



Try the
June Harvest of the Month!
.....
Grapes
.....





IDEA Child Nutrition Program July 2024 Harvest of the Month Recipe

Fresh Grape and Broccoli Salad



INGREDIENTS

- 6 cups fresh broccoli florets
- 6 green onions, sliced
- 1 cup diced celery
- 1 cup green grapes
- 1 cup seedless red grapes
- 1/2 cup mayonnaise
- 1/2 cup Greek yogurt
- 1/4 cup honey
- 1 tablespoon cider vinegar
- 1 cup slivered almonds

STEPS

1. In a large salad bowl, combine broccoli, onions, celery and grapes and set aside
2. In another bowl, prepare the dressing by whisking together mayonnaise, Greek yogurt, honey and vinegar
3. Pour the dressing over broccoli mixture; toss to coat.
4. Cover and refrigerate until serving.
5. After serving, top each serving with almonds for some added crunch!



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Grape Varieties

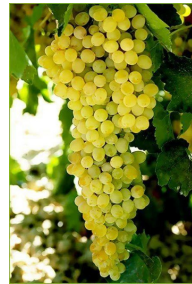
VARIETIES

Concord



This variety of grape was named after the city it was created in, Concord Massachusetts. These grapes are commonly used to make jelly.

Sultana



This variety of grape is known for its pale green color and for having a sweeter flavor. This is often the grape used to make golden raisins.

Moon Drop



This variety of grape named for its shape originated and grows in California and is harvested in the fall.

Grape FAST FACTS

Eating grapes is a great way to stay hydrated since about 80% of a grape contains water!



Both grapes and grape juice have antioxidants, but when you eat whole grapes, you get the benefits of the fiber as well!

Grape vines are slow growers and it can take up to three years before they start producing any grapes.

When trying to beat the summer heat, you can put grapes in the freezer and have a nice frozen treat! But remember, fresh or frozen grapes should be cut for little ones to prevent choking.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2025 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

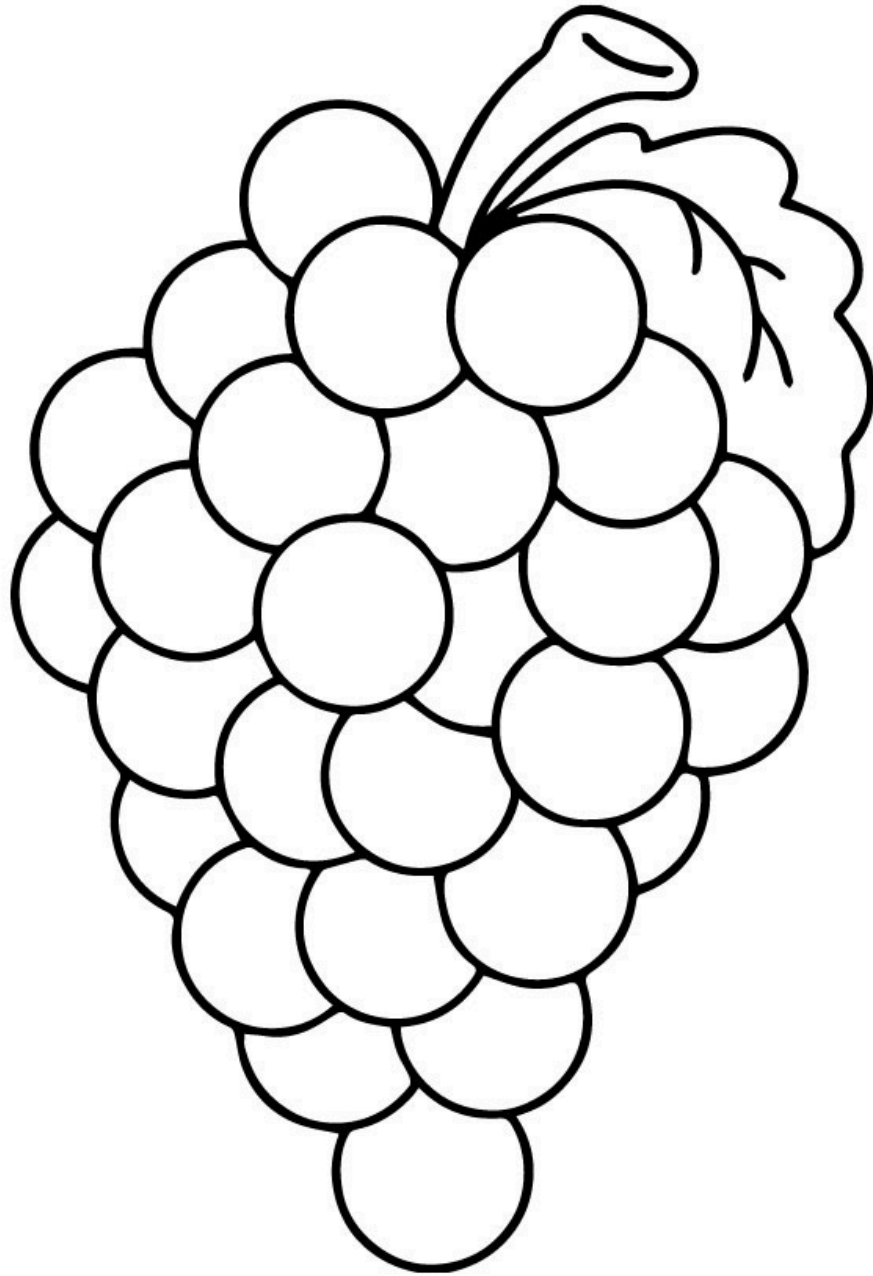


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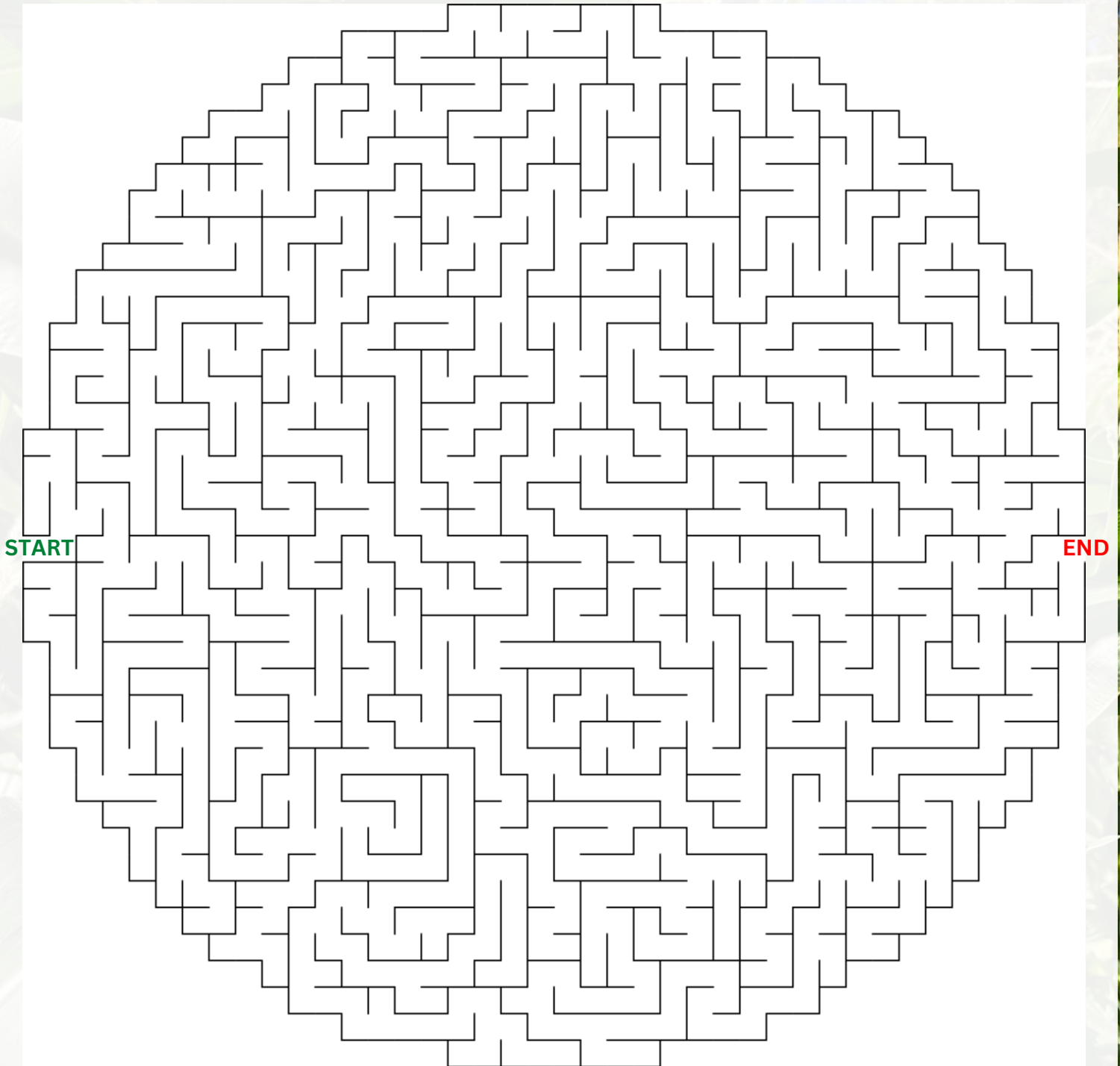
Coloring Activity





IDEA Child Nutrition Program July 2024 Harvest of the Month

Directions:
Find your way to the end of the Maze!



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IDEA Child Nutrition Program July 2024 Harvest of the Month

Word Search

Directions:

- Find the Grape related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

FIBER
GREEN
HYDRATE
PURPLE

FRUIT
GROW
JUICE
ROUND

GRAPE
HARVEST
JULY
VINE

O	S	F	T	A	V	U	Q	J	P	P	K	S	U	T
P	Q	E	K	P	E	H	S	U	D	X	N	G	J	O
H	A	R	V	E	S	T	R	K	B	F	J	W	K	L
N	E	E	R	G	J	P	R	H	C	H	P	O	E	D
F	N	G	M	J	L	C	B	E	Y	F	M	J	V	R
K	I	L	B	E	E	Y	P	C	U	D	U	S	S	K
K	B	B	J	M	W	G	F	I	C	F	R	U	I	T
S	Q	U	E	O	K	O	P	U	G	W	E	A	I	F
P	L	R	R	R	G	X	F	J	R	P	S	U	T	Q
Y	L	G	P	N	G	I	U	R	A	W	D	A	S	E
E	P	T	T	F	J	Q	I	O	P	S	T	I	O	X
W	N	V	A	V	J	I	K	U	E	P	O	J	S	Q
P	J	I	C	L	Z	U	G	N	J	N	X	X	F	V
J	H	P	V	D	S	I	C	D	Y	S	Z	O	P	B
J	A	M	U	P	Y	R	U	Q	G	I	F	M	P	E



IDEA Child Nutrition Program July 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Grape Related Words!

Scrambled Word

Unscrambled Word

1. BRIFE
2. NREEG
3. DEHYTRA
4. REPPLU
5. IUFTR
6. OGWR
7. UIEJC
8. ODNUR
9. PAGRE
10. EVSATRH
11. YJLU
12. EVNI

ANSWER KEY

7. JUICE
8. ROUND
9. GRAPE
10. HARVEST
11. JULY
12. VINE

1. FIBER
2. GREEN
3. HYDRATE
4. PURPLE
5. FRUIT
6. GROW