



Try the  
June Harvest of the Month!

.....  
**Tomatoes**  
.....



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# IDEA Child Nutrition Program

## June 2025 Harvest of the Month Recipe

### Fig & Tomato Arugula Flatbread



#### Ingredients

- 1–2 store-bought flatbreads
- 4–6 fresh figs, sliced
- 1 cup cherry tomatoes, halved
- 1 cup arugula, lightly packed
- 1/4 cup goat cheese or ricotta
- 2–3 tbsp balsamic glaze
- 1 tbsp olive oil
- Salt & pepper, to taste

#### Optional extras:

- Thinly sliced prosciutto or crispy pancetta
- Crushed red pepper flakes for heat
- Fresh basil or thyme for added herbal notes
- Honey for a touch more sweetness

#### Instructions

1. Preheat your oven to 400°F
2. Brush the flatbread lightly with olive oil and season with a bit of salt.
3. Add toppings: Spread goat cheese across the flatbread. Scatter fig slices and cherry tomato halves evenly over the top.
4. Bake for 8–10 minutes, or until the flatbread edges are golden and the toppings are warmed through.
5. Add fresh arugula right after baking, so it wilts just slightly from the residual heat.
6. Drizzle with balsamic glaze and add a bit of fresh cracked pepper. Add any optional extras like prosciutto, fresh herbs, or honey.





# IDEA Child Nutrition Program

## June 2025 Harvest of the Month

### Tomatoes

#### VARIETIES

##### BEEFSTEAK TOMATOES



They're big and round. Because they're so big, you can cut them into big, thick slices — perfect for putting on your sandwiches or burgers to make them extra tasty.

##### HEIRLOOM



They come in all sorts of fun shapes round, lumpy, or even heart-shaped! They usually taste sweeter, richer, and more flavorful than regular tomatoes you find in the store.

##### CHERRY TOMATOES



Tomatoes about the size of a cherry (that's where they get their name!). They're bright red, yellow, or even orange and are perfect for snacking, salads, or roasting.

### Tomatoes FAST FACTS

Tomatoes are fruits! Even though we use them like vegetables, they're actually fruits because they have seeds inside.

Tomatoes are about 95% water, which is why they're so juicy!



Tomatoes originally come from South America. They were first grown by the Aztecs in Mexico.

The tomato plant is a vine, and it grows best in warm, sunny weather.

### 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

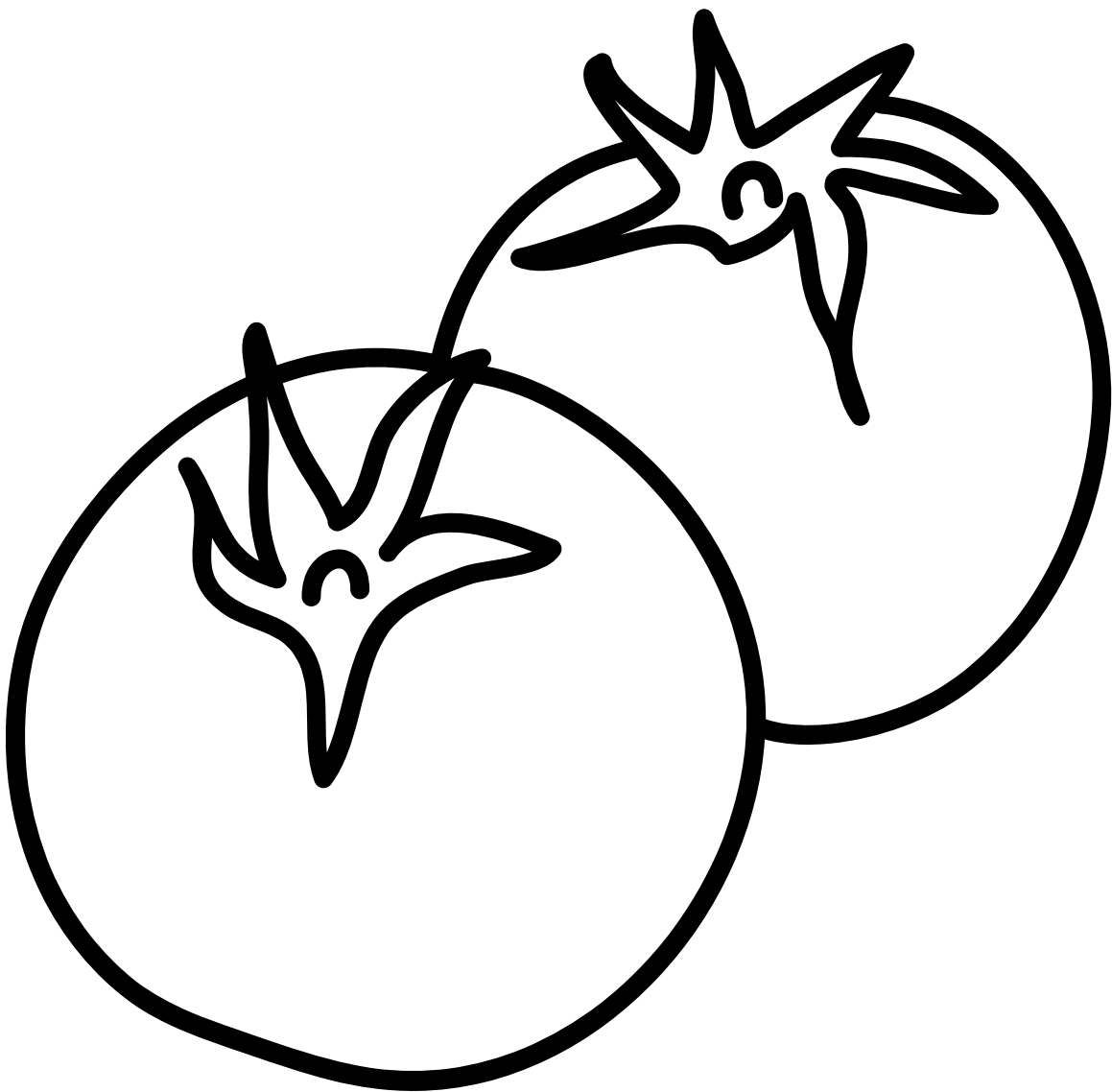


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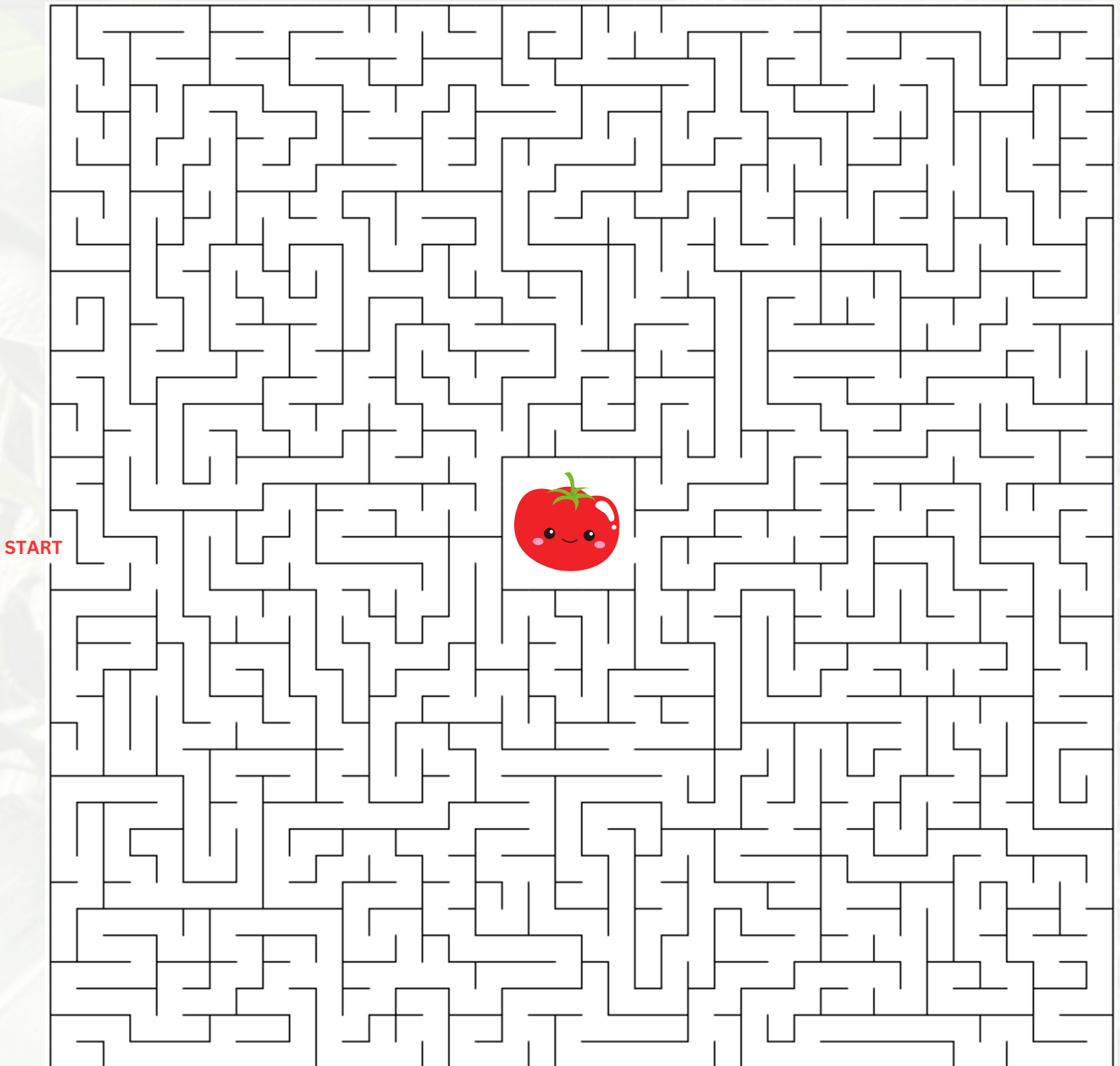
## Coloring Activity





# IDEA Child Nutrition Program June 2025 Harvest of the Month

**Directions:**  
**Find your way to the Tomato!**







# IDEA Child Nutrition Program

## June 2025 Harvest of the Month

### Word Search

#### Directions:

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

Beefsteak  
Garden  
Juicy  
Seeds

Cherry  
Harvest  
Red  
Tomato

Fruit  
Heirloom  
Round  
Vine

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



## IDEA Child Nutrition Program June 2025 Harvest of the Month

### Word Scramble

Directions:  
Unscramble the Tomato Related Words!

#### Scrambled Word

#### Unscrambled Word

1. OOTTMA
2. EDR
3. RHIEOMOL
4. BFEEKSATE
5. HCREYR
6. IVEN
7. DESES
8. NOUDR
9. YCUJI
10. TIRUF
11. GEDANR
12. VSAHTRE

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#### ANSWER KEY

- |             |              |
|-------------|--------------|
| 12. Harvest | 6. Vine      |
| 11. Garden  | 5. Cherry    |
| 10. Fruit   | 4. Beefsteak |
| 9. Juicy    | 3. Heirloom  |
| 8. Round    | 2. Red       |
| 7. Seeds    | 1. Tomato    |

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