

Green Pepper



Origin—South America.

Description—Bright, glossy, green and blocky-shaped, peppers generally have three to four lobes. Their color is essentially a reflection of the fruits immaturity. Firm, juicy and thick-fleshed, pepper is sweet and almost bitter and “green,” in taste as it has not been allowed to ripen fully, and hence sweeten, on the vine.

Availability—Year Round.

Nutrition—Low in saturated fat, cholesterol and sodium. It is also a good source of thiamin, niacin, folate, magnesium and copper, and a very good source of Dietary Fiber, Vitamin A, C, K, B6, potassium and manganese.

Usage—Eaten fresh, in chopped green salads, or

Pineapple



Origin—Brazil and Paraguay.

Family—Bromeliaceae.

Description—This oval to cylindrical-shaped fruit is both juicy and fleshy with the stem serving as the fibrous core. The flesh ranges from nearly white to yellow. In size the fruits are up to twelve inches long and weigh one to ten pounds or even more.

Availability—Year round, peaking from March to June.

Nutrition—High in manganese and vitamin C.

Usage—Pineapples can be cut up and eaten fresh, as dessert, in salads, compotes or cooked in pies, cakes, puddings, or as a garnish on ham, or make into sauces or preserves. Pineapple juice can also be used as a marinade or as a tenderizer for meats.

Storage—At best, pineapples may be stored for no more than 4-6 weeks at 44.6-46.4°F (7-8°C) and above with 80-90% relative humidity and adequate air circulation.

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

Phone: 786-275-0400

Fax: 786-275-0841

Website: <http://nutrition.dadeschools.net>

FRESH FRUIT & VEGETABLE PROGRAM



DEPARTMENT OF FOOD AND NUTRITION
MIAMI-DADE COUNTY PUBLIC SCHOOLS



Pink Lady Apple

Origin—Developed in 1973 by researchers at Western Australia's Department of Agriculture. Today, they are grown in Australia, New Zealand, South Africa, Canada, France, Washington and California.

Description—Cross between a Lady Williams Apple with a Golden Delicious known as Crisps Pink. Very distinctive in both flavor and color, Pink Lady Apples offer an exceptionally sweet to tart taste with a firm and juicy flesh. Medium in size and oblong in shape its skin is yellow, covered with a red to pink blush. Its creamy white flesh is highly crisp and resistant to browning when sliced.

Availability—Fall through Spring.

Nutrition—Rich in dietary fiber and contain vitamin A as well as a quarter of your day's vitamin C needs.

Usage—Makes an excellent addition to both fruit and vegetable salads. They work well in sweet baked goods such as pies, cakes and pancakes. These apples can also be used to create sauces, preserves and juice.

FRESH FRUIT AND VEGETABLE PROGRAM

RESOURCE GUIDE

Comice Pear



Origin—Developed in France about 1849 and considered to be the king of pears. This pear's name is short of "Doyenne du Comice," which means, "top of the show." Washington State, California and Oregon are major pear producers.

Description—Pronounced kuh-MEES or co-meece, broad and rather blunt, is easily recognized by its characteristics squat shape. Pale yellow or dull green, its fragile skin is marked with russet or red flakes. This pear is extra juicy and is said to be the sweetest and most flavorful of all pears.

Availability—Peak season is between August and March. This variety is most often found in holiday gift boxes and has been dubbed the "Christmas Pear."

Nutrition—Good source of dietary fiber, vitamin C, high levels of pectin and boron.

Usage—Best eaten fresh because of its delicate nature, the Comice pear does not make a good candidate for cooking.

Storage—Keep at room temperature. Refrigerate ripe fruit only a day or two, because chilling takes away the pears juicy flavor.



Pepino Melon

Origin – Unites States.

Description – Apple-size, oval-shaped and light-gold with purple stripes down its sides.

Usage – Scoop out the flesh, pulp and seeds for consumption .

European Cucumber



Also knows as English or Seedless Cucumber

Description— A variety of cucumber that is generally sweeter than the regular, common cucumber. It is longer, sometimes a bit thinner, and has very tiny seeds. In contrast, a regular cucumber has many large seeds, which can contribute to the bitter flavor. The cucumber is never coated with wax so the skin is all natural and fully edible.

Usage— Excellent for salads and cooking and are preferred by most chefs over common cucumbers.

Storage— Refrigerated in a plastic bag for up to one week.

Availability— Available year round with the peak season May to August.

Nutrition— Low in calories, 95% water which means they do not contain a lot of nutrients.

Clementine

Origin—Northern Africa.

Family—Rutaceceae.

Description—Petite, bright orange in appearance with a glossy, leathery peel rich with essential oils. When punctured or zested the peel reveals bright citrus aromatics. The skin clings loosely to its segmented flesh allowing for easy peeling. Its flesh is juicy, superbly sweet and generally seedless.

Availability—Late fall into mid-winter.

Nutrition—High in Vitamin C and D.

Usage—Eaten fresh as a snack.

Storage—Room temperature for up to three days.



Sunburst Tangerine



Origin—America

Description—The bright orange Sunburst's name comes from the sun shape on the stem end. Each oblate fruit is around two and a half to three inches in diameter with a flattened stem end. The skin is brilliant dark orange, smooth, and fairly thin, and like most tangerines, easy to remove. The flesh has few seeds and a lot of juice, and tastes intensely sweet with some acid.

Availability—Late Fall and Winter months.

Nutrition—High in vitamin C and they are low in most nutrients and in calories, but have some fiber, potassium, and folic acid.

Usage—As a snack fruit, tangerines are some of the best since they are portable and easy to eat. Simply peel open and remove the white, bitter pith from the flesh. For slightly more complicated preparations, add them to salads, use them as a garnish for main dishes, include in seafood dishes, or bake into desserts.

Storage—Tangerines are more perishable than other citrus, so keep them at room temperature for two days at most, or a week in the refrigerator.

FLORIDA GROWN