The first obvious health benefit from black grapes is their nutrition profile. A one-cup serving (138 grams) of seedless black grapes provides (2):

- **Calories:** 90
- **Carbs:** 24 grams
- **Fiber:** 1 gram
- **Protein:** 1 gram
- **Fat:** 1 gram
- **Vitamin C:** 17% of the Daily Value (DV)
- **Vitamin A:** 11% of the DV
- **Iron:** 2% of the DV

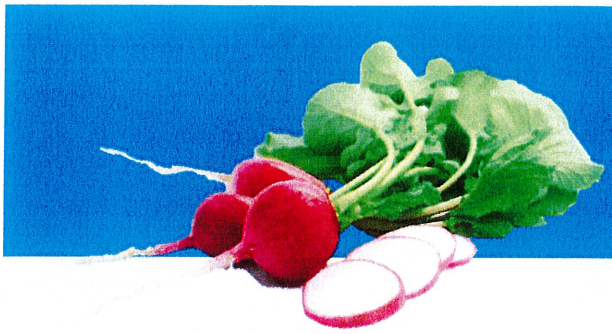
Like most fruits, black grapes are primarily a source of carbs and provide virtually no fat and protein. Yet they are good sources of vitamins C and A.

Vitamin C is a water-soluble vitamin that your body uses to improve iron absorption, produce collagen, and boost your immune system. It is also a potent antioxidant that may help prevent some chronic diseases (3).

On the other hand, vitamin A is a fat-soluble vitamin involved in your body's immune function, cell growth and development, and eye health (4).

Alessio Bogani/Stocksy United

1. Delicious and nutritious



Radish

What am I?

Radishes are a type of root vegetable, commonly eaten whole or sliced on salads. Radishes are crispy and crunchy and have a peppery flavor. There are five common radish varieties grown in the United States. The most well-known variety is the Red Globe radish which has red and white coloring

How do I grow?

- Radishes grow underground just like carrots!
- Wisconsin-grown radishes are available throughout the fall and winter

Nutrition Facts

Radishes contain antioxidants, calcium, and potassium. These nutrients help to lower high blood pressure and reduce risk for heart disease. It is also a good source of natural nitrates which help improve blood flow.

Fun Facts

- Radish leaves may be harvested and eaten
- The "hot" flavoring of a radish is found in the skin so if you peel the radish you will lose most of the flavor

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent

Eat Your Vegetables

P F A V Z D G A T M A N P O U M J T F
R E G N I G K L Q D U I E S D B L M R
P L E R R O S E Y L J K I S P S U Y E
B E L L P E P P E R B P H E A A E V B
D A I K O N C S B L A M R R R L K J U
A M T Y A K S E I E S U S C S S O Y T
N V H S A U Q S L I I P I R N I H E X
B O O V U C R L H E L R A E I F C G D
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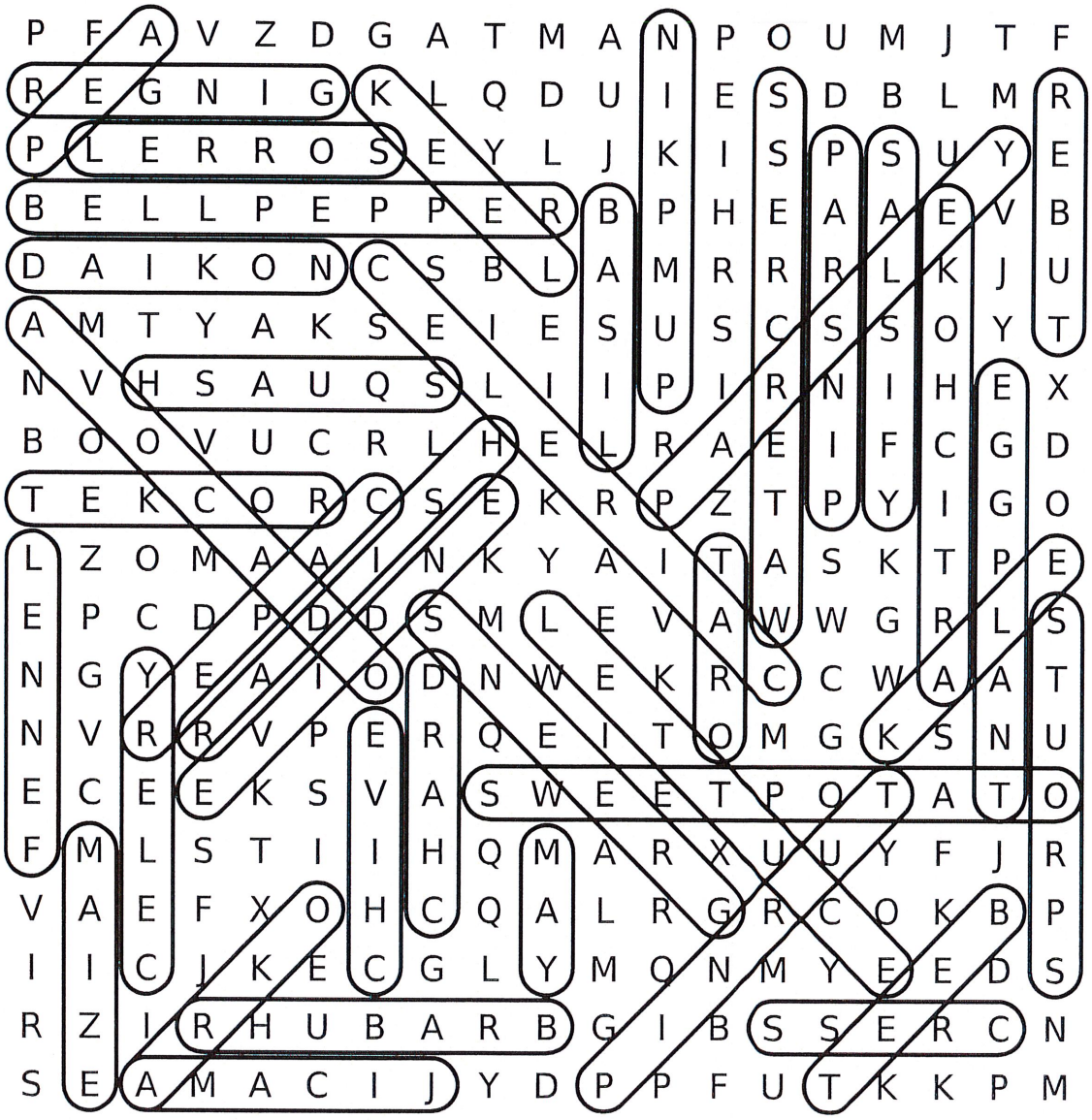
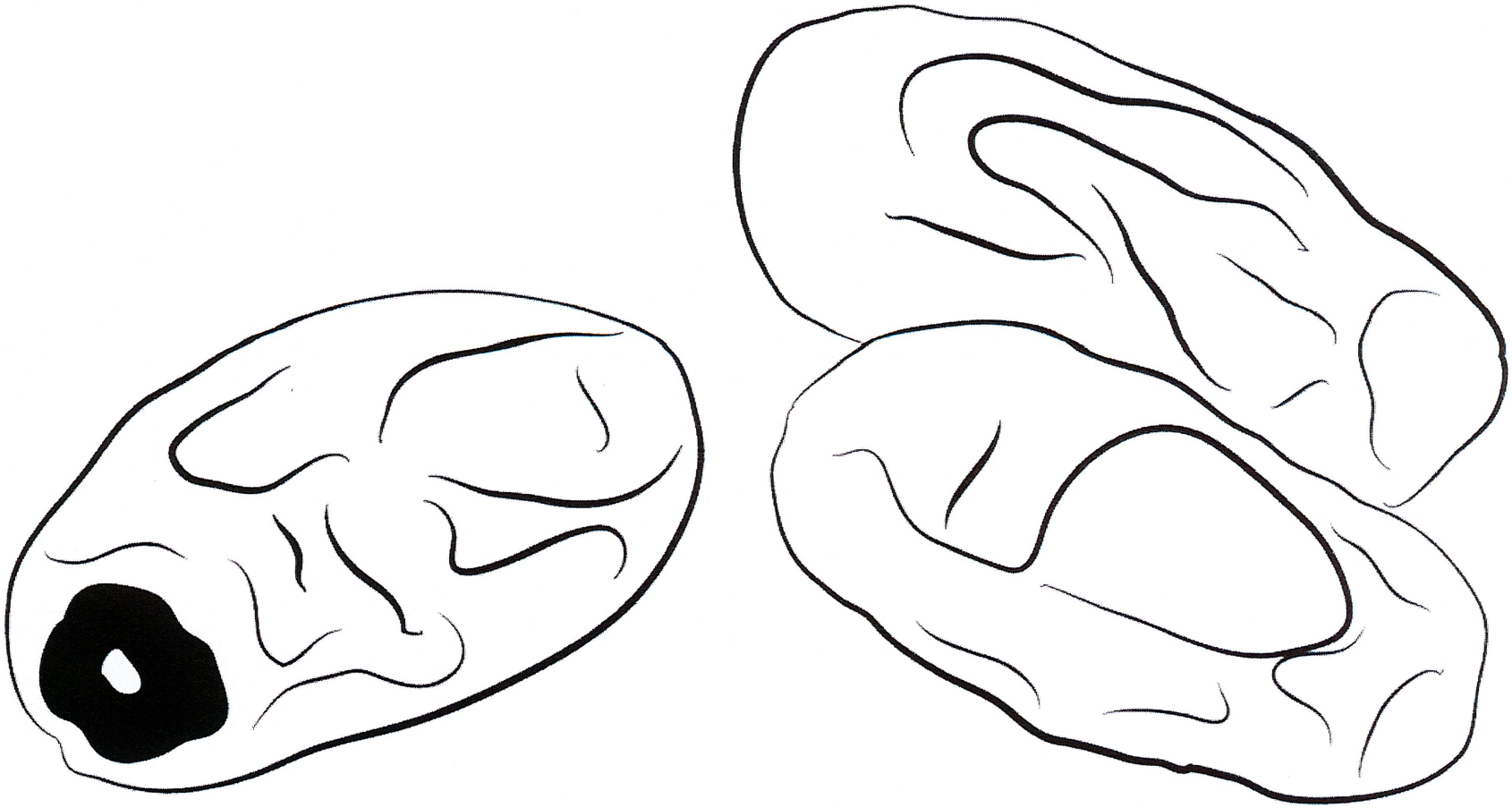
AVOCADO
BASIL
BEET
BELL PEPPER
CAPER
CELERIAC
CELERY
CHARD
CHIVE
CRESS
DAIKON
EGGPLANT
ENDIVE
FENNEL
GINGER
GREENS
JICAMA
KALE
LEEK
LETTUCE
MAIZE
OKRA
PARSLEY
PARSNIP
PEA
PUMPKIN
RADISH
RHUBARB
ROCKET
SALSIFY
SORREL
SPROUTS
SQUASH
SWEET POTATO
TARO
TUBER
TURNIP
WATERCRESS
YAM

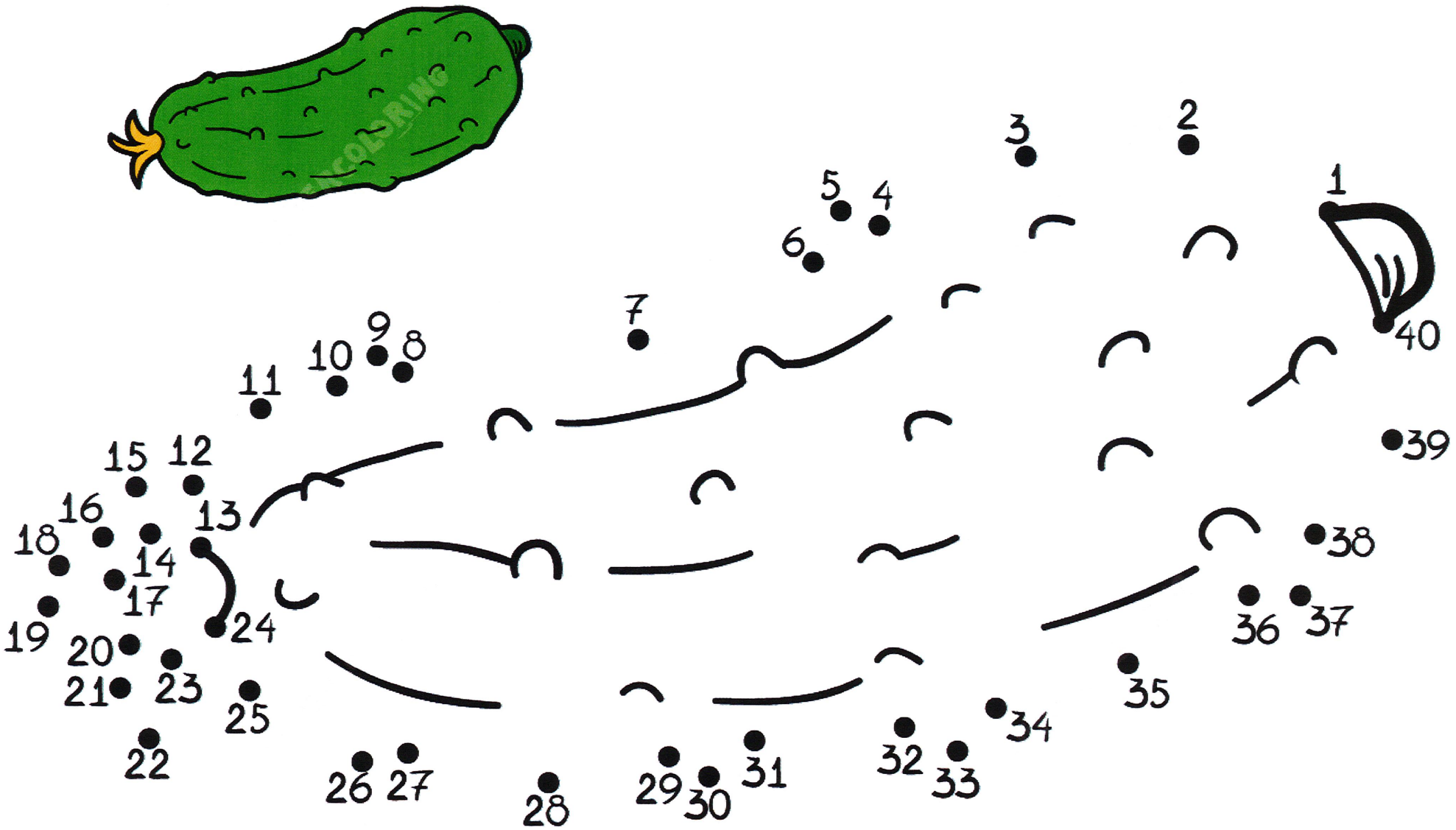
Eat Your Vegetables

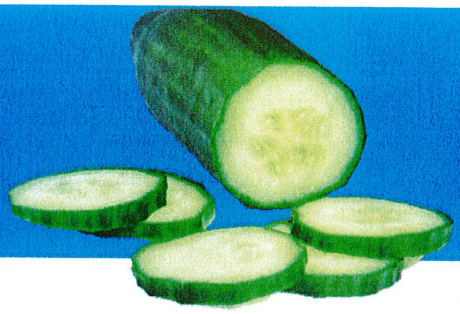
SOLUTION



Find more fun word search puzzles.







Cucumber

What Am I?

Cucumbers are made up of 96% water. There are different varieties of cucumbers based on their uses. Persian cucumbers are the "regular" cucumbers we see often. Gherkin cucumbers are used to make pickles, and apple cucumbers are small, round, and about the size of a baseball.

How Do I Grow?

- Cucumbers grow in the warmer months.
- They grow on vines with large, rough leaves.
- The vines are hairy, spiraling, and can climb.
- Cucumbers need proper sunlight, hydration and temperature for growth.

Nutrition

Cucumbers are made up of mostly water, but also contain vitamins A, C and B6.

Fun Facts

- Cucumbers were thought to be poisonous when they first originated.
- Cucumbers are considered a fruit.
- A cucumber's flavor comes from the seed.
- A single vine can produce 25-125 cucumbers!

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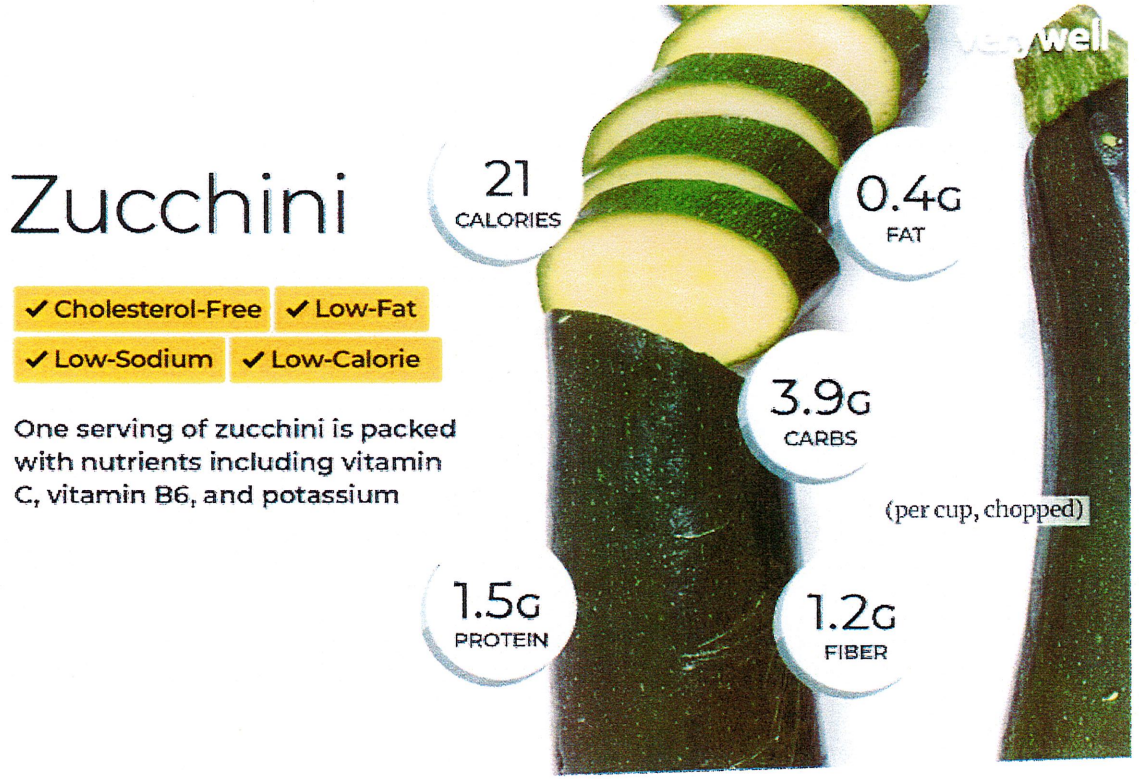
Public Instruction
Jill K. Underly, PhD, State Superintendent

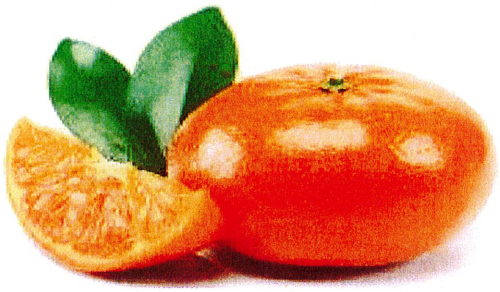
NUTRITION FACTS » FRUIT AND VEGETABLES

Zucchini Nutrition Facts and Health Benefits

By Barbie Cervoni MS, RD, CDCES, CDN Updated on December 12, 2022

Medically reviewed by Jonathan Valdez, RDN, CDCES, CPT





Tangerine

Tangerines are an excellent source of vitamin A and vitamin C

Nutrition Facts
Serving Size = 1 Tangerine

Calories	56
Fat	.5 gram
Protein	1 gram
Fiber	3 gram
Calcium	84 mg.
Vitamin A	80 IU
Vitamin C	89 mg.

Fun Facts of Tangerine

- ✓ Tangerines, also known as mandarins, are a citrus fruit, sometimes called "easy peelers"
- ✓ They are bright orange in color and are sweet.
- ✓ China produces more tangerines than any other country.
- ✓ Most of the tangerines produced in the United States come from Florida and California.
- ✓ Tangerines grow on trees.
- ✓ One tangerine has half the vitamin C you need for the whole day. It keeps brain and skin healthy.

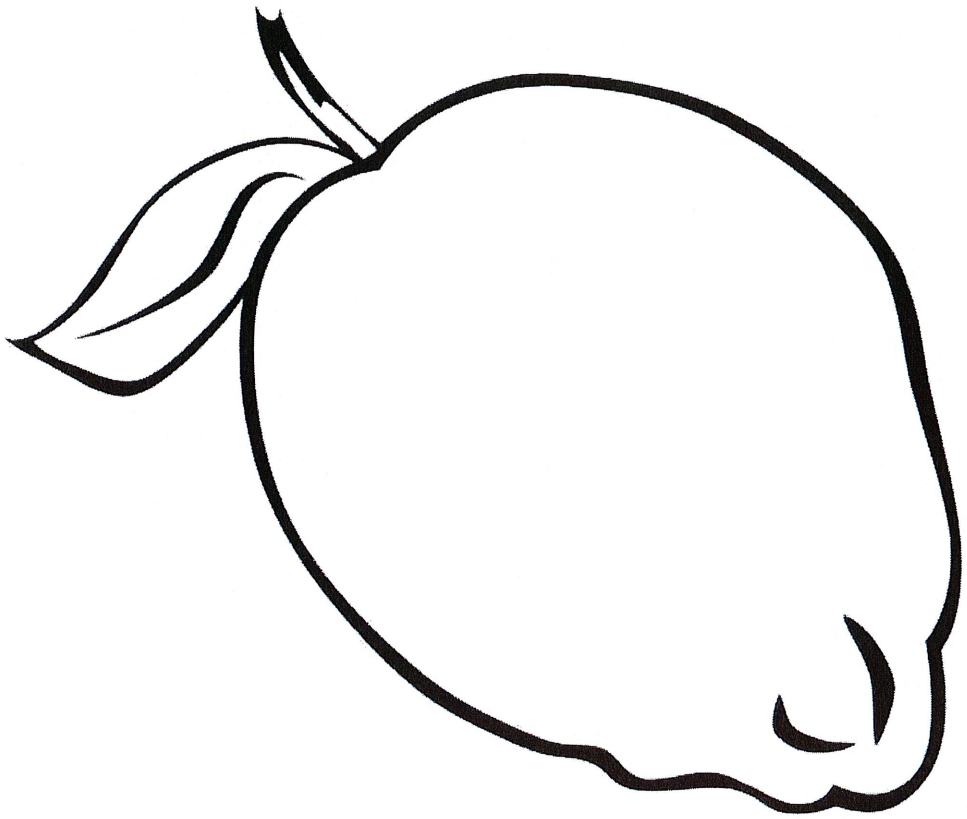
Mission CISD™
Nutrition Services

Fresh Fruit and Vegetable Program
Nutritional Activity Sheet

Healthy Eating Word Search

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

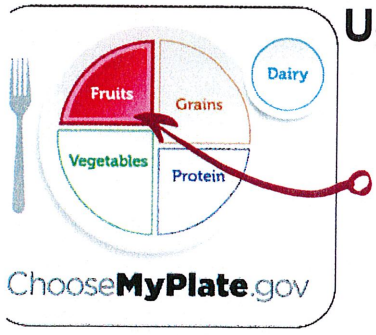
FRUIT	WATER	BREAD
VEGGIE	CHICKEN	PROTEIN
MILK	NUT	EGG
APPLE	TANGERINE	ORANGE



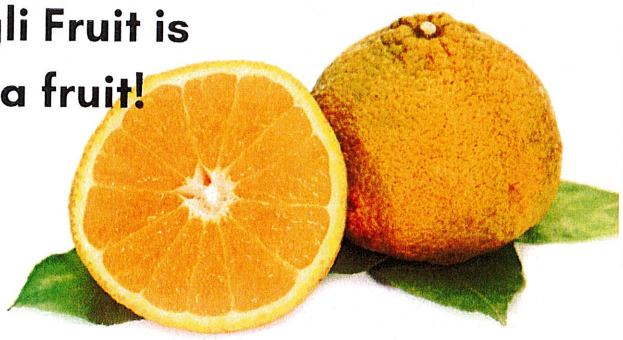
I AM A LEMON. WHAT COLOR SHOULD I BE? PLEASE COLOR ME.

Ugli Fruit

Ugli Fruit provides **Vitamin C** and **Fiber**. **Vitamin C** helps fight off colds and helps heal cuts. **Fiber** is good for your heart and digestion.



Ugli Fruit is a fruit!

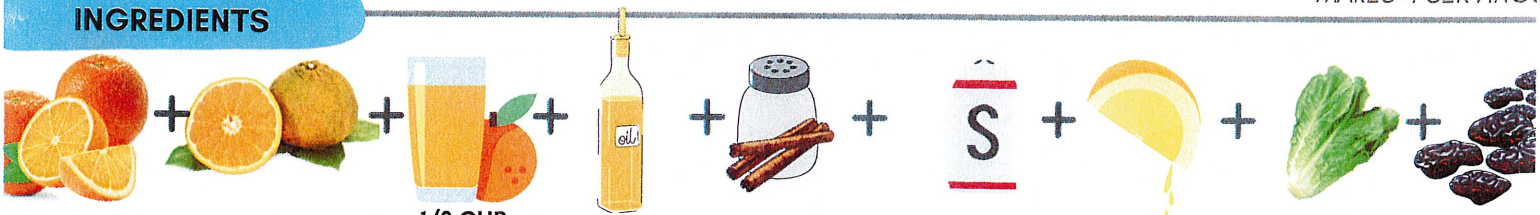


- Ugli fruit is a citrus fruit. It is a cross between orange and grapefruit.
- Ugli Fruit is usually available in the winter months.
- Look for fruit that is free from brown spots and bruises.
- Choose Ugli Fruit that feel heavy for their size.
- Ugli Fruit will keep for several days at room temperature and for days up to a week in the refrigerator.

MOROCCAN FRUIT SALAD

MAKES 4 SERVINGS

INGREDIENTS

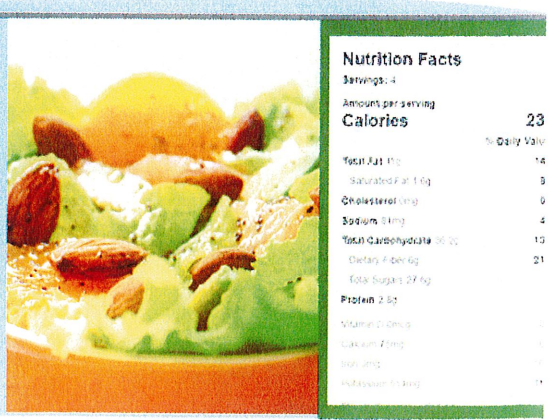


3 ORANGES · 1 UGLI FRUIT · 1/2 CUP ORANGE JUICE · 3 TABLESPOONS OLIVE OIL · 1/2 TEASPOON CINNAMON · SALT TO TASTE, OPTIONAL · 3 TABLESPOONS LEMON JUICE · 1 HEAD OF ROMAINE LETTUCE · 1/4 CUP DAT OR RAISIN

INSTRUCTIONS

. Peel 3 large oranges and 1 Ugli fruit.
. Divide into segments and place in a bowl.
. Whisk together orange juice, olive oil, cinnamon, and salt
a small bowl.
. Toss lettuce leaves with dressing. Toss in fruit and top and
ith pitted and chopped dates or or raisins.

For an extra crunch, add your favorite nuts.



Summer Squash Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. Squash should have well defined color for variety, feel heavy for its size, and skin should be fully intact with very little discoloration. No more than 10% should have defects that make the squash unusable, and no more than 1% should be affected by decay.

Identification

Summer squash is harvested when tender and still immature. The skin is very soft and seeds and skin are typically edible if squash is not over mature. They are usually separated into straight or crookneck varieties, with patty pan, zucchini, and yellow crook neck the most popular. Winter type squash has similar requirements as summer type but are very different in appearance and typical use. Winter squash typically has hard outer skin and inedible seeds.

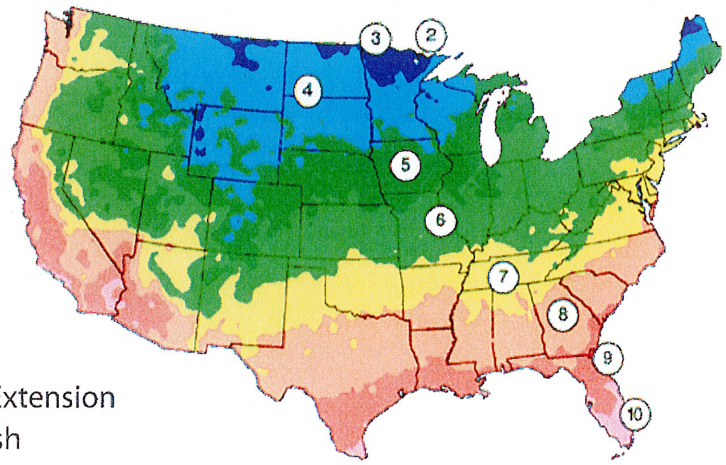
U.S. Grades

- U.S. No. 1* - Requires younger and more tender squash than the U.S. No. 2.
- U.S. No. 2 - Permitted to be more mature and allows greater surface area to be affected by defects.

*U.S. No. 1 consists of squash of one variety or similar varietal characteristics, with stems or portions of stems attached. Squash is fairly young and tender, fairly well formed, and firm. It is free from decay and breakdown, and from damage caused by discoloration, cuts, bruises and scars, freezing, dirt or other foreign material, disease, insects, or mechanical or other means.

Domestic Harvest

2, 3, 4: July -September
5, 6, 7: June - August
7: June - September
8: May - September
9,10: October - June



Check with your county or state Cooperative Extension Office for specific information regarding squash production in your area.

Summer Squash Information Sheet, continued

Receiving Guidelines

Desirable Characteristics

- Acceptable color and shape.
- All varieties of squash should be firm to touch.

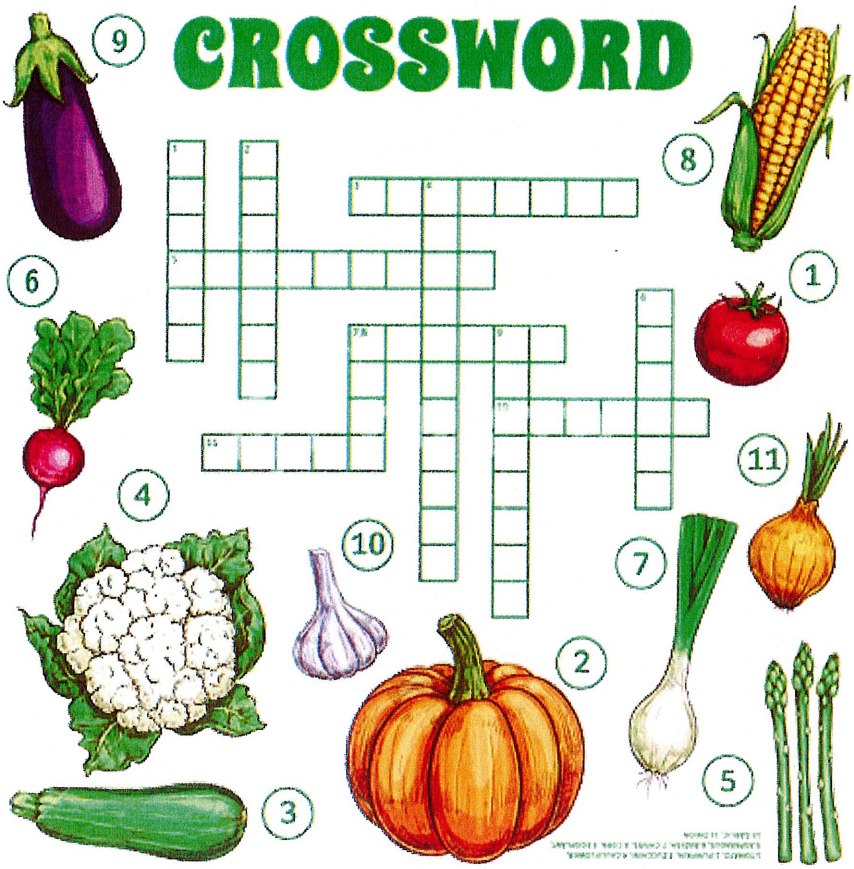
Product Defects

Bruise | Discoloration | Sunken/Discolored | Scuffing | Scars | Decay

- External defects should not extend into or blemish the flesh.

Storing and Handling Guidelines

- Store squash ideally between 41 to 50 °F with a relative humidity of 95%. Under these conditions, squash is acceptable for up to 2 weeks. Squash stored at refrigeration temperatures of 41 °F should have a shelf life of 4 days. Summer squash is subject to chilling injury if held at temperatures below 41 °F for more than 2 days. Do not store squash in dry storage areas.
- Avoid storing squash with ethylene gas producing fruits and vegetables. Ethylene may cause yellowing of zucchini, and reduce the shelf life of squash.
- Remove the blossom and stem end prior to storing. If both are removed without cutting into the flesh it will delay the onset of certain bacterial diseases that cause decay.
- Scrub thoroughly each squash under cold, running water until the skin feels clean, and any grit or debris is removed. Peel the squash if the skin is unusually tough or the surface feels especially gritty after washing and scrubbing.
- Cover, date, and refrigerate sliced summer squash immediately. Use within 24 hours for optimum quality and freshness.
- Slice the squash, blanch for two minutes, quickly cool to 41 °F, package, and freeze for up to three months.



Ma Kuang TCM 马光中医
January 29, 2022 ·

Both of these fruits are great choices. However, if have to pick one, the orange is slightly larger and more fiber and almost triple Vitamin C compared to the mandarin!

However, Traditional Chinese Medicine (TCM) have use mature mandarin orange peel, known as chen pi or ju pi in Chinese medicine, to improve digestion, relieve intestinal gas and bloating, and resolve phlegm.

As CNY approaches, avoid binge eating and drinking.
⚠️Eat everything in moderation.
🍊🍊

#... See more

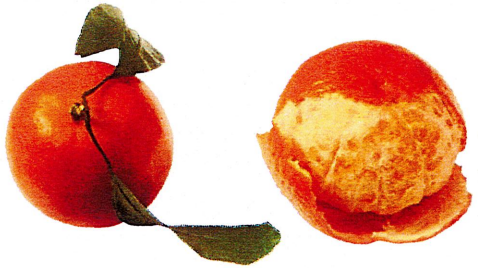
EAT YOUR MANDARINS

Get Your Power Play!

Try to be active for at least 60 minutes every day. It will help you grow strong, stay healthy and feel good. Use the calendar below to help you track how much time you are active each school day — before, during and after school.

1. Write down any activities you do before, during and after school. At the end of the day, add up your total number of active minutes.
2. Place an X in the last row if you met your goal of 60 minutes of physical activity. *Remember: more is better!*

TIME	SAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL	Walked dog (10 min.)					
AT SCHOOL	Played ball at recess (25 min.)					
AFTER SCHOOL	Walked to park, swept floors, danced with mom. (40 min.)					
TOTAL MINUTES	75					
I MET MY GOAL!	X					



Nutrition Facts

Serving Size: 1 medium mandarin (84g)

Calories 45	Calories from Fat 2
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 1g	
Vitamin A 11%	Calcium 3%
Vitamin C 37%	Iron 1%

Source: www.nutritiondata.com

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Mandarins are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples of mandarins are clementines, satsumas and tangelos. Mandarins with a deep orange-red color are called tangerines.
  - Other yellow/orange citrus fruits are oranges, lemons and grapefruits.

How Much Do I Need?

A serving of mandarins is about one medium fruit. This is about the size of a baseball. Try to reach your total number of cups each day and get at least 60 minutes of physical activity.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

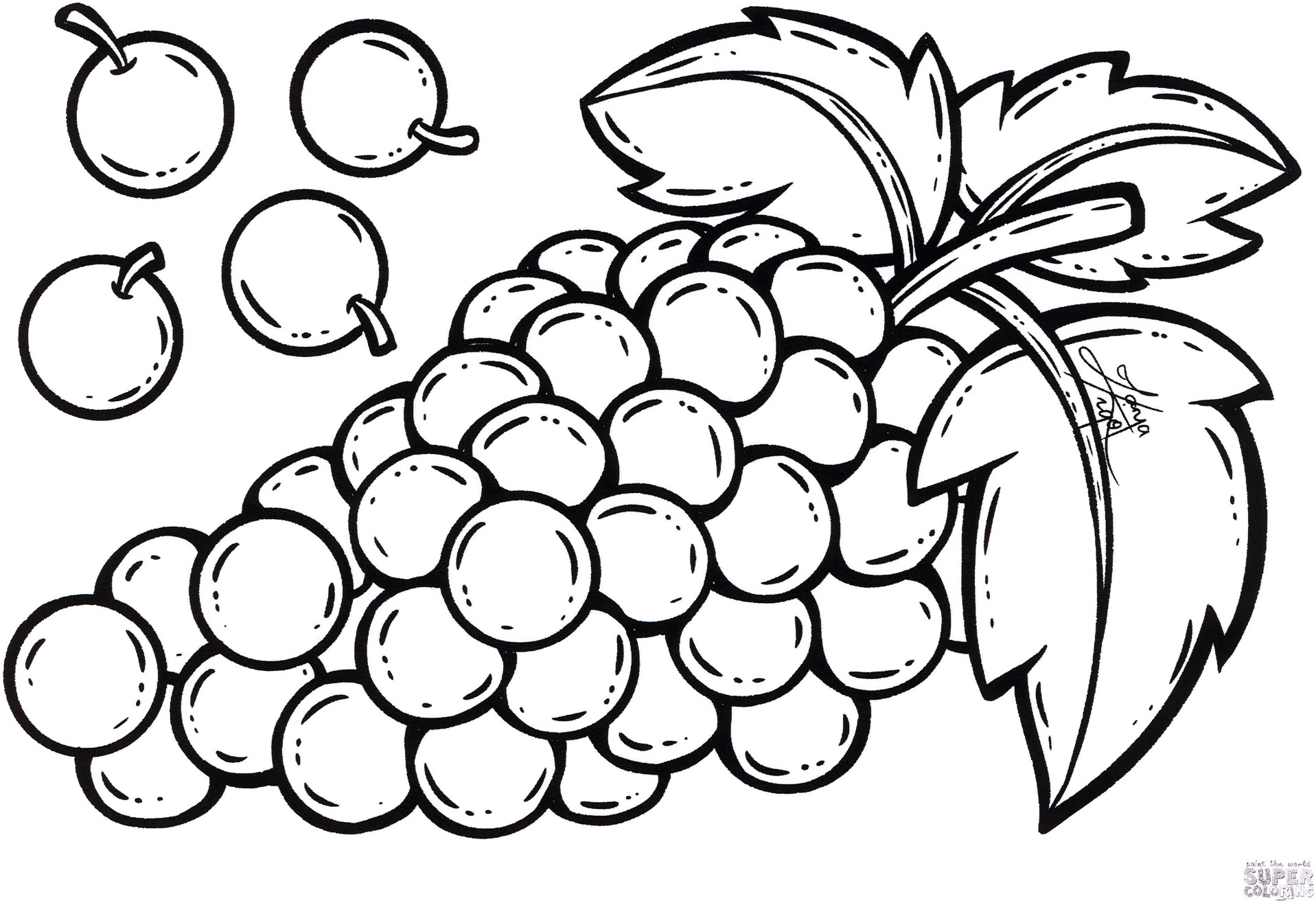
**If you are active, try to eat the higher number of cups per day.*
*Visit **www.mypyramid.gov/kids** to learn more.*

nutrition NETWORK FOR HEALTHY ACTIVE FAMILIES

EAT FRUITS & VEGETABLES AND BE ACTIVE

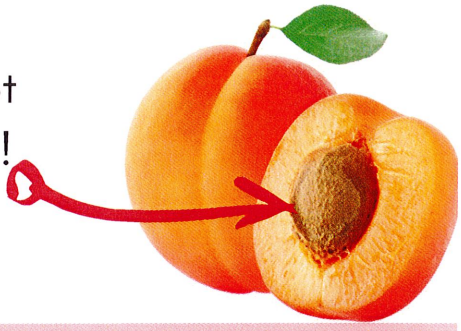
This material was funded by USDA's Food Stamp Program through the *California Nutrition Network for Healthy, Active Families*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

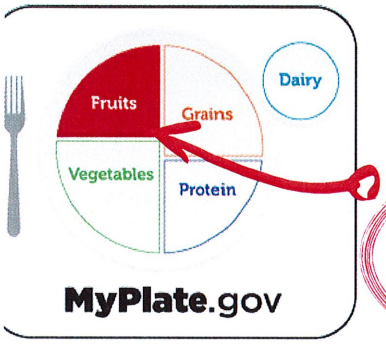

Nutrition Facts
Serving Size 10 graoes (49 g)
Amount Per Serving
Calories 34 Calories from Fat 1
% Daily Value *
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 9g 3%
Dietary Fiber 0g 2%
Sugar 8g
Protein 0g
Vitamin A 1% • Vitamin C 9%
Calcium 0% • Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Apricot

An apricot has a pit!





Apricots are a drupe fruit!

Apricots provide **Fiber**, **Vitamin C**, **Vitamin A**, and **Potassium**. **Fiber** is good for your heart and stomach. **Vitamin C** helps heal cuts and prevent colds. **Vitamin A** is good for your eyes, skin, and growth. **Potassium** is good for your heart and muscles.

Apricots can be eaten fresh, canned, or dried.
An apricot is a drupe, which means it has one pit.
Fresh apricots are usually available from May to August.
Ripe apricots are soft to the touch. Eat ripe apricots right away because they will not keep very well once ripe.
Do not wash until ready to use.
To open, cut down the seam and twist the two halves and remove the pit before eating.

APRICOT CARROT SALAD

SERVES 4

INGREDIENTS

1 POUND GRATED CARROTS (ABOUT 5 LARGE)

+

1/2 CUPS DRIED APRICOTS, DICED

+

1/2 CUP TOASTED CHOPPED PECANS, *OPTIONAL*

+

1/4 CUP PLAIN, NONFAT YOGURT

+

1/4 CUP LIGHT MAYONNAISE

+

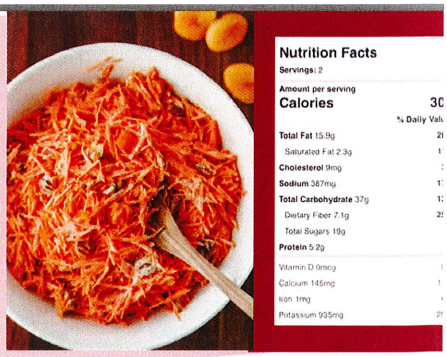
1/4 TEASPOON GARLIC POWDER

+

PINCH OF SALT & PEPPER

INSTRUCTIONS

1. Add carrots, apricots, and nuts to a large bowl.
2. In a small bowl, whisk together yogurt, mayonnaise, garlic powder, salt, and pepper.
3. Pour dressing over carrots, stir and enjoy!
4. Refrigerate leftovers.



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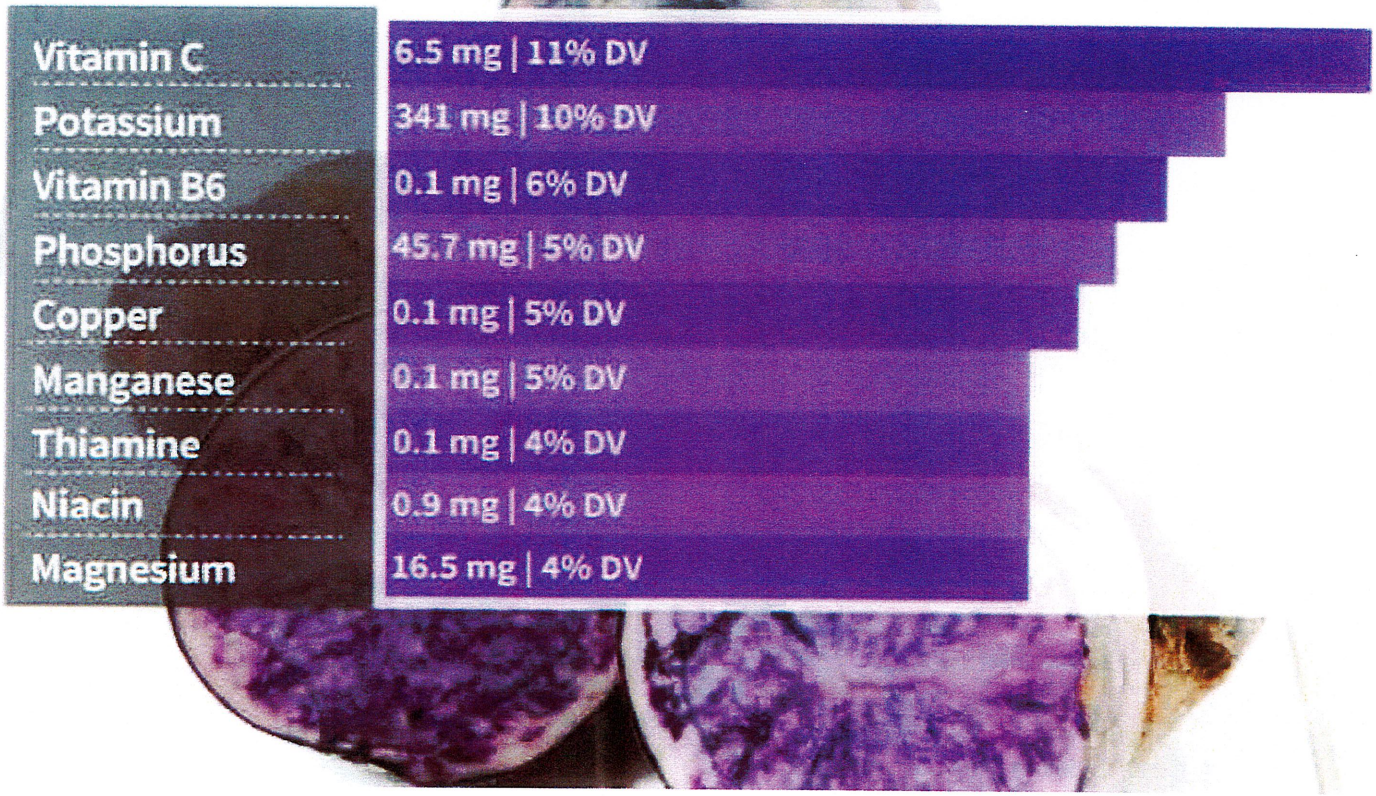
PURPLE POTATOES

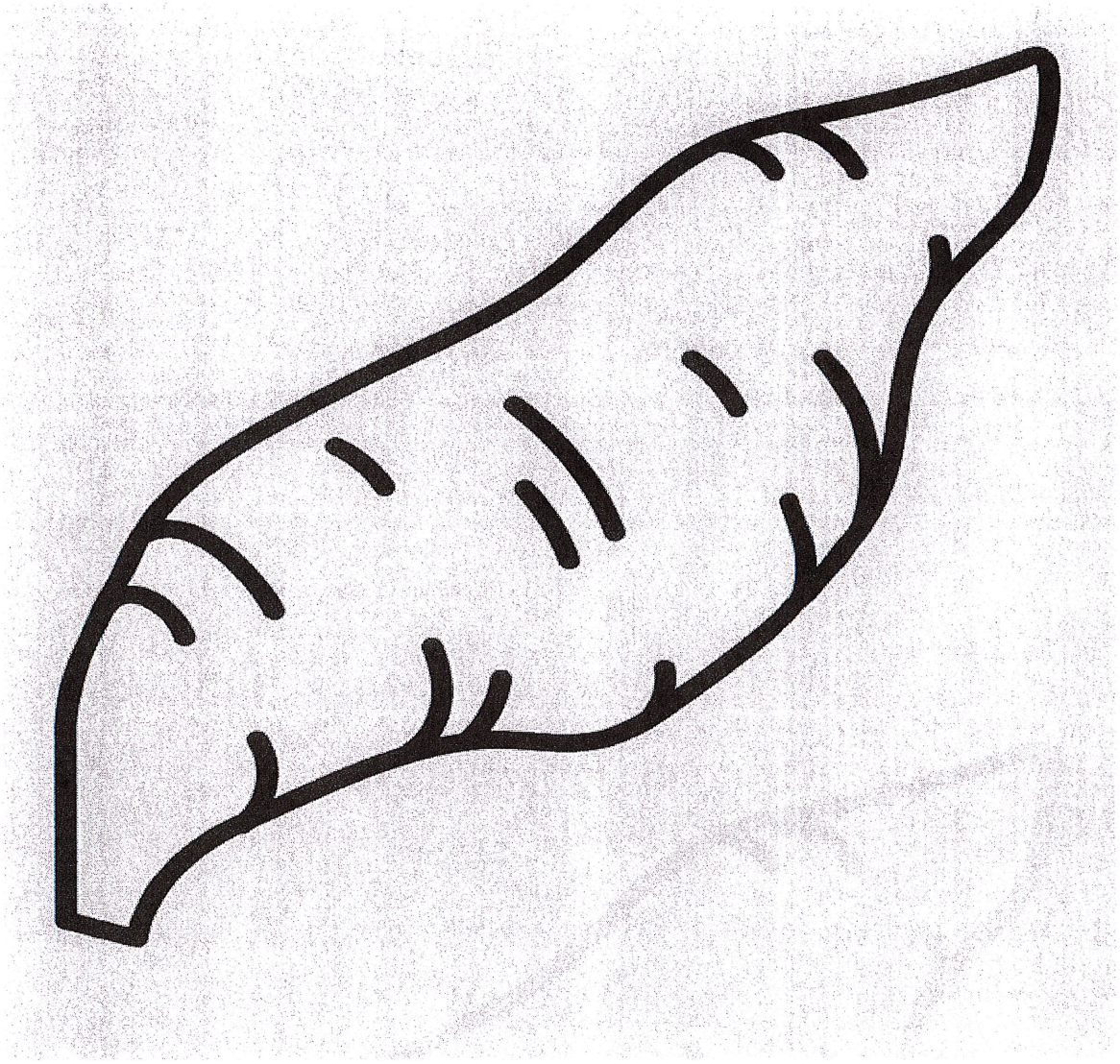
Dr. Axe
FOOD AS MEDICINE

Nutrition Facts

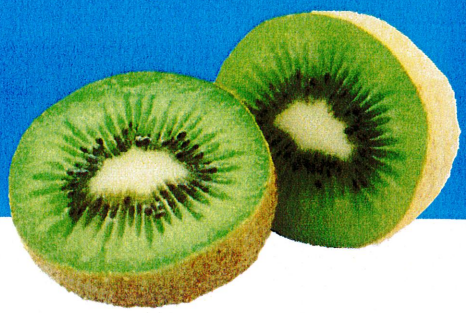
A half cup of diced, raw purple potatoes contains about:

CALORIES	52 kcal	FIBER	1.3 g	FAT	0.1 g
PROTEIN	1.4 g	CARBS	12 g		





COLOR ME PURPLE



Kiwi

What Am I?

Kiwis are small, round, sweet fruits with brown, fuzzy skin. The inside is bright green, yellow, or red depending on the variety. There are also small, black seeds on the inside of the fruit. Kiwis taste best when they are slightly firm.

How Do I Grow?

- Kiwi grows on vines that can reach 30 feet tall.
- The leaves on the vines are heart-shaped.
- Kiwis are ripe when they are mostly firm. If they are too firm they will have a sour taste.

Nutrition

Kiwis contain fiber, vitamin C, vitamin K, vitamin E, potassium and folate.

Fun Facts

- California produces 98% of kiwi grown in the United States.
- Kiwi can be used as a natural meat tenderizer.
- There are over 400 different varieties of kiwis.
- Kiwi were originally called Chinese gooseberries.

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Baby Kiwi

What is a Baby kiwi? Are small berries, similar in shape to a grape. It has a razor thin fuzz-free smooth skin. The inside of the fruit is more exciting than a common kiwi fruit, the color of muted green with hints of purple and brown.

How do they grow? They grow on extremely frost tolerant vines. They have large spreading leaves. To grow the vine needs to frost free for 120 days. They are harvest in the fall.

Where do they grow? Baby kiwis are suited for the northern climates. The crop originates in Asia but is commercially grown New Zealand and Oregon.

How to eat? They can be eaten like berries. You can eat them raw or cooked. You can serve them with fruit salads, or in pies, jams, and jellies. Their seeds are edible.

Nutritional Facts! Baby Kiwi is an excellent source of vitamin C.

Nutrition Facts	
Serving Size 6 oz (170g) Amounts per Serving Calories 130 Calories from Fat 9.0	
	% Daily Value
Total Fat 1g	1 %
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugar 13g	
Protein 2g	4%

Fruit
Word Search

N A G N O L N T A O J I E F
A P C E N A Y T P L U M P C
D A T E I R A O U E U Z U Y
K W W R R M M Q G G R R P T
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ACEROLA
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LOQUAT
LYCHEE
MANDARIN
MANGO
MELON
MULBERRY
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SAPOTE
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TAMARIND
TANGELO
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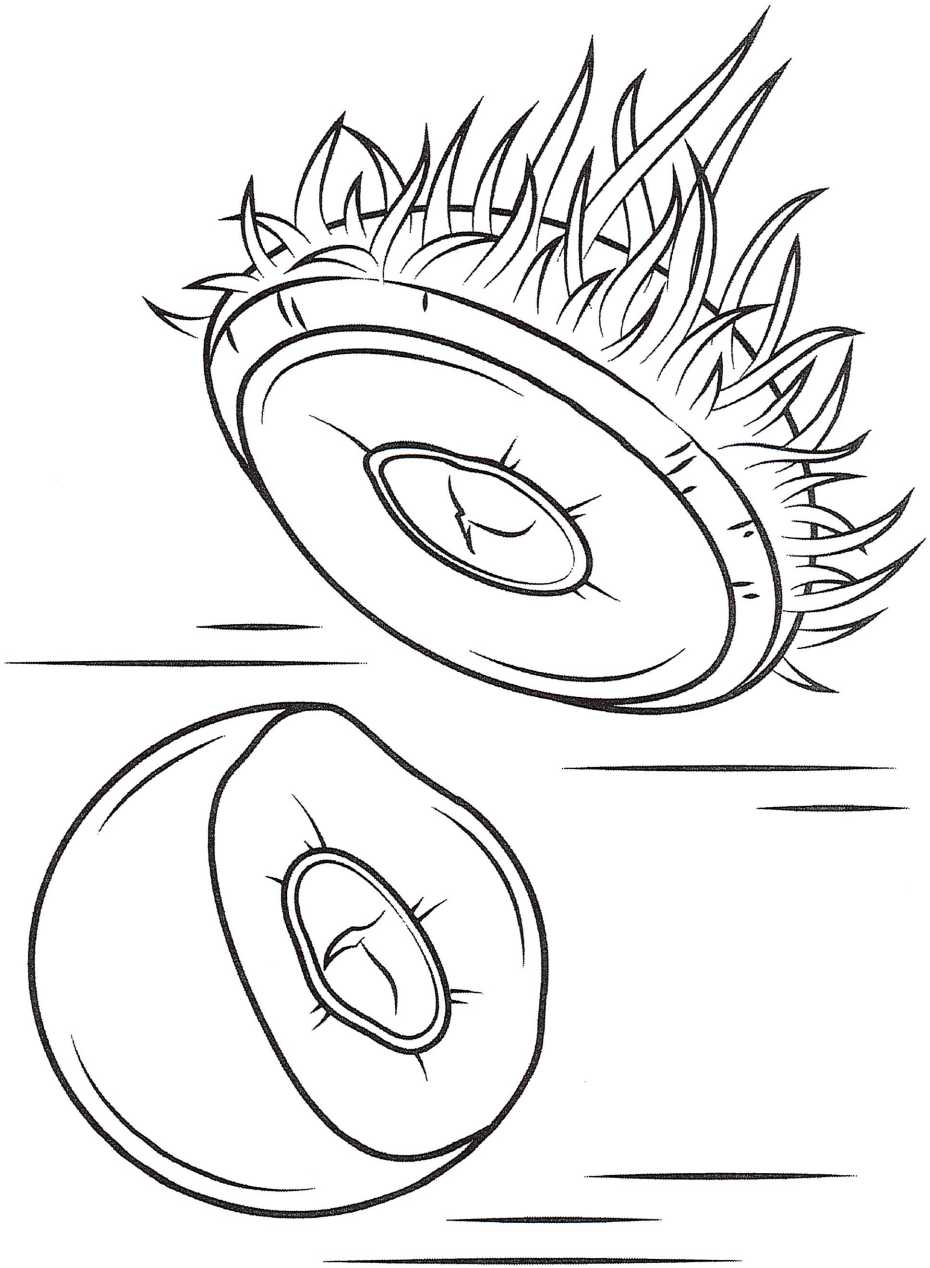
YUZU



Pomegrante

How do they grow?

- The tree grows to about five and eight meters tall.
- Completely grown-up tree bears numerous spherical, bright red, purple, or orange-yellow colored fruits depending on the cultivar types.
- Each fruit measures about 6-10 cm in diameter and weighs about 200 gm.

Description?

- Its outer skin or rind is tough and features leathery texture.
- The size of a ripe pomegranate can be as small as an orange or as big as a grapefruit.
- It has a rounded hexagonal shape, with thick yellowish to reddish outer layer.

Nurtitional facts!

- The fruit is moderate in calories; 100 g provides 83 calories, slightly more than that in the apples. It contains no cholesterol or saturated fats.
- The fruit is an also good source of antioxidant vitamin-C, Consumption of fruits rich in vitamin C helps the body develop resistance against infectious agents by boosting immunity.
- Pomegranates have very high anti-oxidant component found to be responsible for its superior health benefits.
- They are also a good source of vitamin, vitamin C, calcium and phosphorus. These combination and other minerals in pomegranates cause a powerful synergy that prevents and reverses many diseases.

Did you know!

- Pomegranate is one of the most extensively cultivated fruits for food, juice, flavor, and color, making it a common ingredient in new functional foods often called "super fruits."

Asparagus

Choose green stalks with dark green to purplish tips which are closed and compact. Thinner stalks are more tender than thicker stalks.

Nutrition Facts

- Fat free
- Cholesterol free
- Sodium free
- Good Source of Fiber
- Good source of vitamin C
- Good source of iron

VARIETIES

Asparagus can be found in two varieties. Green asparagus is the most common in the United States, while white asparagus is more popular in Europe.

White asparagus is grown under the soil.

In the United States 80% of asparagus are grown in California.

Asparagus season is early spring.

USES

Asparagus is good steamed, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, stir fries or eaten cold with your favorite dip.

Primary Source: 5 to 9 a Day for Better Health program at www.fruitsandveggiesmatter.com

Modified and Distributed By

Cornell Cooperative Extension
Genesee County

Originally developed by University of Nebraska-Lincoln Extension in Lancaster County

University of Nebraska Lincoln EXTENSION

Selection

Choose firm yet tender stalks. For the green variety, choose stalks with deep green or purplish tips that are closed and compact. Avoid excessively sandy spears. Stalks with a narrow diameter are more tender than thick ones.

Storage

Store stalks, with bottoms wrapped in a damp paper towel, in the crisper section of the refrigerator; if you don't have a crisper, put them in plastic bags and place them in the coldest part of the refrigerator.

It is best to eat asparagus the day it is purchased, because the flavor lessens with each passing day.

Preparation

Wash asparagus in cool running water. Snap off tough ends at their natural breaking point.

Before cooking white asparagus, it first must be peeled so that no skin remains. This can be done using a potato peeler.

White asparagus needs to be cooked until completely tender, while the green variety can be stir-fried, lightly steamed or cooked in the microwave.

Asparagus Vinaigrette

Makes 6 servings

Ingredients:

2 bunches of asparagus (or 2 pounds)
3 Tablespoons vinegar
2 Tablespoons minced onion
1 Tablespoon oil
1 garlic clove, minced
1/4 teaspoon pepper
Salt to taste

Directions:

Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
In a large bowl, mix together vinegar, onion, oil, garlic, pepper and salt.
Add asparagus and toss.
Serve and enjoy! Refrigerate leftovers.

Nutrition Facts

Serving Size 1/6 of recipe (165g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 3g	
Vitamin A 25% •	Vitamin C 15%
Calcium 4% •	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts calculated by The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Source: Just Say Yes to Fruits and Vegetables Cookbook

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

Eat Smart New York! ESNY

EFNEP

SDSU Extension

In season:

Summer

Plum

Dakota: Kanta hu *Lakota: kȟáŋta*

Pick it!

Plums come in many colors and varieties.

If the flesh is beginning to soften when gentle pressure is applied, it is ready to eat. If not, allow it to ripen for a day or more at room temperature, checking for ripeness daily.

Ripe plums can be stored in the refrigerator a few days until eaten.

Try it!

Fresh plums are often eaten fresh as snacks and are great raw. The plum is also attractive in salad or fresh fruit parfaits.

They may be baked, and poached (cooked in a liquid), or added as a puree for sauce for desserts.

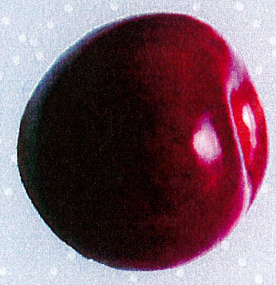
Plums and plum sauce help to naturally sweeten and give more flavor to meats; it pairs especially well with pork.

Types of Plum

European and Japanese: common for eating and drying into prunes, have purple or blueish skin, yellow to blue flesh

Cold hardy hybrids: developed for Northern states

Prune: Type of dried European plum, made by removing pit and dehydrating plums



Did you know...

Potassium helps balance the body to make muscles contract, control blood pressure and heartbeat. Fruits and vegetables are good sources of potassium.


paint the world
SUPER
COLORING

Like it!

Plum Sauce

Ingredients

- 12 ounces canned plums in heavy syrup
- ½ cup reserved juice from canned plums
- 3 T white vinegar
- 1 t brown sugar
- A pinch of ground ginger
- 3 T water

Directions

1. Remove plums from the syrup, cut in half, remove pits and chop into pieces.
2. Combine plums and all remaining ingredients in a small saucepan. Bring to a boil, then reduce heat and simmer for about 30 minutes, stirring occasionally.
3. Plums will fall apart and sauce will start to get thick.
4. Serve over pork chops, chicken breast, even meatloaf.
5. This recipe makes 5-6 servings, and leftovers may be refrigerated.

Yield 6 servings

Nutrition Facts per Serving:
Calories 70g; fat 0g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 18g; Sugar 14g; Fiber 1g; Protein 0g

Plum Oat Bars

Ingredients

- Nonstick cooking spray
- 2 cups old-fashioned oats
- ½ cup dried plums (chopped)
- ½ cup walnuts (chopped)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup packed brown sugar (or ¾ cup regular sugar)
- ⅓ cup margarine

Directions

Preheat oven to 350 degrees F. Coat a 9x9-inch baking pan with cooking spray; set aside. In large bowl combine oats, plums, cinnamon, and salt. If using walnuts, add that too. Set dish aside. In medium saucepan, combine brown sugar and margarine. Cook over medium heat. Stir until melted. Pour sugar mixture over oat mixture, stirring to coat all ingredients. Press firmly and evenly into baking pan. Bake 20-25 minutes or until golden around the edges. Cut into bars while still hot. Cool completely in pan, then re-cut and remove with spatula. Bars can be wrapped individually in plastic wrap or sealed in a plastic bag.

Yield 12 bars

Nutrition Facts per Serving:
Calories 172g; fat 8g; Cholesterol n/a; Sodium 231mg; Carbohydrates 24g; Sugar 14g; Fiber n/a; Protein 3g

Dakota Perspective (Plum)

Dakota: Kanta hu *Lakota: kȟáŋta*

Eaten fresh from the branch or can be cooked to make a pudding or can be dried and used later to flavor meats and fish fillets. The seeds were decorated and used as dice in a variety of games.

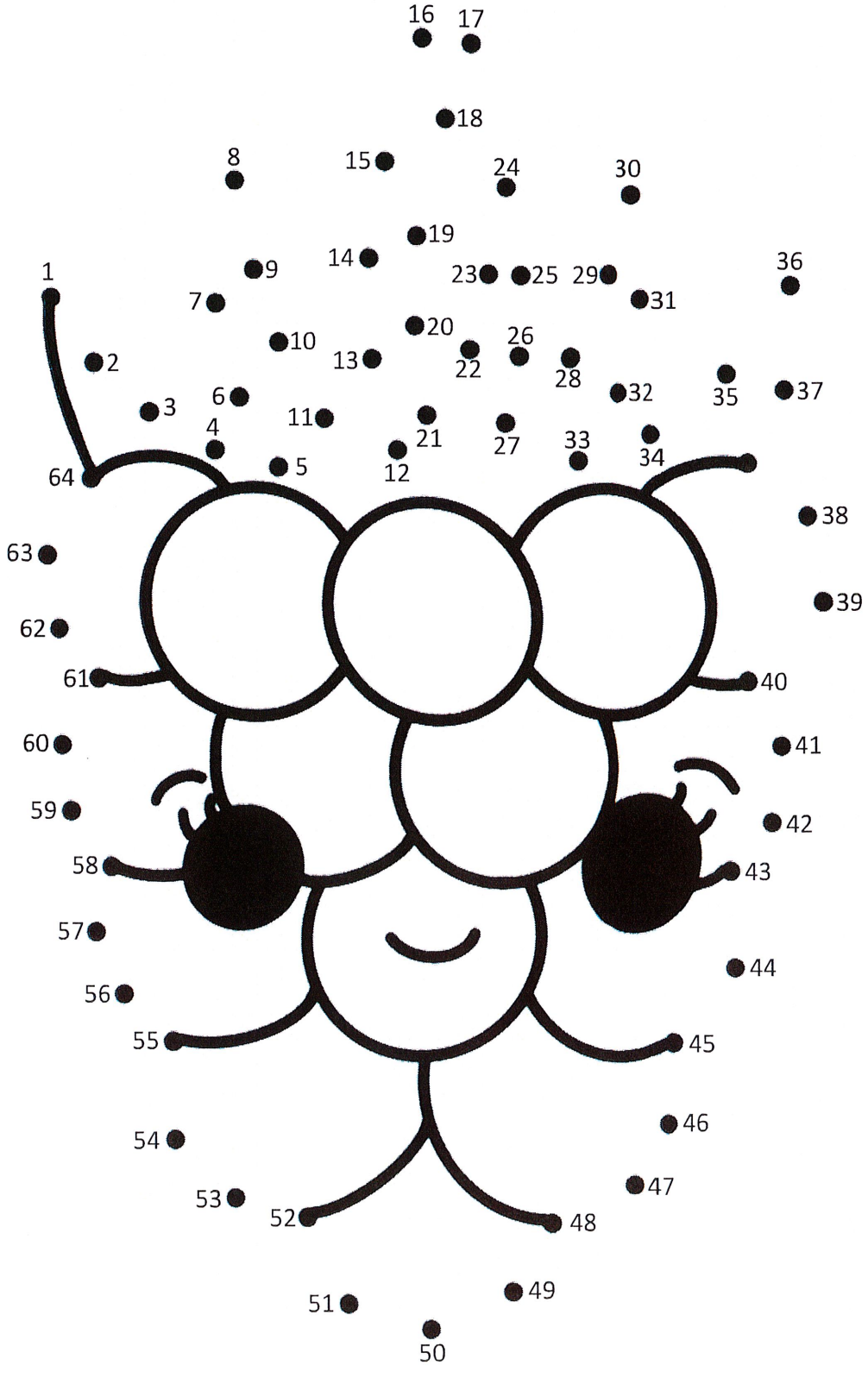
Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.

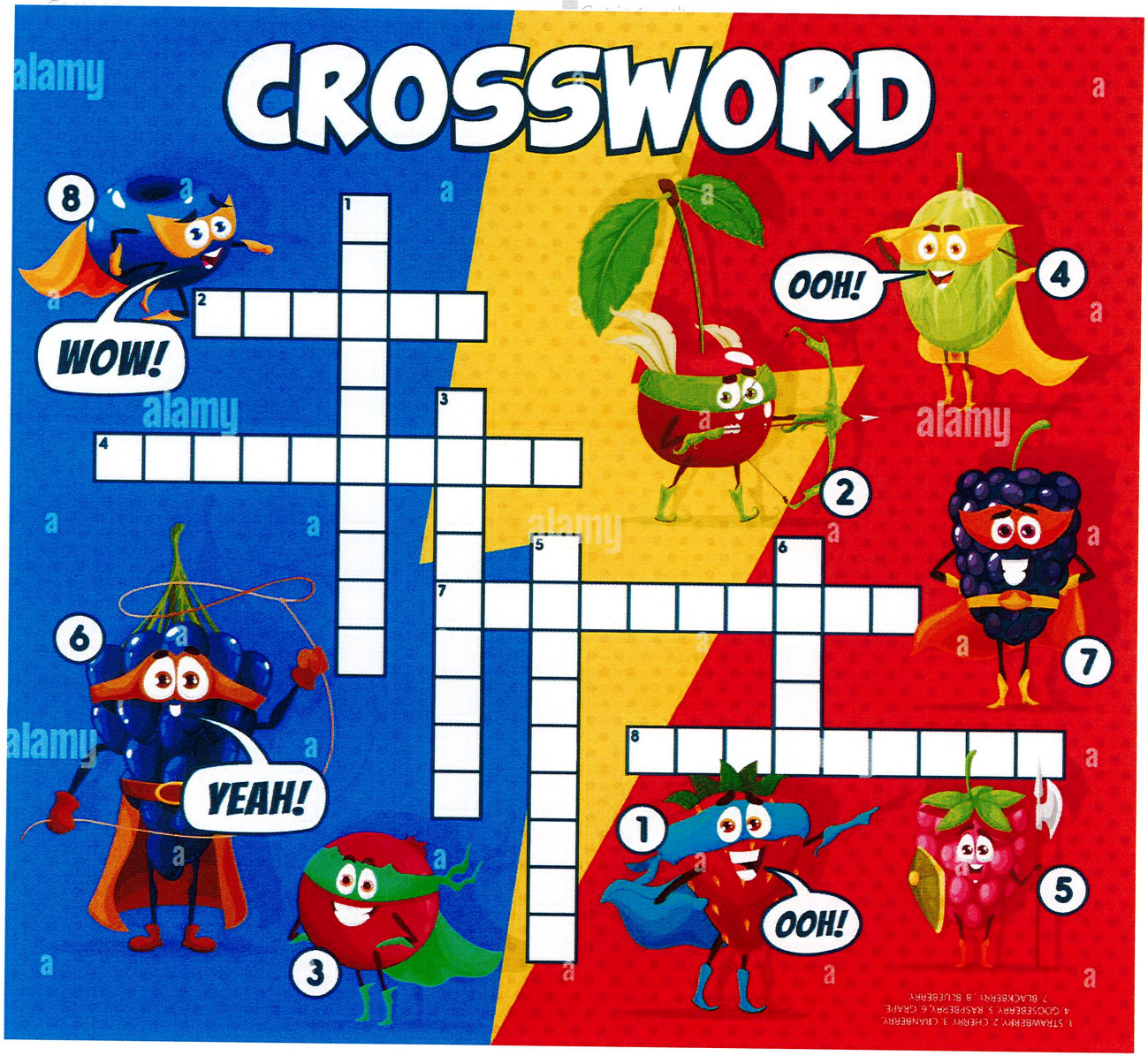
Find more recipes & videos at extension.sdstate.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

S-0001-29

Raspberry Dot to Dot





Blackberries

How do they grow?

- They grow on shrubs known as brambles.
- The berry is an aggregate fruit consisting of small drupelets.
- Each drupelet composes of juicy pulp with single tiny seed.
- The berry measures about 3-4 cm in length containing about 80-100 drupelets.

Where do they grow?

They grow in the wild and are cultivated in mainly northern US states.

How to eat?

- Fresh, dried, and frozen

Availablity?

Northwest blackberries are available from late July to late August. Blackberries are available from California form May to October.

Nurtitional facts!

- They are packed with numerous nutrients such as vitamins, minerals, anti-oxidants, and dietary fibers that are essential for optimum health.
- The berries are very low in calories. 100 g provide just 43 calories.
- Fresh berries are an excellent source of vitamin C

Did you know?!

- Unripe berries will not ripen once picked.

How to store: To store, place them in the refrigerator, they stay fresh for up to 4-5 days.

Cherry

What am I?

Cherries are a fruit that come in two types: sweet and tart. The most common sweet cherry is the Bing cherry. Cherries contain a small pit in the inside which classifies them as a stone fruit. Eat cherries raw or cooked.

How do I grow?

- Cherries grow on trees and do not ripen once they've been picked.
- Cherries are in season in Wisconsin June and July.
- Door County is known for their tart cherries.

Nutrition Facts

Cherries are a good source of anthocyanin which is an antioxidant that gives cherries their red color. Antioxidants help fight inflammation, promote heart health and brain health.

Fun Facts

- Door County has been producing cherries since 1896.
- Tart cherries are a natural source of melatonin which may help you sleep.

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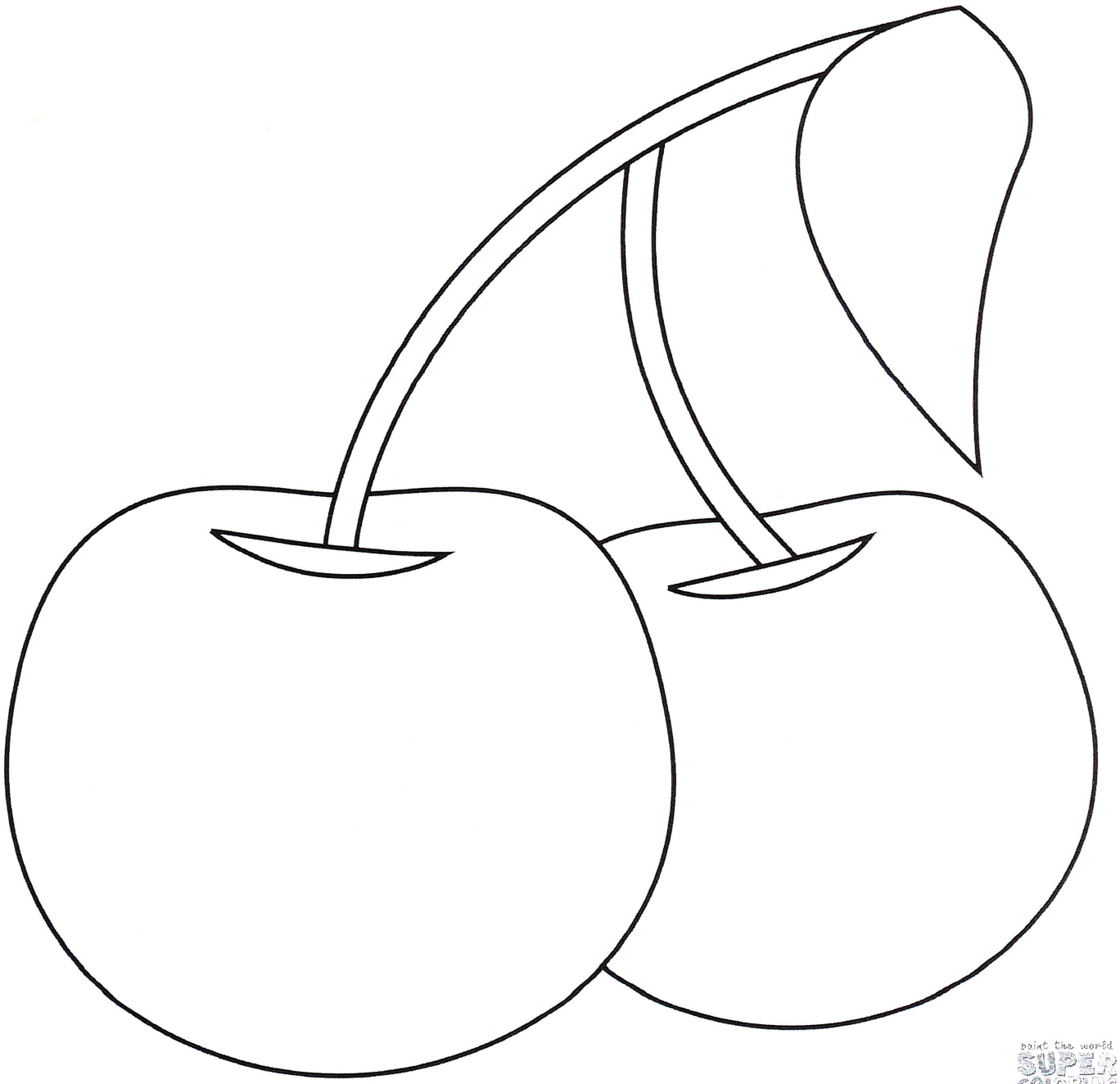



Strawberry
WORD SEARCH
STRAWBERRY
FRUIT
YUMMY
SPRING
FESTIVAL
SHORTCAKE
ICE CREAM
VINE
SMOOTHIE
DESSERT
PLANT
SEEDLING
SWEET
DELICIOUS
FLOWERS

X

Organic Strawberries

What does organic farming mean? Organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, or genetically modified organisms.

Availability? Organic strawberries are available year-round. The strawberries grow in Central and Southern California, Florida, and Central Mexico.

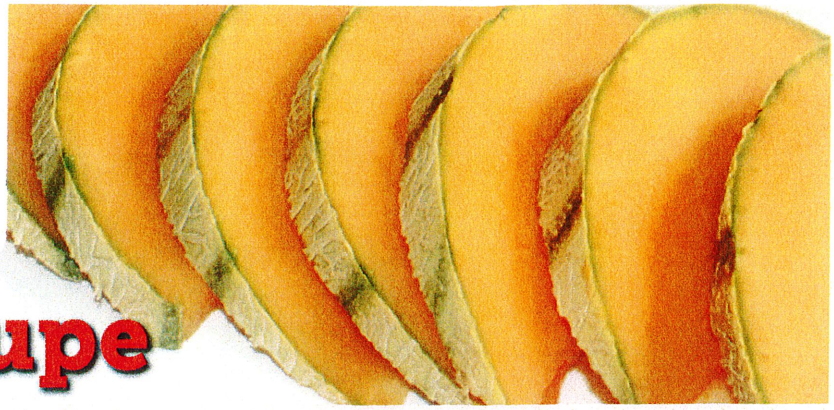
Nutritional Facts:

- The organic strawberries had higher antioxidant content.
- Antioxidants are important in helping the body repair itself from natural and man-made free radical damage.
- Organic strawberries had more dry matter than conventional strawberries, meaning they were firmer and meatier.
- A particularly surprising finding was that the organic strawberries had the longest shelf life based on water loss and mold growth.

Nutrition Facts	
Serving Size 6 oz (170g) Amounts per Serving Calories 130 Calories from Fat 9.0	
	% Daily Value
Total Fat 1g	1 %
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugar 13g	
Protein 2g	4%

SDSU Extension

Cantaloupe



In season:

Summer

Lakota: supȟéstola

Pick it!

Choose those fruits with a sweet smell.

The cantaloupe should have a smooth, rounded stem scar and the blossom end (opposite of the stem scar) should yield slightly to pressure.

The outer rind should have raised, well-developed netting pattern with a yellow background. Some varieties retain green colored backgrounds when ripe.

Rind should be free of cuts or bruises.

If melon is not ripe when purchased, store at room temperature for 1-2 days.

Try it!

When ripe keep in refrigerator for about 5 days.

Do not rinse before storage, but scrub with a vegetable brush before cutting.

After cutting in half, scoop out seeds, discard before eating flesh.

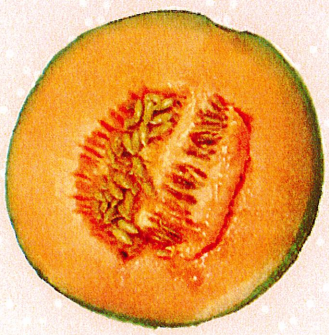
Usually used raw in slices or chunks.

Add to fruit salads, lettuce salads, fruit soups or salsa; serve as dessert with ice cream.

Types of Cantaloupe

Cantaloupe: musky smell and orange flesh, commercial varieties actually muskmelons but called cantaloupes

Honeydew: Smooth, whitish rind, lime green to white flesh, sweetest of all melon varieties



Did you know...

Vitamin A effects eyesight, cell growth, immune function and bone growth. Deep orange and green leafy vegetables are excellent sources of Vitamin A.

Like it!

Cantaloupe Cooler

Ingredients

- 1 ripe cantaloupe
- 2 ½ cups orange juice
- 1 T sugar or artificial sweetener
- Crushed ice

Directions

Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes. Use a blender, food processor, or hand mixer to blend the melon cubes with ½-cup orange juice until smooth. Pour mixture into pitcher and stir in the remaining orange juice and the sweetener. Stir until sweetener is dissolved. Pour into glasses filled with crushed ice.

Yield 8 servings

Nutrition Facts per Serving:
Calories 50; Fat 0g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 13g; Fiber 1g; Sugars 5g; (calculated using artificial sweetener)

Chilled Cantaloupe Soup

Ingredients

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1-Tablespoon lime juice (fresh)
- ¼-teaspoon cinnamon (ground)

Directions

Place cantaloupe and ½-cup orange juice in a container of a blender or food processor. Cover with lid and blend until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour. Serve chilled.

Yield 6 servings

Nutrition Facts per Serving:
Calories 70; Fat 0g; Cholesterol 0mg; Sodium 15mg; Carbohydrates 1g; Fiber 1g; Sugars 14g

Lakota word translated by Jeshua Estes.

Find more recipes & videos at extension.sdstate.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

S-0001-11

UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Gardener Program

Fava Beans

Scientific Name: *Vicia faba*
The fava bean is a giant vetch plant.

Recommended Varieties:
There are no recommended varieties. However, one variety that is relatively unique to our state is *Vicia faba L.*

Fava bean varieties are small or large seed types. Large-seeded varieties bear 1–2 pods at each node, small-seeded types produce from 2–5 pods.

Common Pest(s):
Aphid: Use soap spray; control ants with sticky barrier.
Bean weevil: Remove and destroy plants after harvest.

Resource: UC Integrated Pest Management

Growing Information

Cool Season Plant

Fava beans are quite hardy in cool climates and are often substituted for lima beans. They do not grow well in warm weather.

Ideal Planting Window

Interior Valleys: September-October
Desert Valleys: October-November

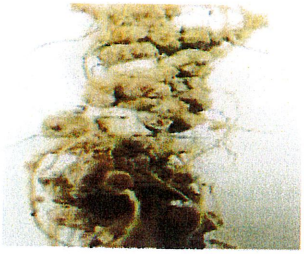
Growing Guidance

Space rows 1.5 to 2.5 feet apart. Sow seeds 1 inch deep and space 4 to 5 inches apart. Thin to 8 to 10 inches apart. Plants produce bush growth 2 to 4 feet high.

Further information: USDA

Interesting Facts

Fava beans are commonly planted to improve soil. Like all legumes, they have nodules on the roots, containing rhizobium bacteria, which "fix" airborne nitrogen, allowing it to replenish usable nitrogen in the soil.



Fava beans are also called Horse, Broad, Windsor, English Dwarf Bean, Tick, Pigeon, Bell, Haba, Feve and Silkworm beans.

It is similar in size to the lima bean and is native to the Mediterranean region, especially Italy and Iran. It is one of the oldest cultivated plants known, with its culture extending back to prehistoric times.

Warning: Some people of Mediterranean origin, primarily male, have a genetic trait (enzyme deficiency) that causes a severe allergic reaction to fava beans. People of this descent should sample the beans in small quantities at first. Fava plant pollen in the respiratory tract also affects these people.

UCCE-Small Farms

Santa Clara Master Gardeners

Contact Information

RIVERSIDE COUNTY MASTER GARDENERS

EMAIL: anrmgriverside@ucanr.edu

WEBSITE: https://ucanr.edu/sites/RiversideMG/

Nutritional Information

Nutritional Value

One cup of boiled mature fava beans contains 12.9 grams of protein, 9.2 grams of fiber and 33.4 grams of carbohydrates. Fava beans contain vitamin K, vitamin B6, zinc, copper, iron, and magnesium. One cup of cooked beans has 187 calories.

Further Nutritional Information

Recipe

Garlic and Lemon Fava Beans

- 1 cup fava beans shelled
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic minced
- 1 tablespoon flat-leaf parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- black pepper to taste

1. Shell pods; remove fava beans. In a large pot add beans, cover with water, bring to a boil, reduce heat to low and simmer for 3 minutes. Drain beans, return to pot, and add cold water to cover beans. After 5 minutes, drain and remove outer skins. Discard skins.

2. In a skillet, heat oil to medium-low, add garlic and sauté about 1 minute. Add beans and parsley. Continue sautéing for 5 minutes. Remove from heat, drizzle beans with lemon juice, salt, and pepper to taste.

Recipe: and Photo: SkinnyMs

Images: Santa Clara and Sonoma Master Gardeners; New Mexico State University

Additional Resources: Sunset Best Western Garden Book, 2012

Beets

What am I?

Beets are a vegetable that can come in many colors: purple, white, and gold. The most common beets are red beets. They can be eaten raw, baked, boiled, or made into juice.

How do I grow?

- Beets are root vegetables and grow in the ground.
- In Wisconsin, beets grow from June through October.
- Beet roots vary in size and shape.

Nutrition Facts

Beet roots and stems are edible and a good source of vitamin A, C, folate, calcium, and fiber. They contain many antioxidants such as betalains, carotenoids, and flavonoids which prevent colon cancer and protect heart health.

Fun Facts

- Beet juice can be used as a red dye.
- Beets are also known as the blood turnip.
- Beets are related to swiss chard.
- Smaller beets are sweeter than larger ones.

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Minneolas

Nutrition Facts

Serving Size 1 medium tangerine (109g)

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 160mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	

Vitamin A 6%	• Vitamin C 45%
Calcium 4%	• Iron 0%
Thiamin 4%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 4%
Folate 4%	• Pantothenic Acid 2%
Phosphorus 2%	• Zinc 2%
Magnesium 4%	• Selenium 0%
Copper 2%	• Manganese 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fun Facts:

* Minneolas came out in 1931!

* Minneolas are a cross between Dancy Tangerines and Duncan Grapefruit

* Minneolas are considered zipper-skins, due to their easy peeling, thick, pebbly skin.

* Minneolas are a close relative of the Ugli fruit!

* Minneolas are so deeply colored orange, they sometime appear red!

Varieties: There are several varieties of Tangelos, the most common are Minneolas and Orlando Tangelos. Orlando Tangelos are round and Minneolas are more bell shaped. A brand of Minneolas from FL. are actually called Honey Bells, because Minneolas are honey sweet! Tangelos are a hybrid of Tangerines, of which there are many varieties!

Selection: Always choose citrus that is heavy for it's size. Juice weighs more than fiber, therefore, heavier fruit is juicier than those that are of the same size. Choose fruit that are blemish free, evenly colored and show no signs of drying out or decay.

Storage and Handling: Citrus can be stored at room temperature for up to 10 days, however keeps better in the refrigerator, on the bottom of the fridge, in the citrus drawer, well wrapped in plastic.

Nutritional Benefits: Like Oranges, Minneolas provide for an excellent source of Vitamin C, Folate and Beta Carotene.

Easy Ways To Enjoy Minneolas

* Instead of orange juice in your favorite recipe, try Tangelo juice.

* Minneolas produce excellent and plentiful juice for drinking, but can also be used in sauces, marinades, for making sorbet, etc.

* Minneolas are typically enjoyed as is, out of hand, due to their ease of peeling, sweet, juicy flesh and limited amount of seeds.

* Segment tangelos and add to both sweet or savory salads, such as with Spinach and Bacon!

* The zest of Tangelos is a shoe-in for baking, replacing or in addition to lemon zest.

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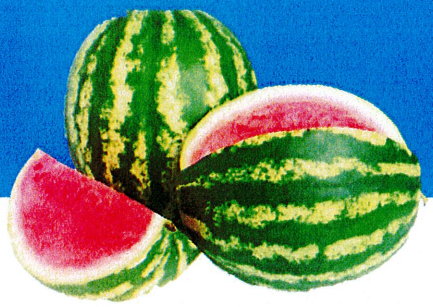

Watermelon

What am I?

Watermelons are part of the melon family and are long, oval shaped fruit that have a thick, green skin with red or yellow flesh. The entire watermelon is edible but traditionally only the sweet flesh is eaten.

How do I grow?

- Watermelons grow on vines in raised beds which are planted in rows.
- A yellowish spot on the bottom means that it is ripe and ready to be picked.

Nutrition Facts

Watermelon contains vitamin C, potassium and magnesium.

Fun Facts

- Watermelons are 92% water and 8% sugar.
- They can grow with or without seeds.
- Watermelons are in the same gourd family as squash and cucumbers.

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Honeydew

What Am I?

Honeydew can be found with white or yellow skin. Honeydew with white skin taste sweeter than the yellow-skin variety. The inside of the fruit is light green, soft, and juicy. The center of the fruit contains seeds that are typically scooped out before eating.

How Do I Grow?

- Honeydew grows in sandy soil on a vine.
- It takes about 3-4 months for honeydew to grow.
- Honeydew requires warm and sunny weather to grow, so the peak harvest time is August-October.

Nutrition

Honeydew is high in vitamin A, vitamin C, potassium, and fiber.

Fun Facts

- California produces the majority of honeydew sold in the U.S.
- Melons are related to squash and cucumbers.
- Honeydew does not ripen after it is harvested.
- Honeydew is the sweetest of all melons.

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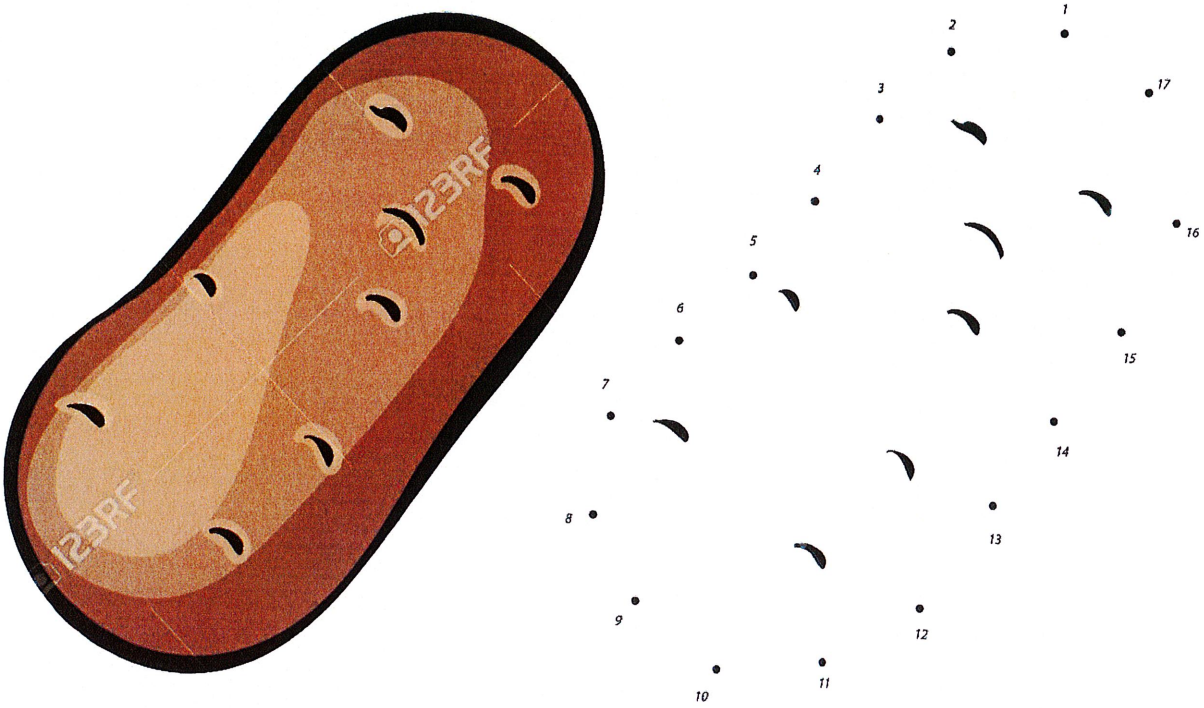

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Butternut squash

Butternut squash in Massachuasetts

Butternut squash is harvested between the months of September and December. It can be stored for up to three months in cool, dry conditions. Squash is a member of the gourd family. Winter squash, such as butternut and acorn, have hard shells, inedible skins, and large seeds. Squash varieties with darker yellow/orange flesh are more nutritious than lighter colors.

Butternut Squash Pointers

- Choose squash without bruises or mold and that feels heavy in the hand.
- Pick squash with a matte color—a shiny skin indicates that the squash was picked too early.
- Refrigerate peeled or cut squash in a covered container for up to five days.

Nutritional Benefits

Butternut squash is an excellent source of vitamin A and potassium. The bright orange color indicates that it has beta-carotene, which may protect against some cancers and heart disease.

Enjoying Squash

Roast butternut squash with other winter vegetables to make a delicious side dish. Try adding roasted butternut squash to pasta dishes, rice, and casseroles or on top of a salad. Butternut squash can also be mashed or cooked into a creamy soup.

Try this delicious Butternut Squash Soup (https://extension.umass.edu/nutrition/recipes/butternut-squash-soup) recipe.