

Crab Apple

Origin—Northern Hemisphere, in Europe, Asia and North America.



Family—Rosaceae.

Description—Distinguished by their less-than-golf ball size and their tart, bitter flesh. Coloring varies depending on a variety but expect variances of red, ruby, pink and gold with apple stems as long as the length of the fruit itself. Flesh is ivory to creamy, dark seeds fill the apples core.

Availability—Late August through October.

Nutrition—Excellent source of pectin.

Usage—Apple juice, sauce, preserves, pie, butter, jam and added to cider. **Storage**—Must be stored in a cool area with high humidity.

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.

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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DEPARTMENT OF FOOD AND NUTRITION
MIAMI-DADE COUNTY PUBLIC SCHOOLS

Navel Orange

Origin—South Asia.



Family—Rutaceae.

Description—The navel orange is a ubiquitous orange variety. It has the quintessential orange, smooth but pebbled and easy-to-peel skin with a trademark “belly button” at its stem end. Its translucent yellow orange flesh is perfectly segmented, seedless and rich with sweet juices.

Availability—Winter through Spring.

Nutrition—Excellent source of vitamin C, dietary fiber and folic acid.

Usage—Eaten fresh, juiced, in salads, marmalades and liqueurs.

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Pomelo



Origin—Southeast Asia.

Family—Rutaceae.

Description—It is usually pale green to yellow when ripe, with sweet white (or, more rarely, pink or red) flesh. It tastes like a sweet white grapefruit.

Availability—September through January.

Nutrition—It's rich in vitamin C, beta-carotene, B vitamins and folic acid.

Usage—Anywhere grapefruit is suggested. The rind is sometimes candied or used in jams.

Storage—Room temperature for up to two weeks or store in a refrigerator for up to three weeks. The juice and the zest can be frozen.

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Kirby Cucumber



Origin—Northern India.

Family—Cucurbitaceae.

Description—A short cucumber with thin, pale to dark green bumpy skin, crisp texture and very small seeds.

Availability—Year Round.

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

Usage—Eaten fresh, but are perfect for pickling.

Storage—Unwashed in the refrigerator in a plastic bag for up to one week.

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Granny Smith Apple



Origin—Australia.

Family—Rosaceae.

Description—Bright green, firm skin with white, crunchy, sweet, juicy flesh.

Availability—Year Round.

Nutrition—A good source of vitamin C & pectin, a soluble fiber that helps lower blood cholesterol.

Usage—Eaten fresh, baked & in salads.

Storage—Refrigerated in a plastic bag away from strong-odored foods such as cabbage or onions.

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.

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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.

Anjou Pear



Origin—The original and proper name is Beurré d' Anjou. Which translates to, "buttery pears of Anjou" or Angers which is where they are believed to have originated.

Description—Pronounced AWN-joo, a broad and rather lop-sided pear with a short neck and tender skin. Yellowish green color brushed with russet. The tender flesh of this sweet pear is overflowing with juice.

Availability—Year Round.

Nutrition—Good source of vitamin C and fiber.

Usage—In salads or eaten fresh.

Storage—Refrigerate ripe pears for just a day or two to protect their flavor.

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RESOURCE GUIDE



Kohlrabi

Origin—Kohlrabi is native to northern Europe .

Family—Brassica.

Description—Kohlrabi is a plant related to cabbage, kale, and broccoli. It is a cold-hardy, fast growing plant. The plant's greens grow directly from the bulbous stem, making it look somewhat 'alien-like' to those unfamiliar with the vegetable.

Availability—Year Round with a peak season in winter and spring.

Nutrition—High in vitamin C and a good source of both fiber and potassium. It also contains high amounts of phosphorus, magnesium, calcium and iron.

Usage—Eaten fresh or cooked.

Storage—Kohlrabi can be kept in the refrigerator for several weeks when kept in perforated plastic. Some recommend removing the greens from the bulb prior to storing. Kohlrabi can be preserved by blanching and freezing .



Veggie 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