

FOOD FACTS

Apples



NUTRITION

- Apples are an excellent source of fiber and polyphenols
- Good source of vitamin C and potassium
- 1 medium apple is the equivalent of 1.5 cups of fruit and offers 4 grams of fiber, most of which is in the skin
- Contain both soluble and insoluble fiber, with soluble fiber being known for its health benefits partly due to feeding friendly gut bacteria

PREPARATION & STORAGE

- Whole fruit will last longer than processed, especially tart varieties with thick skins
- Handle with care—they can bruise easily, and a rotting apple will affect the storage life of those around it
- Store whole apples between 30-35F for 6-8 weeks in the refrigerator crisper drawer, or drizzle cut apple with lemon juice and place in the refrigerator in an airtight container

Baked Cinnamon Raisin Apples

Ingredients:

3 cups	apples (Granny smith, Braeburn, or Honeycrisp are great varieties for baking)
1 Tbsp	lemon juice
3 Tbsp	Butter
1 Tbsp	Cinnamon
½ cup	Raisins
¼ cup	Brown Sugar (light or dark, your preference)



Directions:

Preheat oven to 350°F. Peel, core, and dice apples. Drizzle apple chunks with lemon juice to keep from browning. Melt butter in a small saucepan over low heat or in the microwave. In a mixing bowl, toss apples with melted butter, cinnamon, raisins and brown sugar. Transfer to a baking dish and bake for about 20 minutes, or until apples are tender but not overcooked.

FOOD FACTS

Cantaloupe



NUTRITION

- Cantaloupe is an excellent source of vitamin A and C.
- Vitamin A is important for your vision. It helps keep your eyes healthy so you can see; especially in the dark! Vitamin A is found in many foods that are orange in color.

DYK

- The name "cantaloupe" comes from the name of a town in Italy near Rome called Cantaloupo, where seeds were brought from Armenia and planted in the Papal gardens during the 1400-1500's.
- Cantaloupes are members of the cucurbit family of plants. This family also includes cucumbers, pumpkins, squash, and a long list of melons.
- Another name for cantaloupe is "muskmelon".
- Columbus brought cantaloupe to the Americas on his second voyage.

PREPARATION & STORAGE

- At the store, smell the bottom of the cantaloupe (also called the blossom end, opposite from the stem end). It should smell sweet if it is ready to eat.
- The melon should be tan or gold under the netting.
- Store uncut cantaloupes at room temperature for 1 week. Refrigerate cut melon in airtight container for 5 days.

Cantaloupe Salsa

Ingredients:

2 cups cantaloupe melon, diced
1/4 cup red onion diced
2 Tbsp Fresh cilantro chopped
1 fresh chile, seeded and diced
2 tablespoons fresh lime juice
Salt, to taste



1. Gather and combine ingredients in a medium bowl.
2. Refrigerate for at least 2 hours and enjoy.

FOOD FACTS

Honeydew



NUTRITION

- Melons are a great source of vitamin C and potassium.
- Potassium works with sodium to control your body's fluid balance and control blood pressure.
- Potassium also regulates our heart beat and helps with muscle function.

DYK

- Melons were first cultivated in Persia & northern Africa nearly 4,000 years ago.
- Honeydews are also known as Temptation Melons.
- Honeydews are the sweetest of all melons when ripe.
- They range in weight from four to eight pounds.
- We traditionally know honeydew melons to have green flesh, but they can be yellow/gold.

PREPARATION & STORAGE

- Even though you do not eat the rind of a honeydew, it is important to wash them under running water before cutting into the fruit.
- Melons should be served slightly chilled, but not too cold. If they are too cold you will miss their full fragrance.

[Video on Proper Selection of Honeydew](#)

[Fruits and Veggies More Matters - Honeydew](#)



FOOD FACTS

Pineapple



NUTRITION

- Pineapples are rich in manganese (may-guh-knees).
- Manganese is important for bone health and many important reactions in your body.

DYK

- Most of the process of planting and harvesting pineapples is done by hand.
- Pineapple is a part of the berry family.
- Pineapples are the world's symbol for hospitality or welcome.
- You can grow your own pineapple plant from the top of a pineapple. Cut off the leafy top, allow it to dry, and then place it in water. Once roots start growing, plant in soil.

PREPARATION & STORAGE

- ○ When picking a pineapple in the store smell the bottom for the sweetest fruit. You should also pick one heavy for its size with no soft spots.
- ○ Keep them cut up in the refrigerator for snacks, salads, or meat dishes. Looks like they're going bad? Put it in the freezer to use for smoothies.

Grilled Pineapple Skewers

Ingredients:

- 1 (9 inch) angel food cake, cut into 2-inch cubes
- 1 pint strawberries, hulled
- 1 pineapple, cut into 2-inch cubes
- ½ cup dark chocolate chips
- ¼ cup Honey
- ½ lime, Juiced

1. Preheat grill
2. Skewer the strawberry, pineapple and cake on a skewer
3. Heat lime juice and honey until combined
4. Cook on low, use foil to prevent sticking. Once brown drizzle melted chocolate chips on the skewers.



FOOD FACTS

Mango



NUTRITION

- Mangoes are an excellent source of vitamin A and a good source of vitamin C and potassium.
- Vitamin A is important for bone growth and vision. Vitamin C promotes healthy immune function and collagen formation.

DYK

- Mangoes are the most popular fruit in the world.
 - *Teachers: follow this [link](#) for more kid friendly recipes*
- In India, the mango is known as the “King of Fruits”.
- Mangoes are related to cashews and pistachios.
- A mango tree can grow as tall as 100 feet.
- Mangoes grow on trees.
- Most of the mangoes sold in the U.S. are grown in Florida or imported from Mexico, Haiti, the Caribbean, and South America.

PREPARATION & STORAGE

- Store an unripe (firm) mango at room temperature to speed up the ripeness. When ripe, store in the fridge.

Cinnamon Oat Mango Bites

Ingredients:

3/4 cup rolled oats
1/4 cup brown sugar
1 tbs cinnamon
1/4 tsp baking powder
Pinch of salt
1 egg
1/3 cup low-fat milk
3/4 cup fresh mango, cubed



1. Place oats, brown sugar, cinnamon, baking powder and pinch of salt in a food processor and grind to create a fine flour.
2. Add egg and milk to flour mixture in food processor and blend to create a batter.
3. Heat a skillet over medium heat and lightly grease.
4. Dip mango cubes into batter and cook in skillet until evenly brown on all sides.
5. Serve warm and enjoy!

FOOD FACTS

Kiwi



NUTRITION

- Kiwi is rich in vitamins and minerals, such as vitamin C and E, potassium, magnesium, folate, zinc, and fibers.
- Vitamin C helps to boost your immune system.
- Vitamin E may reduce your risk of heart disease and cancer in the future.
- Magnesium improves nerve and muscle function.

DYK

- Kiwi was first discovered in China.
- o It is also known as a Chinese gooseberry.
- The name kiwi came from the fuzzy brown kiwi (bird) in New Zealand.

PREPARATION & STORAGE

- Store kiwi in a vented plastic bag with an apple or a banana at room temperature to speed the ripeness.
- Cut the fruit in half, scoop with a spoon to enjoy the fruit. You can also eat the skin of the kiwi!

Fruit Sandwich

Ingredients:

1 cup	Heavy Cream
1 Tbsp + 2 tsp	Sugar
Pinch	Salt
4 each	Kiwi, sliced
8 each	Strawberries, trimmed and halved
1 each	Yellow Peach
8 slices	White bread

Directions:

Using a mixer on medium speed, beat cream, sugar, and salt in a medium bowl until stiff peaks form, ~3 minutes. Remove crust of bread spread whipped cream on each slice. Place fruit in a pattern. Place second slice of bread to close sandwich wrap with plastic wrap and chill at least 3 hours. Slice in triangles.



FOOD FACTS

Strawberries



NUTRITION

- Strawberries are a great source of vitamin C. Ounce for ounce, strawberries have more vitamin C than most citrus fruits.
- Vitamin C helps to boost your immune system.

DYK

- The average strawberry has 200 tiny black seeds on it. It is the only fruit to carry its seeds on the outside!
- Strawberries are a member of the rose family.
- Strawberries are grown in every state!
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.

PREPARATION & STORAGE

- Strawberries lose nutrients, especially vitamin C, the longer they are stored. Buy smaller portions of strawberries to eat in order to obtain the maximum nutritional benefits.
- Make strawberry ice cubes for a fun drink. Puree some strawberries, pour it in an ice cube tray and put it in the freezer. Use the cubes in smoothies or to add flavor to a drink.

Strawberry Salsa

Ingredients:

- 1 lb strawberry
- ½ English cucumber
- 2 jalapeno
- 1 mango
- 1/2 red onion
- 1 cup chopped parsley
- 1 lemon
- salt and pepper

1. Chopped the strawberry, cucumber, mango flesh, onion into small pieces.
2. Remove the jalapeno seed if you preferred. Slice it into rings.
3. Zest the lemon and cut and squeeze the lemon juice.
4. Put all ingredients into a serving bowl, add lemon juice, salt, and pepper. Chill for at least 20 minutes.

