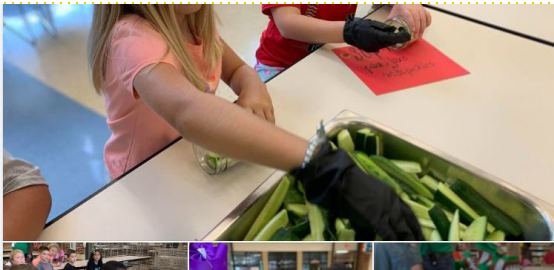


# Farm Fresh Challenge 2022



## Brenham ISD – Pickle Lessons and Health Fair



Our department purchased local pickling cucumbers and donated them to 3rd grade students. We worked with teachers to create a hands-on activity for students to learn about different types of cucumbers and how to make pickles. Students had a blast adding ingredients to mason jars and experiencing the process. We also created a nutrition education flyer highlighting pickling cucumbers that was distributed through social media and campuses.

Our department participated in community-wide health fair. We had an apple tossing game, MyPlate activity, healthy snacks and educational information for parents and students.



## Brazosport ISD – Carved Squash



Kitchen managers carved squash to be "spooky" and fun with Halloween approaching



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## Galveston ISD



Nutrition Education on Zucchini and recipe tasting of zucchini "pizza bites". Gave students different zucchini recipe ideas and a fun zucchini word search activity.

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### Zucchini

**Did you know?**

- Zucchini is a type of summer squash
- It is in the same family as melons, pumpkins, and cucumbers
- It is technically a fruit because it flowers and has seeds

**How can you eat it?**

- You can eat the skin, seeds, and flesh
- Can be eaten raw or cooked
- There are a lot of ways to enjoy it: baked, steamed, zucchini noodles, zucchini bread, dipped in sauce, and many more!

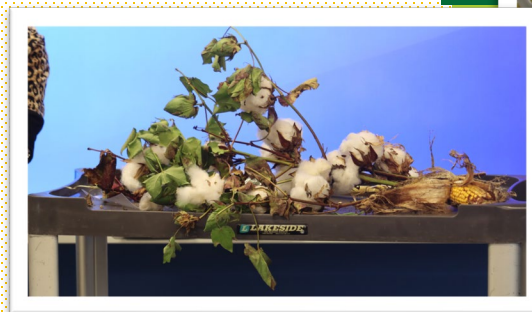
**Zucchini is full of nutrition!**

- Zucchini is full of vitamins, minerals, and fiber that your body uses to keep you healthy!
- **Vitamin C:** helps your body heal from cuts and scrapes and helps you to fight off germs
- **Vitamin A:** good for your eyes and helps you to fight off germs
- **Potassium:** helps your muscles, heart, and nervous system to do their jobs
- **Phosphorus:** helps build strong teeth and bones
- **Fiber:** great for your heart and digestive system



## Culberson County Allamoore ISD

Daily milk tasting booth. Weekly fruit tasting booth. Veggie tasting booth. Educational presentation to include fruit and veggies tasting in each classroom from PreK - 6th grade. Representative from Congressman Tony Gonzales gave a presentation on agriculture and how the Senator represents and assists the farmers and ranchers. Zack Schaffer with Culberson County Agriculture Agent gave a presentation of local crops and vegetables grown locally. Marie Borrego promoted Texas economy, resources, and served watermelon and guacamole (mostly salsa) made from locally grown vegetables that were donated to serve as tasting.



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