

Baby Carrots

Origin—Afghanistan.



Family—Apiaceae.

Description—Orange immature carrot with a crispy texture and a sweet taste. They are about five centimeters long. Young carrots require no peeling, making them a time efficient culinary asset.

Availability—Year round with a peak season between October and April.

Nutrition—Excellent source of beta-carotene, vitamin A and fiber.

Storage—Leave baby carrots sealed in their original bag until you are ready to use them. Keep the bag in the vegetable crisper drawer of the refrigerator.

Usage—Eaten fresh or cooked.



Red Plum

Origin— Japanese plums actually originated in China. Were introduced to the U.S. in the late 19th century.

Family— Rosaceae.

Description— Ruby-red coloration and a delicate, fruity taste. Around the size of a medium-sized tomato. It has a central depression at the stem side. There is a centrally placed single, smooth but hard stone-like seed. Seeds are inedible. It has a sweet and tart pulp with pleasant aroma.

Availability—May through October.

Nutrition— High in dietary fiber, vitamin A & C.

Usage— Eaten fresh, in salads, in various desserts, baked, poached, or dried.

Storage—Slightly hard mature plums can be kept

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

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.

FRESH FRUIT AND VEGETABLE PROGRAM RESOURCE GUIDE



Star Fruit

Origin— Native to Sri Lanka, the Moluccas, India and Indonesia. Introduced to Florida in 1887.

Family— Oxalidaceae. **Description**— Glossy greenish yellow and translucent. It is 2-6 inches long with 4-6 vertical cells that resemble a star-shape when sliced. Pleasantly citric, the complex taste of this attractive fruit has been described as combining plum, pineapples, apple, lemon and grape when it ripens to yellow. Its crisp texture offers a sweet-tart juice. Narrow ribbed fruits generally have a more tart flavor and thick fleshy ribs are usually sweet.

Availability— Year Round. **Nutrition**— Great source of dietary fiber, vitamin A and C.

Usage— Eaten fresh, in salads, sautéed, pureed, sherbets and in chilled beverages. **Storage**— Store at room temperature if used in 1-2 days or in refrigerator once ripe.

FLORIDA GROWN



Celery

Origin— Southern Europe, Asia & Africa.

Family— Umbelliferae.

Description— A vegetable with crisp texture, grown in stalks consisting of separate medium to light green “ribs” with the inner ribs called the “heart.”

Availability— Year Round.

Nutrition— Good source of vitamin C. It is mostly water and acts as a mild diuretic.

Usage— Eaten fresh, in salads, stir-fry, soups and drinks.

Storage— Refrigerated in a perforated bag in the crisper drawer or frozen in a plastic bag for use in cooked dishes.