



# March Newsletter

## Avocado Planting TIPS

 Place toothpicks halfway into an avocado seed and place over the mouth of a jar, only having 1/2 the seed in water.

 Refill the water as needed until the seed sprouts (between 5-30 days).

 When the seed sprouts, the seed should crack and roots will sprout from the bottom. A stem will emerge on the top of the seed and leaves will grow.

 Once there are 2 big leaves, make sure to pinch off any new growth to encourage stem growth.

 When the plant is 7-10 inches tall, transplant to a pot with 1 inch crushed rock on the bottom. Fill the rest with soil.

 Place in a sunny location and water plant often.

Centralia Unified School District -  
Nutrition Network

## kiwi

### Dianna Wong | IILA

Meet Dianna Wong, the kitchen supervisor at the International Institute of Los Angeles (IILA). Since Dianna's arrival a year ago, she has transformed the organization's food preparation from pre-cooked canned food to as many fresh and local ingredients as possible. Through her introduction of the scratch cooking techniques into the IILA kitchen she has made many changes to existing menus such as traditionally serving cookies to now serving vegetable sticks and homemade hummus for snacks. Other IILA kitchen staff who have been a part of the organization for many years are in full support of these exciting changes. As Dianna noted, "I have 2 children and I wouldn't feed IILA kids what I wouldn't feed my own." IILA currently serves 1,400 children at 24 sites in LA. County.



## Kiwi Salsa

*Kiwi Mango Tango*  
3 ea Kiwifruit  
¾ c Mango, chopped  
2 T Lime Juice  
1 ½ t Honey  
3T Cilantro  
pinch Salt

Peel kiwifruit and cut lengthwise quarters, then slice. Place sliced kiwifruit into bowl with the other ingredients. Mix gently. Serve with tortilla chips.

*Recipe provided by Dianna Wong, IILA Central Kitchen*

## Farmer of the Month

Kingsburg Orchards, Flavor  
Grower Brand | Hayward, CA

This month's kiwi in your preschool menu comes from Flavor Grower brand of the Kingsburg Orchards Farm which family owned and operated and has a team that has been together nearly 16 years!



## Harvest of the Month

fruit is one of the most nutrient-dense fruits and is a good source of vitamin C, K, and fiber