

Gold Russet Bosc Pear

Origin—France.

Family—Rosaceae.

Description—These pears have a long, narrow neck with a full rounded base. The skin is brownish with some russetting. They can be eaten when fully soft, like other pears or even when the flesh still has a bit of firmness to it.

Availability—Late September and October.

Nutrition—Good source of vitamin C and fiber.

Usage—Eaten fresh or ideal for baking, broiling, or poaching. **Storage**—Keep at room temperature until ripe, once ripe keep refrigerated.

Cameo Apple

Origin— can be found growing in apple growing regions throughout the United States but the bulk of what is available commercially comes out of Washington State.

Description— The creamy yellow skin of the Cameo apple is covered in red stripes, which develop just prior to the apple being ready for harvest. By picking the apples as soon as they develop this signature striping it ensures their skin maintains the thin and delicate texture Cameo's are known for. Its flesh is dense and creamy white to yellow in color with a crisp and juicy texture. The Cameo's flavor is the perfect balance of sweet and tart with nuances of both honey and citrus.

Availability—late fall through early spring

Nutrition— Contains a fair amount of potassium and vitamin C as well as some iron, vitamin A and calcium.

Usage— Can be used in sweet and savory applications.

White Grapefruit

Family—Rutaceae.

Description—Round to slightly pear-shaped, four to six inches wide with a smooth pale-lemon finely dotted peel, and 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—Year round with the peak season between January through April.

Nutrition—Low in cholesterol, saturated fat, and sodium. It is also a great source of dietary fiber and potassium, and an excellent source of vitamin C.

Usage—Eaten fresh, in fruit salads, cooled, beverages and desserts.



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
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FRESH FRUIT & VEGETABLE PROGRAM



DEPARTMENT OF FOOD AND NUTRITION

MIAMI-DADE COUNTY PUBLIC SCHOOLS

Savoy Cabbage

Origin—Asia and the Mediterranean.

Description—Oval-shaped and delicate, produces wrinkled crisp leaves. The color ranges from light green, gray-green, bluish-green and may show a reddish tint. Mellow-flavored, its taste is mild and sweet.

Availability—Year round with a peak season of late autumn to early spring.

Nutrition—Fat-free, cholesterol-free, high in vitamin C and contains some protein, iron and calcium.

Usage—Raw or cooked savoy cabbage is considered the most versatile of the cabbages.

Storage—Place unwashed cabbage in a plastic bag and refrigerate in crisper drawer. For best texture and flavor, do not store longer than three or four

Blood Orange

Origin—Believed to be the first natural mutation from a Sanguinello Moscato variety in the mid 20th century in Sicily.

Description—Contains a pigment called anthocyanin. The small orange has a thin leathery skin and an oily rind. Its pigment is deep ruby, almost pomegranate color with a sweet-tart taste.

Nutrition—Vitamin C and A, rich source of calcium.

Availability—December through May.



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RESOURCE GUIDE



Murcott Mandarin

Origin—In the early 1900s at a breeding nursery in Bayview, Florida.

Description—Cross between a tangerine and a sweet orange. Can be distinguished from other varieties by its pebbled peel that clings to its segmented flesh. It is not easy to peel and can bear small seeds in numerous amounts. Its golden orange skin is thin and fragrant and its flesh is bright orange, juicy and sweet. Because its flesh is laden with seeds, it is preferred as a juicing fruit.

Availability—Mid-winter until early spring.

Nutrition—Great source of vitamin A and vitamin C.

Usage—Used primarily for their juice because of their high seed content.

Storage—Store at cool room temperatures for up to one week or refrigerate for up to two weeks.



Red Pepper

Origin—North and South America.

Family—Solanaceae.

Description—A self-pollinating, bell-shaped fruit that grows up to 4 inches long and wide. It has thick, red flesh with 3 or 4 inner lobes containing edible, bitter seeds and a white spongy core.

Availability—Year Round.

Nutrition—Great source of lycopene, beta-carotene, vitamin C and A.

Usage—May be eaten fresh, in salads, sautéed, stir-fried, roasted, or pickled.

Storage—Refrigerated for 1-2 weeks.

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Red Anjou Pear

Origin— One hundred years after the green Anjou was discovered, this red pear was the tasty result of "bud sports", common transformations that form on trees that are more often disregarded. The Red Anjou pear had its beginning in the 1950s in Oregon when red bud sports were found on a green Anjou pear tree, instead of being ignored as usual these red pears made their debut.

Description— Red Anjou pears, pronounced AWN-joo, are broad and may be a bit lop-sided. Identical in shape to their green counterpart, this variety has a deep maroonish-red color. Its soft creamy-white flesh offers a sweet flavor with only a slightly gritty texture. Because this pear reveals little to no change in color when ripe, to test for ripeness simply apply gentle thumb pressure near the stem. If it yields slightly, the pear is ready to eat. Ripe pears will keep at room temperature for a few days or a few months in the refrigerator.

Availability— Most of the year with the longest gap

Nutrition- Offers an excellent source of vitamin C, potassium and fiber. Having no cholesterol, saturated fat or sodium.

Beets

Origin – Originated in prehistoric times in North Africa and grew wild along Asian and European seashores.

Family – Amaranthaceae.

Description – Attached to the beet's edible green leaves is a round or oblong root. Although typically a reddish-purple hue, beets also come in varieties that feature white, golden/yellow or even rainbow color roots. Raw beet roots have a crunchy texture that turns soft and buttery when cooked. Beets have a sweet taste while their leaves have a bitter taste similar to chard.

Availability – Year Round.

Nutrition – Good source of dietary fiber, copper, magnesium, iron and phosphorus.

Usage – Eaten fresh or cooked. **Storage** – Don't wash beets before storing. Place in plastic bag and wrap the bag tightly around the beets. Place in refrigerator where they will keep for up to three weeks.



Green Cabbage

Origin—Mediterranean region.

Family—Cruciferae.

Description—Tightly wrapped pale green, thick and pliable leaves. Round, solid and almost white in the center, this vegetable is heavy for its size.

Availability—Year Round.

Nutrition—Good source of folate, fiber, vitamin C and K.

Usage—The less you cook cabbage, the less smelly it will be, and the more nutritious it will be, so the key really is to cook it lightly—stir-fries and steaming are the best bets. Cabbage also makes a great soup.

Storage—Refrigerate in a loosely sealed plastic bag. Cabbage heads stay fresh 1-2 weeks. Sliced cabbage keeps 5-6 days.

Strawberries

Origin—Rome, 320 B.C.

Family—Rosaceae.

Description—A fruit with red flesh that has over 200 yellow seeds piercing its surface, and a small, green leafy cap and stem that adorn its crown.

Availability—Year round with the peak season between April through July.

Nutrition—Good source of vitamin C and folate.

Usage—Eaten fresh, frozen, preserved, dried, mixed in desserts or dairy products and added to snack bars.

Storage—Store in refrigerator for 3 days.

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Royal Mandarin f.k.a. Temple Orange

Origin—China.

Family—Rutaceae.

Description—Actually a tangor, which is a variety of mandarin orange that is a cross between a tangerine and an orange. It is one of the larger mandarins and is more rounded in shape. The tangor is reddish-orange in color with a slightly rough skin that is easy to peel. Its flesh is juicy and has a sweet flavor with a slight spiciness to it.

Availability—January through March.

Nutrition—Contains potassium, calcium, folate, vitamin C and D. **Usage**—Perfect eating oranges, good for juicing, in salads, marinating and baking. **Storage**—Keep refrigerated.

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