

Cantaloupe

Origin— Armenia.

Family— Cucurbitaceae.

Description—This heavy vegetable has rough, netted-textured, green colored rind and aromatic, sweet orange colored flesh with a central seed cavity. When perfectly ripe, the flesh is juicy, unctuous and sweet.

Availability— Year Round.

Nutrition— Excellent source of beta-carotene, folic acid, potassium, vitamin C & dietary fiber.

Usage— The flesh is eaten fresh or juiced.

Storage— At room temperature until ripe and then refrigerated for about three days.



Tri-Colored Carrot

Origin— Asia.

Family— Umbelliferae.

Description— Two to three inches long, grown in bunches due to over-crowding seeds at the time of planting. Bred in a variety of colors: purple, red, white, yellow, and orange.

Availability— Year Round.

Nutrition— Excellent source of vitamin A (beta carotene), lycopene and dietary fiber.

Usage— Eaten fresh in salads, stews, soups, casseroles and dessert.

Storage— Refrigerate in a plastic bag or keep in a cool dry place up to two weeks; cut off the greens to prevent moisture loss.



Chayote Squash

Origin— Mesoamerica, specifically central Mexico

Description— Chayote squash is defined by its ubiquitous pear-like shape, its pale lime green coloring and the deep linear indentations along the fruit's thin skin that meet at its flower end. Its creamy white hued flesh has a semi-crisp texture that becomes succulent to cottony as it matures. Its central core contains small seeds, which though edible are most often discarded.

Availability— All year round.



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

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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.

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RESOURCE GUIDE

Baby Kiwi

Origin—China and Korea.

Family—Actiniaceae.



Description—Small berries, just shy of the size and similar in shape to a grape, with a razor thin fuzz-free smooth skin. The exterior of the fruit is more vibrant than a common kiwi fruit, green hints of purple and brown. The skin, less than protective peel to its flesh, is a mouthful of bright and zesty lime green flesh studded with black micro seeds and a barely opaque cream center.

Availability—September through November and February through March. **Nutrition**—Rich source of antioxidants, vitamin C, A, E and K, beta-carotene, omega-3 fatty acids, and potassium. Good source of minerals such as manganese, iron and magnesium.

Usage—Eaten raw, used in salads and cocktails. **Storage**—Can keep up to three days in the refrigerator.

Broccoli

Origin—Mediterranean.

Family—Cruciferae.



Description—Broccoli grows like a tree with a thick, edible trunk that sprouts leaves, or branches and clusters of small, tight flower heads that turn bright green when cooked. Once fully mature or bolting, the flower buds will sprout golden yellow edible flowers.

Available—Year Round.

Nutrition—Very good source of fiber, vitamins C and A.

Usage—Eaten raw or cooked, stir-fry, soups and casseroles.

Storage—Refrigerate in plastic bag.

Hearts of Palm

Origin—Central and South America.



Description—White vegetable encased in a tough cylindrical, ivory husk. Inside is a velvety, tender flesh that is delicately flavored. Tasting somewhat like an artichoke, it has the appearance similar to a white asparagus. About four inches in length.

Availability—Year Round.

Nutrition—No cholesterol, great fiber content, very little fat content and low in calories.

Usage—In salads and appetizers.

Ugli Fruit

Origin—Jamaica.

Family—Rutaceae.



Description—Pronounced OO-gli, is wrapped in a rough, puffy, slightly loose-fitting greenish-yellow to orange baggy, slightly loose-fitting greenish-yellow to orange baggy fragrant skin. Ranging in size from an overgrown navel orange to a hefty grapefruit, the nearly seedless pinkish orange or yellow-orange pulp contains tender large juice sacs that offer a soft fleshiness. The fruit is similar to a grapefruit with one important distinction. It is sweet, unlike the grapefruit and does not have a tart after taste. The older the fruit looks on the outside, the sweeter it is on the inside. Its acid-sweet, zesty, pungent flavor in somewhat reminiscent to that of an orange. Some fans say it tastes more like a mandarin with faint overtones of pineapple or honey.

Availability—December through April.

Nutrition—Good source of vitamin C and is high in fiber.

Usage—Eaten fresh or candied.

Storage—Refrigerate only if fruit is not to be used within a couple of days. Can be stored in refrigerator for up to three weeks.

FLORIDA GROWN

Maradol Papaya

Origin—China

Description—The flesh is soft, juicy and silky-smooth, with a delicate sweet flavor. It has a center cavity filled with small, round, black, peppery-tasting seeds, which are edible but generally discarded.



Nutrition—High in Vitamin C.

Availability—Most of the year, but their peak time is December-May.

Storage—If at least half of it has turned color, the product will continue to ripen and should hold three to four days at home. Once cut, peel the unused fruit and store in an airtight container in the refrigerator. Use the remainder within two days.

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

Opal Apple

Description—Are medium to large, round fruit. They have an almost iridescent, lemon-yellow skin and slight russeting at the stem. This apple has a soft yet crisp, cream-colored flesh with a sweet taste and a slightly tart finish.



Availability—Late Winter to Spring.

Nutrition—Are a healthy snack or addition to meals. They have around 100 calories each, and contain important nutrients such as Vitamin C and dietary fiber, along with smaller amounts of Vitamin A, calcium, and iron

History—It was developed in the Czech Republic in Europe in the 1990s. It was tested in orchards throughout Europe and the Mediterranean before its debut in the US in 2010. It is grown exclusively by Broetje Orchards in Washington State and in limited orchards in Europe. Opals grow best in climates that are warm and dry

Ambrosia Apple

Origin—British Columbia, Canada.



Description—Medium to large in size and has mostly red coloration with yellow patches. It has a cream-colored, firm meat with a sweet, crisp aromatic flavor reminiscent of a pear and low acidity.

Availability—September through February.

Nutrition—Low in saturated fat, cholesterol and sodium. They are also a good source of dietary fiber and vitamin C.

Usage—Eaten fresh, juiced or sliced in salads.

Storage—Keep refrigerated.