

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

December 2023

DECEMBER CALENDAR



December is National Pear Month; Learn a Foreign Language Month; Exotic Fruits Month; Human Rights Month

- 2 National Special Education Day
- 3 Handwashing Awareness Week begins
- 4 Computer Science Education Week begins
- 5 International Volunteer Day
- 7 First night of Hanukkah begins at sundown; Pearl Harbor Remembrance Day
- 11 National Stretching Day
- 12 Gingerbread House Day
- 15 Ugly Christmas Sweater Day
- 16 Ludwig Van Beethoven born 1770; Jane Austen born 1775
- 18 National Twin Day
- 21 Winter Solstice; Crossword Puzzle Day
- 25 Christmas Day
- 26 Kwanzaa begins
- 28 National Card Playing Day
- 31 New Year's Eve

Snow

With feathery wreaths the forest is bound,

And the hills are with glittering diadems crown'd;

'Tis the fairest scene we can have below.

Sing, welcome, then, to the drifting snow!

- Eliza Cook, 1818-1889, English poet

Tannenbaum Tales

The twinkling lights of a decorated Christmas tree spark joy, warmth, and excitement. Here are some fun facts about this fun holiday symbol.

- Since 2007, the 30,000 energy-efficient led lights that illuminate the giant tree in New York's Rockefeller Center have gotten their power from solar energy!
- If you have a real Christmas tree, keep it watered: In the first week, a Christmas tree in your home will consume as much as a quart of water per day!
- Almost 100 percent of the Christmas trees in the U.S. come from Christmas tree farms.
- Christmas trees are grown and harvested in all 50 states!



STARRY NIGHT

December is host to Christmas, Hanukkah, Winter Solstice, and Kwanzaa. Stars feature heavily in all of those holidays, so it's a perfect time to honor **the starfruit**, especially since December is also Exotic Fruits Month! Starfruit, also called carambola, are grown in warm tropical and subtropical climates. The palm-sized, yellow, star-shaped fruits are classified as berries. They taste sweet and a little bit citrusy when ripe. Every part of the starfruit is edible, including the seeds and skin!



Holiday Cheer!

Our office will be closed on Monday, Dec. 25 & Monday, Jan. 1. We wish you all a warm and peaceful holiday season and a Happy New Year.

- The FruitGuys
Farm to School Team



CONTACT US: For more info on The FruitGuys Farm-to-School Program, School Bulletin suggestions, or questions about your Nutrition Education materials, contact Carol Stewart at 650-438-2842 or carol@fruitguys.com. • fruitguysfarmtoschool.com

Craft: "Stained Glass" Stars

Adapted from *Happy Hooligans*

Tissue paper and popsicle sticks come together to make colorful transparent stars to hang on a tree or in front of a window. You can make 5- or 6-pointed stars using this technique!

Supplies:

- Long craft, popsicle, or stir sticks
- Black paint (*optional*)
- Scissors
- Glue
- Various colors of tissue paper
- Paint brush
- Cup of water
- String for hanging



Directions:

1. If desired, paint sticks black and let dry completely.
2. Glue sticks together at their tips to make star shapes. For a 5-pointed star, use 5 sticks. For a 6-pointed star, use 6 sticks.
3. Focusing on one section of the star at a time, cut tissue paper into a shape similar to the section, but slightly larger.
4. Apply glue along the sticks for the section you're working on.
5. Press the tissue paper to the glue.
6. Dip a paintbrush into a little water and paint the parts of the tissue paper that lie outside of the star to soften the paper so it will be easier to remove.
7. Carefully tear away the excess tissue paper.
8. Repeat for all sections of the star.



Recipe: Chocolate Peppermint Holiday Cookies

Adapted from *A Couple Cooks*

These fudgy cookies are made with a healthy secret ingredient: black beans that pump up the protein and fiber.

Ingredients:

- 15-ounce can black beans
- 2 tablespoons olive oil
- 2 tablespoons peanut butter or almond butter
- 2 tablespoons milk or almond milk
- ½ cup sugar
- 5 tablespoons cocoa powder
- 3 tablespoons all-purpose flour or rice flour (for gluten free)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 peppermint candy canes

Instructions:

1. Preheat the oven to 350°F.
2. Drain and rinse the black beans. Place into the bowl of a food processor and process until smooth, or place in a mixing bowl and use a fork to mash the beans into a paste. Add oil, peanut butter, milk, and sugar and mix thoroughly.
3. Add the cocoa powder, flour, baking powder, and mix until just combined.
4. Unwrap candy canes and place into a bag. Use a rolling pin to crush them into small pieces. Add half of the pieces to the dough.
5. Drop the dough by spoonfuls onto a cookie sheet lined with parchment paper or foil. Sprinkle the cookies with the remaining candy cane pieces.
6. Bake for 10 minutes. Let cool completely.

COLORING ACTIVITY

