

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.



English Peas

Origin—Known as English peas because of the many varieties developed in England. The wild pea is restricted to the Mediterranean basin and the Near East. The earliest archaeological finds of peas come from Neolithic Syria, Turkey and Jordan.

Family—Fabaceae.

Description—Large grass-green pod enclosing its round, sweet peas.

Availability—Year round with its peak season in the spring.

Nutrition—High in fiber, protein, vitamins and minerals.

Usage—Eaten raw or cooked.

Storage—Wrap unwashed pea pods in a perforated plastic bag and refrigerate. For optimum quality and taste, use English peas within two or three days of purchase.



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>

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MIAMI-DADE COUNTY PUBLIC SCHOOLS



Butternut Squash

Description—Are known for their long neck and bowling pin or bell-like shape. Their smooth skin is pinkish-tan and hardened when mature. The skin is edible when cooked though most often it is peeled and discarded prior to eating. The long neck of the Butternut squash contains a solid orange flesh that makes for easy peeling and slicing. Its bulbous end houses a petite seed cavity surrounded by a layer of orange flesh. When cooked the flesh of the Butternut squash is tender, nearly strangles, and offers a mild squash flavor with sweet and nutty nuances .

Family—Cucurbitaceous.

Availability—Year round.

Nutrition—Provides vitamins A, C, and E, manganese, potassium, soluble fiber and magnesium.

Usage—To prepare, cut well rinsed squash in half lengthwise; remove seeds. Bake, roast, grill or puree. Ideal for soups and stews.

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Sugar Snap Peas



Origin— Grown in California.

Description— Bright green and sweet. Have a crisp, edible pod. Resembling miniature versions of common green pea pods, peas are not only tender and entirely edible, but quite sweet and juicy as well.

Availability— Year Round peak season in Spring.

Nutrition— Cholesterol-free, low in calories and easily digested. Provide a generous amount of calcium, carbohydrates, protein, vitamin A & C and iron.

Usage— Add to salads, stir-fries, serve over rice, or enjoy fresh. **Storage**— Refrigerate in plastic bag for no more than a day or two for optimum quality.



Zucchini

Origin—New Mexico and Southwest United States.

Family—Cucurbitaceae.

Description—Commonly designated as a vegetable, but is a fleshy, edible fruit. Zucchini can be dark or light green, and generally have a similar shape to a ridged cucumber, although some round varieties are also available.

Availability—Year round.

Nutrition— Made up of 95% water and is an excellent source of vitamin A and C.

Usage—Eaten fresh as an appetizer, in salads and sandwiches.

Storage—Refrigerate in plastic bag.

Red Grapes



Origin—Grown both in the northern and southern hemisphere making year round distribution possible.

Description—Medium-sized, crisp and crunchy, red seedless grapes offer a sweet-tart flavor. The dusty film characteristic of grapes is produced by cells in or near the surface that form a natural waterproofing and prevents their delicate skin from cracking.

Availability—Year round.

Nutrition—Sodium free, red seedless grapes contain carbohydrates, vitamin C, and about 85 calories in one-and-one-half cups.

Usage—Enjoyed fresh, and can be added to a variety of salads and side dishes. They may also be baked or cooked down into sauces and jams.

Storage—Place unwashed grapes in a perforated plastic bag and keep refrigerated.

Red Delicious Apple

Origin—The Red Delicious apple was discovered as a chance seedling in 1872 on the Iowa farm of Jesse Hiatt.

Description—Red Delicious apples are bright to deep red in color, oftentimes speckled with faint white lenticels (spots). Its creamy white flesh is slightly crisp and dense offering a mildly sweet flavor and slightly floral aroma.

Availability—Year round.

Nutrition—Offer a small amount of vitamin A and vitamin C and have only a trace of sodium. They contain pectin, a beneficial fiber that has been shown to help promote healthy cholesterol levels and slow glucose metabolism in diabetics .

Usage—Best used in fresh preparations, as their flesh does not hold up well when cooked. Add to green, fruit and chopped salads. Use as an edible garnish on sandwiches, quesadillas and burgers. Since their flesh breaks down easily they can be successfully slow cooked and pureed to make sauces and soups .

Black Plum



Family—Rosaceae

Description—All plums share three common characteristics: thin skin, a single central pit and a succulent flesh when ripe. Colors vary depending on variety. Fruits can be deep purple, rose-hued, ruby red, green and gold. The shape of plums is generally rounded with a central groove running longitudinal to the fruit's stem end. Flavors vary from sweet-tart to spicy and sub acid. Flesh consistency can vary from tender firm to having a melting quality.

Availability—Spring.

Nutrition—Very low in saturated fat, cholesterol and sodium. Good source of dietary fiber, vitamin A, K, and C.

Usage—As a salad ingredient, cakes, crumbles and ice creams and they can even be the base for a summer vinaigrette.

Storage—Refrigerate ripe plums for up to four days.

Jazz Apple



Origin – First developed in the mid 1980s by Allen White of Plant and Food Research at the Havelock North site in New Zealand. The jazz apple is a cross between two popular New Zealand apples, the Braeburn and Royal Gala.

Description – Round with a rosy red skin oftentimes splashed with undertones of yellow, orange and green. Their creamy yellow flesh is dense and juicy with an exceptionally crisp texture. Its flavor is the perfect combination of its parents, a classic low acid sweet-tart apple taste with subtle hints of pear. Jazz apples are extremely firm when first harvested and will soften just slightly in cold storage. This firm consistency makes them resistant to bruising and well suited for travel.

Availability – Year Round.

Nutrition – Excellent source of antioxidants, folic acid and dietary fiber.

Usage – Eaten raw, baked, roasted or added in salads.

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Angelino Plum

Description— Angelino has a dark purple skin color over a red background. They have a firm flesh with a subtle sweet flavor and aroma.

Usage— These plums can be eaten alone or in cereal and oatmeal.

Nutrition— Excellent source of both soluble and insoluble fiber.

Storage— Angelinos should be stored in the fruit bowl not in the refrigerator.



Florida Orange

Origin—Florida

Description—Some of the best tasting varieties are also on the light-colored side, a very light orange. These oranges are not picked until they're ripe, and once picked, they will not ripen further.

Availability—October through January.

Nutrition—Excellent source of vitamin C, fat-free and sodium-free.

Usage—Eaten fresh.

Storage—Keep at room temperature.

FLORIDA GROWN