

## Honeydew Melon



**Origin**— Africa, Persia and India.

**Family**— Cucurbitaceae.

**Description**— Smooth, firm pale cornflower colored skin that encases sweet, pale green flesh. Round to oval and somewhat larger than a Cantaloupe, this melon's skin turns from green to white to yellow as it matures. As the honeydew ripens, its skin transforms from very hard and smooth to a velvety texture and often develops a slight stickiness.

**Availability**— Year Round.

**Nutrition**— Excellent source of vitamin C.

**Usage**— Eaten fresh, in fruit salads and desserts, ideal for cold soup.

**Storage**— Store at room temperature for up to



## Bartlett Pear

**Origin**— Asia. **Family**— Rosaceae.

**Description**— Bell shaped offering a very juicy, sweet, musky flesh, the texture of this medium to large pear is characteristically grainy. Most pears do not change color when they ripen, but the Bartlett is the exception to the rule as it turns from green to yellow when ripe. When slightly soft to the touch, pears are ready to eat.

**Availability**— Year round.

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

**Usage**— Eaten fresh, baked, poached for juice, jelly, jam, vinegar and liqueur.

**Storage**— Refrigerate in a plastic bag once ripe up to three days.

## Additional Resources



### **CDC-**

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### **Produce for Better Health Foundation-**

[www.pbhfoundation.org](http://www.pbhfoundation.org)

### **Florida Dept. of Agriculture and Consumer**

### **Services-**

[www.florida-agriculture.com](http://www.florida-agriculture.com)

### **Dole Nutrition Institute-**

[www.dolenutrition.com](http://www.dolenutrition.com)

[www.dole5aday.com](http://www.dole5aday.com)

### **Let's Move- America's Move to Raise a**

### **Healthier Generation of Kids-**

[www.letsmove.gov](http://www.letsmove.gov)



## **FRESH FRUIT & VEGETABLE PROGRAM**

MIAMI DADE COUNTY PUBLIC SCHOOLS  
DEPARTMENT OF FOOD AND NUTRITION

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DEPARTMENT OF FOOD AND NUTRITION  
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### 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.

# FRESH FRUIT AND VEGETABLE PROGRAM

## RESOURCE GUIDE

### Broccoli Florets



**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.

### Pluot Plum



**Origin**— Developed by Floyd Zaiger of Zaiger Genetics in 1989; 75% plum and 25% apricot. Pluots thrive in regions such as the San Joaquin Valley and the eastern Mediterranean coast.

**Description**— Their colorings range from red-skinned and pale amber-skinned to ruby-fleshed and blazing gold flesh. The skin is taut and thin, clinging tightly to the fruit's flesh. Their skin breathes and excretes a film or coating that sits as a residue on the fruit. Most varieties are extremely sweet, often spicy, low-acid fruit with a juicy, chin-dripping tender firm flesh.

**Availability**— May through October. **Nutrition**— Very high in vitamin A and C. **Usage**— Enjoyed fresh at their peak of ripeness. They may also be baked, roasted, sautéed, pureed or cooked for jams, compotes, ice creams and reductions. **Storage**— Let ripen at room temperature and store in refrigerator for up to one week.

### Nectarine



**Origin**— Cultivation occurs in both the Northern and Southern hemispheres.

**Description**— Round fruit with a single central groove. Its smooth skin is blushed with hues of ruby, pink and gold throughout. The flesh is perfumed with aromatics, overtly juicy when ripe, and golden colored with red bleeds at the skin and surrounding the central rough pit. A ripe nectarine's texture is soft with a melting quality, its flavors balanced with layers both bright and sweet. **Availability**— Year round with a peak season during late spring and summer.

**Nutrition**— High levels of beta carotene, calcium and vitamin C. **Usage**— Best for eating fresh out of hand, yet they can also be poached, grilled, made into a compote, syrup, jelly and infused into drinks or added to dessert recipes such as cakes, pies and ice cream. **Storage**— Keep at room temperature until ripe, usually takes 2-3 days. Store ripe nectarine in refrigerator for up to one week.

### Multi-Colored Carrots



**Origin**— Asia.

**Family**— Umbelliferae.

**Description**— Two or 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.

### Cape Gooseberries



**Origin**— Brazil.

**Family**— Solanaeae.

**Description**—Smooth, waxy, orange-yellow skin and a juicy pulp containing numerous very small yellowish seeds.

**Availability**— Year Round.

**Nutrition**— Low fat, cholesterol free, sodium free, excellent source of vitamin A and C.

**Usage**— Eaten fresh, cooked, in salads, or preserved.

**Storage**— Refrigerate for up to seven days.

# FRESH FRUIT AND VEGETABLE PROGRAM

## RESOURCE GUIDE

### Muscadine Grape

**Origin**— Southeastern United States.

**Family**— Vitaceae.

**Description**— Range from bronze to dark purple to black in color when ripe. However, many wild varieties stay green through maturity. They have skin sufficiently tough that eating the raw fruit often involves biting a small hole in the skin to suck out the pulp inside.

**Availability**— September and October.

**Nutrition**— Excellent source of dietary fiber, essential minerals and carbohydrates and is low in fat.

**Usage**— Eaten fresh, but also are used in making wine, juice, and jelly.



### Pink Guava

**Origin**— Central America and Southern Mexico. **Family**— Myrtaceae.

**Description**— A round to pear shaped fruit with smooth green or yellow edible skin and pink or salmon colored flesh. They have a strong tropic fragrance. Tend to be slightly acidic with an assertive flavor. The sweetest guavas will be firm and heavy and the skin will be turning yellow. The skin, flesh and seeds are all edible.

**Availability**— Almost year round with a peak season in the summer.

**Nutrition**— High in vitamin and soluble fiber. Excellent source of vitamin C and potassium.

**Usage**— Eaten fresh, in salads, baked, guava puree can be used to make ice cream, jams, jellies, juices, spritzers and cocktails.

**Storage**— Ripen at room temperature and place in the refrigerator in a paper or



### Watermelon Radish

**Origin**— Eastern Mediterranean.

**Family**— Cruciferae.

**Description**— A large, round root vegetable encased in pale green, thin skin with fuchsia pink colored flesh and a mild sweet flavor.

**Availability**— Fall season.

**Nutrition**— A good source of vitamin C and folate.

**Usage**— Eaten fresh, in salads, pickled, and cooked.

**Storage**— Wrap in plastic wrap and place in refrigerator for up to one week.



### Diakon Radish

**Family**— Brassicaceae.

**Availability**— Year round.

**Description**— The slender Icicle radish has thin white skin and offers a mild radish flavor and crisp texture. This long rooted radish is typically about four to six inches in length and capped with edible greens. The pure white flesh of the Icicle radish is less piquant than the common red radish. Roasting the Icicle radish will bring out its subtle sweetness.

**Nutrition**— Contains vitamins C and B6, ascorbic acid and calcium.

**Usage**— Diced, sliced or slivered, raw icicle radishes add crispy texture to salads and relishes. Use to add a peppery accent to tacos, tortas and Mexican soups. They can be grilled, braised or roasted. Shred or grate and use as a condiment for sushi and sashimi. Use when making kimchee or pickled carrots. The greens of the Icicle radish can go straight into salads, or be added to soups, stir-fries and curries. Serve whole on crudité trays with cream based dips or soft cheeses.

**Current Fact**— Also known as White Naples, White Italian, the Long White and White Transparent, the Icicle radish is a popular companion garden radish when growing pumpkins and squash as it is a natural deterrent of squash bugs. This specific variety of radish is also celebrated for its resistance to become pithy as many other radishes tend to do with age.

