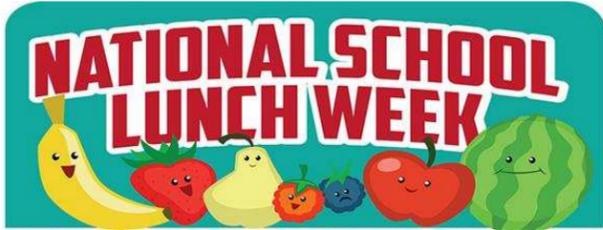
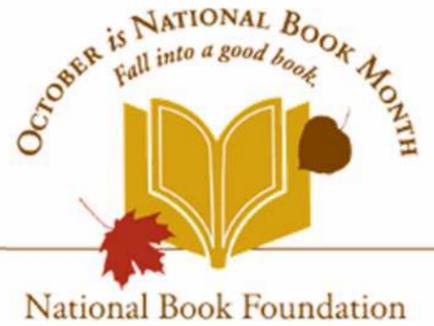


NUTRITION NEWS 2018

OCTOBER



HAPPY HALLOWEEN!



National School Lunch Week (NSLW) is October 15-19. The 2018 NSLW theme is "School Lunch: Lots 2 Love", and it's all about showing off the secrets to your school lunch success in your schools and districts—The National School Lunch Program serves more than 30 million children every school day—that's something to love!



FACTS



October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between children and local food!



Visit some Local Farms for apple picking and more this season!



- Solebury Orchards (New Hope, PA):** known for their high-quality fruit and picturesque country setting, Solebury Orchards is the supplier of this month's Fruit of the Month, Honeycrisp apples. Come back during blueberry season to pick your own blueberries.
- Battleview Orchards (Freehold, NJ):** Schedule a group tour and learn how they make their delicious apple cider.
- Giamarese Farm and Orchard (East Brunswick, NJ):** Apples grown at Giamarese Farm are non-GMO. Weekends offer hayrides, pony rides, and a corn maze.



Honeycrisp Apples

Like most apple trees, the "Honeycrisp" cannot self-fertilize. It needs cross-pollination for fruit production. A good choice for a pollinator is the "Golden Delicious," which also attracts pollinators, like bees, to help the process along. This means having enough space for at least two apple trees if you want fruit.

October is National Apple Month! Pick up some today!



Jersey Fresh

Broccoli Cheddar Soup



Ingredients

- 4 cups Broccoli (cut into florets)
- 4 cloves Garlic (minced)
- 3 1/2 cups **Chicken broth** (or vegetable broth, or bone broth)
- 1 cup Heavy cream
- 3 cups Cheddar cheese (pre-shredded)

Instructions:

- In a large pot over medium heat, sauté garlic for one minute, until fragrant.
- Add the chicken broth, heavy cream, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 10-20 minutes, until broccoli is tender.
- Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. (Add 1/2 cup, simmer and stir until it melts fully, then repeat 1/2 cup at a time until all the cheese is used up.) Make sure to keep it at a very low simmer and avoid high heat, to prevent seizing. Remove from heat immediately once all the cheese melts.



Broccoli Crowns

Featured Local Farm

Dagele Brothers Produce Farm grow's a large variety of vegetables, including 200 acres of salad greens. Pretty much any vegetable that grows in the Northeast can be found growing at the Dagele Brothers' farm; including our vegetable of the month **Broccoli Crowns**.

"This institution is an equal opportunity provider."



POMPTONIAN
FOOD SERVICE