share meals with the people you love. Lisa is a Registered Dietitian and Nutritionist and a cooking instructor, public speaker, writer, and consultant and spokesperson for commodity boards and food companies. You can find Lisa blogging about nutrition and sharing healthy recipes at www.nourishrds.com, and you can find her Tweeting, Pinning, Instagramming, and Facebooking. If you're in the Bellingham area, you can attend one of her cooking classes or workshops at the Community Food Co-op and Ciao Thyme.

Lisa also shares her passion for food, hosting gatherings, travel, and home design on www.Simmstown.com, and you can follow along with her on her personal Instagram and on Pinterest.

Lisa lives in the lovely community of Bellingham, Washington with her amazing husband, Elie and their two cats. They own a furniture store, Samuel's Furniture. Aside from everything already mentioned, a few of Lisa's favorite things include the color turquoise, her home state of Kentucky, long walks with friends, yoga and prayer.



Education and Professional Organizations:

Wright State University, MBA with a concentration in Marketing
Columbia University, B.S. in Biological Sciences
Bastyr University, Dietetic Internship
Academy of Nutrition and Dietetics, Member

Nutrition Entrepreneurs Dietetic Practice Group, Member
Sports, Cardiovascular, and Wellness (SCAN)
Dietetic Practice Group, Member



MCKENZIE HALL



McKenzie Hall is a Registered Dietitian Nutritionist, writer, speaker and nutrition spokesperson focused on helping others develop a positive relationship with food and their bodies. With her business partner, Lisa Samuel, McKenzie co-founded Nourish RDs, a nutrition communications and consulting company. Together, they partner with other like-minded food, health, and PR companies, health professionals, and commodity boards to educate others about the value in developing maintainable and sustainable habits to achieve health, happiness and balanced living. Based in the greater Los Angeles area, she provides individual and group nutritional counseling, grocery store tours, nutrition workshops, and cooking classes. McKenzie is also a contributing editor for the award winning publication, Environmental Nutrition, and her numerous other articles can be found in publications such as The Chicago Tribune, Today's Dietitian, The Daily Press, The Morning Call, Buffalo News, OR Today, The Santa Clarita Valley's Signal Health & Family Guide, and more. McKenzie graduated magna cum laude from California Polytechnic State University in San Luis Obispo with a degree in Food Science and Nutrition and completed her Dietetic Internship at Bastyr University in Seattle.

In addition to following her own "non-diet" advice, McKenzie loves discovering new hiking trails (in both California and back home in Alberta, Canada), sampling the local food at her favorite farmer's markets, and baking in her sunny Californian kitchen.

In addition to following their own (non) diet advice, McKenzie and Lisa love connecting with the online community through social media networks. You can find them blogging at WWW.NOURISHRDS.COM, and tweeting, Pinning, Instagramming, and Facebooking too!



IN SUMMARY

OTHER RESOURCES

Healthyyouinoneminute.com A complimentary and downloadable consumer handbook full of ideas and recipes for people in all stages of life. This publication includes “how to’s” from homemade baby food to school night meals. There is a monthly video series online and seasonal booklets incorporating great ideas for the holidays.

Healthy You In One Minute is a real treasure.

ChelanFreshToolkit.com A toolkit written by Registered Dietitians for Registered Dietitians about fresh fruit and ways to promote the health benefits of consumption. The toolkit provides tips and tricks for use of apples, cherries and pears, a suggested weight loss approach and general information for RD’s and savvy consumers.

Please visit our websites for further information and many interesting farm videos:

Chelanfresh.com

ChelanFruit.com

Gebbersfarms.com

We can also be found on social media: Pinterest, Facebook, Twitter, Instagram and Google+

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