

Dear Parents,

As part of our **Farm to Tray** initiative, each month Pomptonian's Fruit and Vegetable of the Month will feature produce from local farms. "Local" includes New Jersey, Pennsylvania, and New York.

Coming in from Dagele Brothers Produce, Orange County, New York, **cauliflower** is the local Vegetable of the Month. Way back in 1908, John and Josephine Dagele began a small onion operation in the fertile black dirt of Orange Country. Black dirt is some of the best soil in the country thanks to its high levels of nitrogen, sulfur, and organic matter. Cauliflower is closely related to broccoli, brussels sprouts, kale and cabbage. The nutrition profile of cauliflower is quite impressive. It is a great source of antioxidants and fiber, very low in calories, yet high in vitamins. In fact, cauliflower contains some of almost every vitamin and mineral that you need.

The local Fruit of the Month, **pears**, are from Weaver's Orchard, Morgantown, Pennsylvania. Jacob and Lizzie Weaver were fruit growers in Delaware whose son, Daniel, purchased the current Berks county property and started Weaver's Orchard in 1932. Apart from being a tasty addition to the diet, pears are also packed with many nutrients, and have been valued for their medicinal benefits for thousands of years. Modern science now tells us that the mineral, vitamin, and organic compound content of pear species is the reason for its vast health potential. Some of these active and effective components are potassium, vitamin C, vitamin K, phenolic compounds, folate, dietary fiber, copper, manganese, magnesium, as well as B-complex vitamins.



Order lunch on November 15th and get a free Healthy Eating Sticker for your child. As November comes to an end, get a free Leaf Glitter Tattoo for your child with a lunch purchase on November 28th.

November lunch menus are available online. Please visit <http://glenrock.pomptonianmenus.com/order> to place an order by credit card no later than 8:00 AM the same day.

Pomptonian is pleased to be Glen Rock School District's food service provider, and we appreciate your comments and suggestions. You can reach us at cafeteria@glenrocknj.org or 201-445-7700 ext. 8965.

