



Blueberry

Origin—North and South America, Asia, and Europe

Family—Ericaceae

Description—Sweet to tart flavor when they are ripe. The riper the berry the sweeter it tastes. The dusty film on a blueberries skin, called a “bloom,” forms a natural waterproofing and helps protect the berries from the sun.

Availability—Year Round

Nutrition—High in vitamin C and fiber, sodium-free, and naturally low in fat and cholesterol.

Usage—Sold fresh or processed as an individually quick frozen fruit, pureed, juiced, or dried.

Storage—Fresh berries can be stored unwashed in a plastic container in the refrigerator for up to two weeks if they have been freshly picked. Blueberries can also be frozen for future cooking.

Edamame

Origin—China

Family—Leguminosae

Description—A large seeded, sweet, nutty flavored soy bean with inedible pods. They range in color from light green to a bright green and grow attached on branches.

Availability—Year Round

Nutrition—Excellent source of vegetable protein, calcium, vitamin A, dietary fiber and phytoestrogens.

Usage—Eaten fresh as a snack, cooked, or stir-fried

Storage—Refrigerate in a perforated plastic bag up to two weeks.



Additional Resources



CDC-

www.fruitsandveggiesmatter.gov

Produce for Better Health Foundation-

www.pbhfoundation.org

Florida Dept. of Agriculture and Consumer

Services-

www.florida-agriculture.com

Dole Nutrition Institute-

www.dolenutrition.com

www.dole5aday.com

Let’s Move– America’s Move to Raise a

Healthier Generation of Kids-

www.letsmove.gov



FRESH FRUIT & VEGETABLE PROGRAM

MIAMI DADE COUNTY PUBLIC SCHOOLS
DEPARTMENT OF FOOD AND NUTRITION

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DEPARTMENT OF FOOD AND NUTRITION
MIAMI-DADE COUNTY PUBLIC SCHOOLS

Grapefruit

Origin—Barbados and Jamaica

Family—Rutaceae

Description—Round or oblate to slightly pear-shaped. Wide with smooth, finely dotted peel, pale lemon, sometimes blushed with pink, and aromatic outwardly. White spongy and bitter inside. The center may be solid or semi-hollow. Very juicy, acid to sweet-acid in flavor when fully ripe.

Availability—October through June

Nutrition—Fat free, saturated fat free, sodium free, cholesterol free, great source of vitamin A and C.

Usage—Eaten fresh, candied, in salads and entrees

Storage—Store at room temperature for 1 week or under refrigeration for 3 weeks.

FLORIDA GROWN



FRESH FRUIT AND VEGETABLE PROGRAM

RESOURCE GUIDE

Sweet Pepper



Family—Solanaceae

Description—Plump, bell-shaped vegetable with three or four lobes. Has a mild, sweet flavor and a crisp juicy flesh. Green and purple peppers have a slightly bitter flavor, white, red, orange, and yellow peppers are sweeter and almost fruity.

Availability—Year Round

Nutrition—Excellent source of carotenoids.

Usage—Eaten raw or cooked.

Storage—Refrigerate unwashed peppers for up to a week.

FLORIDA GROWN

Watermelon



Origin – Watermelons have thought to have originated from either tropical Africa and India or southern Italy .

Description – Can be round, soccer ball-size or an elongated, egg shape with smooth, hard, thick, green or yellow skin or rind. Some of them are strongly striped with dark green markings, whilst others are only faintly mottled with dark green. Their flesh can vary from red to yellow and their dark brown seeds are arranged around their center.

Nutrition – A good source of vitamin C .

Medjool Dates



Origin—Morocco

Description—Deep amber-brown and have a slightly crinkly skin that shimmers from natural sugar crystals. Bite into one, and your teeth sink into a satisfying sticky flesh that tastes like rich caramel, hints of wild honey and a touch of cinnamon.

Availability—Year Round

Nutrition—Great source of calcium, folate, iron, magnesium, niacin, phosphorus, potassium, vitamin A, B and K. Dates are also very low in sodium.

Usage—Eaten fresh or dried.

Storage—Leave them covered on the counter for up to a week or place them in an air-tight container in the refrigerator for up to six months.

Jicama



Origin—Mexico, Central and South America

Family—Fabaceae

Description—(HEE-ka-mah) Grows in all sorts of irregular shapes and offers a delicious white crisp flesh tightly wrapped in a ivory colored easy-to-peel skin. Raw jicama taste is described as crisp, sweet and nutty, a cross between an apple and a potato.

Availability—Year round with a peak season between December and June

Nutrition—Low in sodium and a good source of potassium and vitamin C

Usage—Eaten fresh or used in vegetable platters

Storage—Refrigerate in plastic bag for up to two weeks.

Apple Honeycrisp



Origin—Minnesota

Description—Honeycrisp apples have a yellow background covered with a red to pink blush and speckled with small lenticels. Their creamy white flesh is exceptionally crisp and aromatic. A balanced content of sugar and acid gives Honeycrisp apples a pleasant sweet-tart flavor that varies in strength depending upon the maturity of the apple.

Availability—Fall

Nutrition—They are rich in dietary fiber, specifically pectin which has been shown to reduce cholesterol and slow glucose metabolism in diabetics. They also contain Vitamins A and C, most of which is found in the skin.

Usage—Honeycrisp apples maintain their sweet flavor even when cooked. Try baked into a crisp or pie. Remove the skin and slow cook slices to make applesauce, preserves and apple butter. Their crisp texture shines in raw preparations, dice and add to coleslaw and chopped salads or slice thin and add to sandwiches and burgers.

Mango



Origin—Eastern India, Assam to Burma or possibly further in the Malay region in India

Family—Anacardiaceae

Description—Mango is usually round or oval. The immature fruit has green skin that gradually turns yellow, orange, purple, red or combinations of these colors. The flesh of a ripe mango is pale yellow to orange and is juicy, sweet, and sometimes fibrous.

Availability—Year round but peak season begins in late March and lasts through September

Nutrition—Mangoes are rich in dietary fiber, vitamin C, and vitamin A.

Usage—Typically eaten fresh, but can be used to make juices, smoothies, ice cream, fruit bars and in numerous desserts and recipes.

Storage—Keep unripe mangoes at room temperature to ripen, which may take up to one week. Placing mangoes in a paper bag helps the fruit ripen faster.