



# Try the July Harvest of the Month!

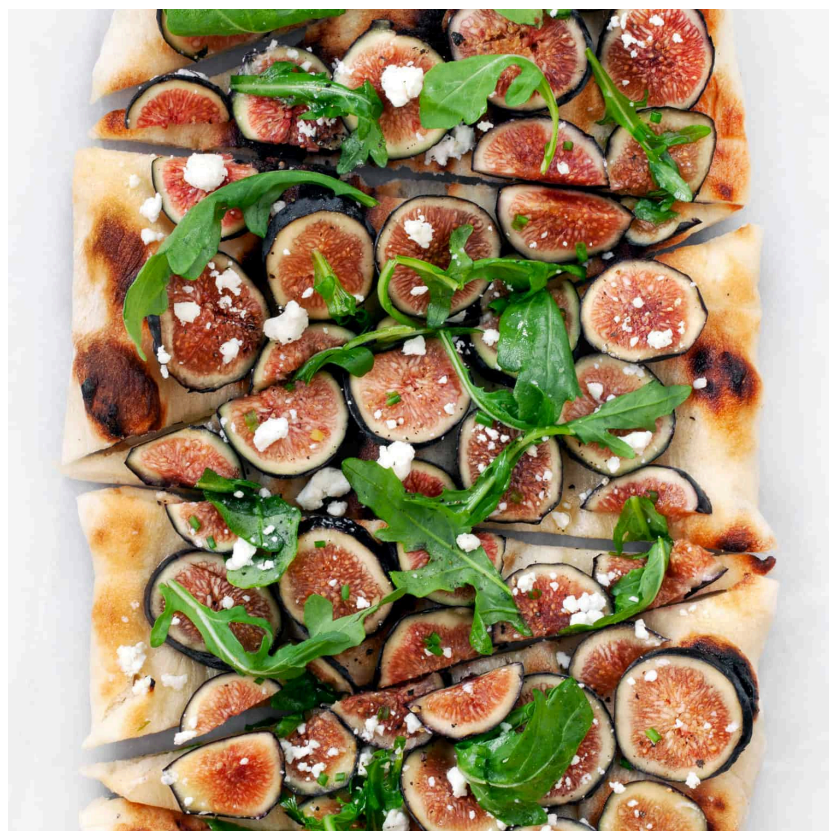
.....  
**Fig**  
.....





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

## Fig

### VARIETIES

#### Black Mission



They have dark purple to black skin with sweet, jammy pink flesh. Perfect for eating fresh, drying, or using in baked goods, their rich flavor makes them a favorite in both sweet and savory dishes.



#### Brown Turkey



Known for their brownish-purple skin and soft pink flesh. Milder in sweetness compared to other figs, they're great for fresh eating, salads, or light preserves.



#### Kadota



Light green to yellow skin with pale amber flesh and a subtle, honey-like sweetness. Great for cooking, canning, and drying due to its dense texture and low seed count.

### FIG FAST FACTS

Figs are one of the oldest cultivated fruits. They've been grown for over 11,000 years!

You Can Eat the Whole Thing  
Skin, seeds, and all — no  
peeling required!



California grows 98% of U.S. figs. The sunny climate is ideal for fig farming.

Naturally Sweet  
They're high in natural sugars,  
making them great for  
nutritious snacks or desserts.

### 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

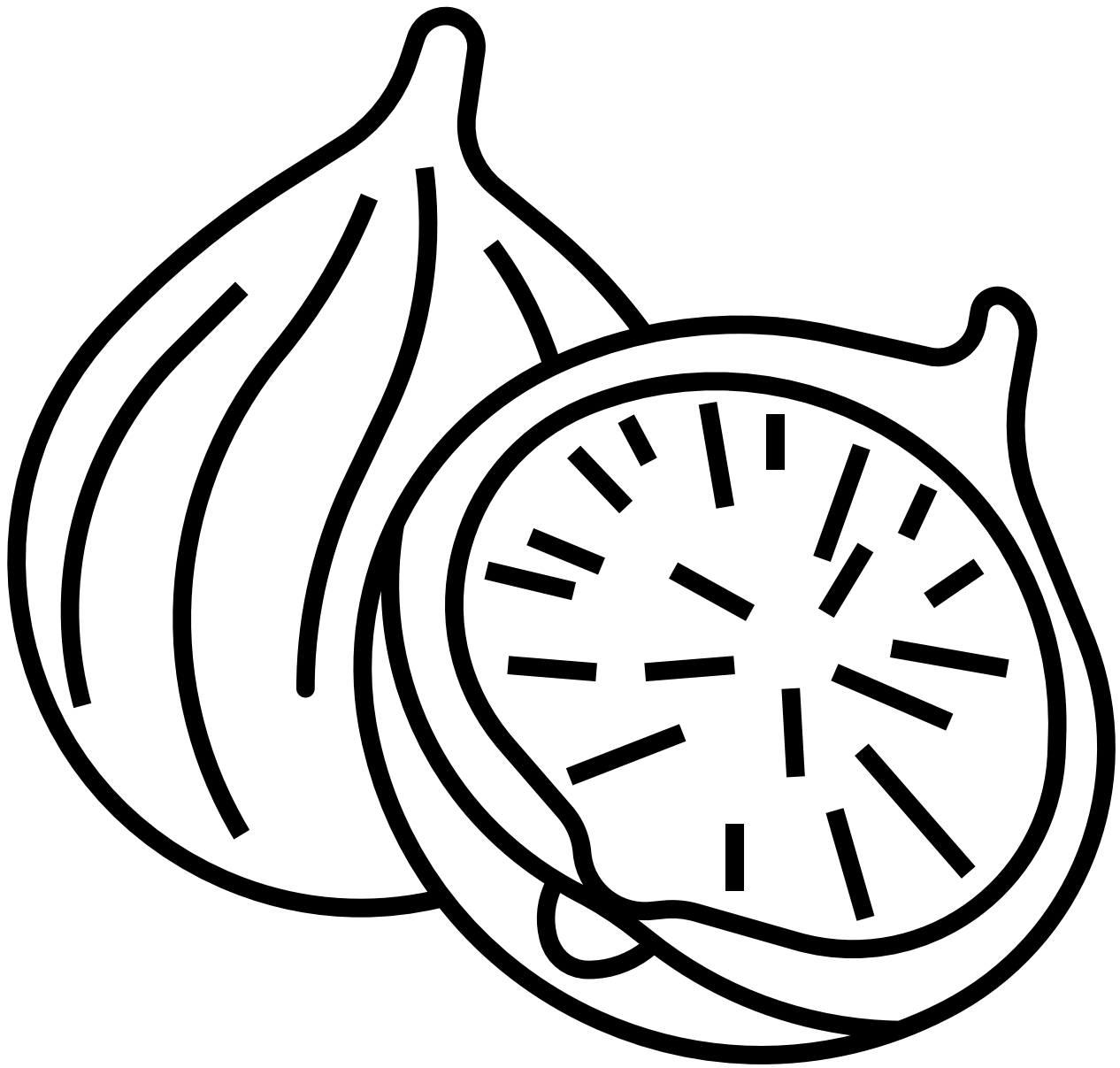


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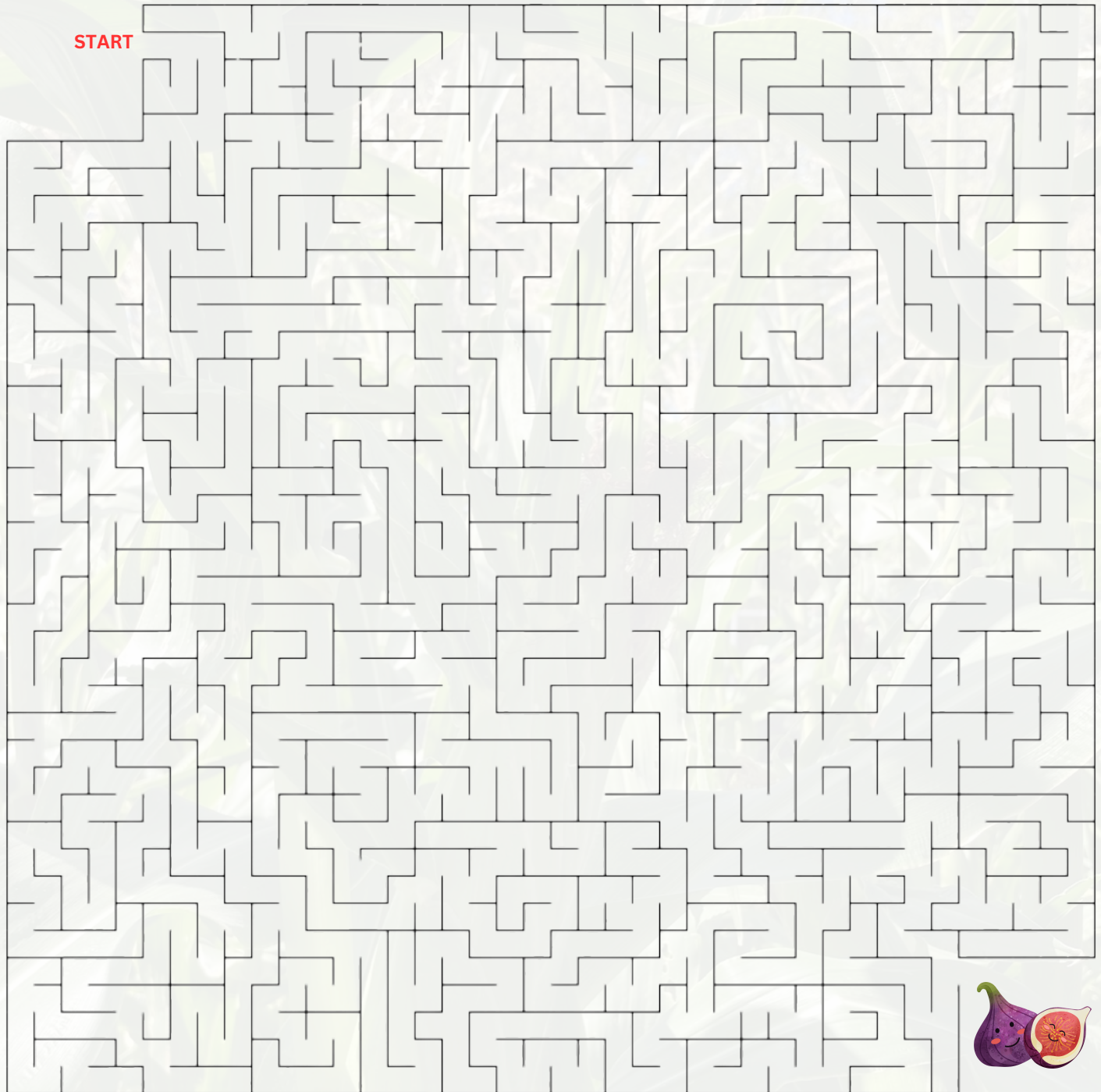
## Coloring Activity





# IDEA Child Nutrition Program July 2025 Harvest of the Month

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





# IDEA Child Nutrition Program July 2025 Harvest of the Month

## Word Search

### Directions:

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

Brown  
Fig  
Kadota  
Seeds

California  
Fruit  
Natural  
Summer

Cultivate  
Harvest  
Purple  
Sweet

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



# IDEA Child Nutrition Program July 2025 Harvest of the Month

## Word Scramble

Directions:  
Unscramble the Fig Related Words!

### Scrambled Word

### Unscrambled Word

1. FGI
2. SARHTEV
3. RPPLUE
4. NRWOB
5. KOADAT
6. ESDDES
7. FUTIR
8. WTESE
9. IAROAFICLN
10. TTCVIEUAL
11. TRANLAU
12. RMMSEU

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#### ANSWER KEY

7. Fruit  
8. Sweet  
9. California  
10. Cultivate  
11. Natural  
12. Summer

1. Fig  
2. Harvest  
3. Purple  
4. Brown  
5. Kadota  
6. Seeds

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