



Farm-to-School Fresh Produce Every Wednesday At Lunch!

These farm-fresh fruits and vegetables from local farmers are ripe and ready to eat. Deeee-licious!

MINI SWEET PEPPERS

These are great to eat just like a fruit, because they are fruits! Colorful and crunchy with the right amount of sweetness. Peppers are part of the “nightshade” family and are related to potatoes and tomatoes. Peppers start out green and as they mature they turn yellow, orange, then red and are at their sweetest when red.



GRAPES

Grapes are really berries. There can be over 100 grapes in a bunch! Seedless grapes are not really seedless. You’ve been eating the seeds and didn’t know it.

“Seedless” grape seeds are hard to see because they do not have a hard coat. Grapes grow on vines that can grow over 100 feet long and vines can live for 100 years!

