



Syracuse City School District
Food and Nutrition Services

The USDA Fresh Fruit and Vegetable Program

2019-20

TOOLKIT





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The USDA Fresh Fruit and Vegetable Program Toolkit

The USDA Fresh Fruit and Vegetable Program (FFVP) provides all children in participating elementary schools Pre-K-6th grade with a variety of free fresh fruits and vegetables during the school day. It is an effective and creative way of introducing school children to a variety of produce that they otherwise might not have had the opportunity to sample. The goal of the USDA FFVP is to create healthier school environments by providing healthier food choices by:

- Expanding the variety of fruits and vegetables children experience
- Increasing children's fruits and vegetable consumption
- Making a difference in children's diets to impact their present and future health.

The focus of the USDA FFVP is to bring fresh produce into the school for distribution to children. Unfortunately, for many children the produce they see in school might be their first exposure to fresh fruits and vegetables. That is why nutrition education is critical to the program's success.

The USDA FFVP toolkit provides nutrition education lesson plans and resources to help support school classrooms in reaching the goal of a healthier school environment as outlined in the Syracuse City School District Wellness Policy. The nutrition education lesson plans, implementation procedures and resource lists within this toolkit are intended to support and engage children as new produce offerings are provided and establish an implementation plan for each school to ensure all operational guidelines are followed.

The USDA Fresh Fruit and Vegetable Program Toolkit

Elementary Classroom Standard Operating Procedures and Guidance

The following SOP will direct teachers on a 5-10-minute lesson to help children discover a knowledge and love of fruits and vegetables. The lesson should take place concurrently with the washing of hands and tasting so as not to take more than the allotted time.

Pick Up:

- Produce will be packaged and ready for pick up from Food and Nutrition Service at the FFVP refrigerator at a prearranged time.
- Schools will send a student or faculty member each serving day to collect the produce from a food service worker to distribute within the classroom.
- Food service workers will not distribute classroom to classroom.

Sampling:

- Have each child wash their hands thoroughly. Please review the “Handling Fresh Produce in Classroom.” (USDA Tip sheet).
- Pass out the fruit or vegetable using the gloves and paper towels provided.
- Begin nutrition education lesson plan by referring to the Fruit and Veggie Fact Sheet: Use the corresponding fruit and veggie fact sheets for the produce being sampled. The sheet can be divided up into 5 areas to create a quick nutrition education lesson plan.
 - Focus on one area of the lesson plan each time the produce is sampled.
 - What is it called? How would you describe the way it looks? What does it taste like?
 - Is it a fruit or a vegetable? How does it grow? (i.e., tree, bush, plant, vine, flower)
 - Where was it originally grown? Where is it grown now? Does it grow in New York?
 - What are the other varieties? What nutrients does it have to keep us healthy?
 - How can you...or do you eat this?
- Encourage each student to take a sample: Keep your messages positive! Suggest that students who hesitate to take a “Try Me” bite;
- End sampling with a positive message, such as: “Great Job! Every day we need to eat fruits and vegetables to learn, grow and feel good!” Remind students that our taste buds grow and mature, just as their bodies do, every day! What we don’t enjoy one day, we may like the next day!

Modeling:

- Teachers serving fruits and vegetables to their students can model healthful eating habits by participating with their students and including a nutrition education lesson as outlined above in this toolkit.

Clean Up:

- All uneaten samples will be discarded according to classroom procedures.
- Return fruit and vegetable bags or containers to the cafeteria.

Additional Classroom Resources

There are many free nutrition education and promotion materials available online that can be used to enhance the lesson including standards-based nutrition education curriculums, posters, interactive games, and more. Below we have provided a list of resources available to help assist you in enhancing the USDA FFVP in your classroom setting.

The USDA Fresh Fruit and Vegetable Program

<http://www.fns.usda.gov/ffvp/fns-resources>

Lets Move!

<http://www.letsmove.gov/>

USDA Nutrition Education

<http://www.fns.usda.gov/get-involved/provide-nutrition-education>

Action for Healthy Kids

<http://www.afhk.org/>

Fruits and Veggies More Matters

<http://www.fruitsandveggiesmorematters.org/>

Team Nutrition

<http://www.fns.usda.gov/tn/team-nutrition>



Handling Fresh Produce in Classrooms

Guidance for Teachers and Aids

- Wash hands thoroughly with soap and water prior to handling or serving fresh fruits and vegetables to students.*
- Allow time for students to wash their hands with soap and water prior to eating fresh produce, if possible.
- Use hand sanitizers if soap and water are not available. Hand sanitizers alone kill most, but not all, harmful microorganisms.
- Keep produce cold, or serve produce as soon as possible after it is delivered to the classroom.
- Do not serve any cut produce that has been held at room temperature for more than 2 hours or above 90 °F for more than one hour.**
- Distribute produce or allow students to select pre-packaged produce to minimize potential contamination.
- Discard all leftover fresh-cut produce, such as veggie sticks, sliced apples, sliced oranges, or melon.

*For hand washing information refer to the National Food Service Management Institute's resource, *Wash Your Hands: Educating the School Community*: www.nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=118

**Source: The Partnership for Food Safety Education. www.fightbac.org/safe-food-handling/chill

Cameo Apple

Cameo apples are available in late fall through early spring.
The majority of them are farmed in Washington State.

LOOK

Cameo apples are covered in red stripes with yellow skin.



NUTRITION FACTS:

- Rich in fiber
- Good source of vitamin C and A
- Great source of iron and calcium

TASTE

The cameo apple is both sweet and tart, with a combination of honey and citrus flavor.

TOUCH

The cameo apple is delicate and stripy on the outside with a dense flesh.

FUN FACT

Cameo apples are red and yellow because they are a cross between red and golden delicious apples



CORTLAND APPLE

Cortland apples are available in the fall through the spring. They are grown in Washington, Oregon, Canada, and in Cortland, New York.

LOOK

Cortland Apples are bright red and covered with dark red streaks. They often have a top that is green.



NUTRITION FACTS:

- Rich in vitamin A and vitamin C
- Good source of fiber
- High water content

TASTE

Cortland Apples are juicy and have a sharp, sweet-tart flavor.

TOUCH

Cortland Apples have smooth skin and a grainy damp flesh.

FUN FACT

The Cortland Apple is a New York Local item. It is named after Cortland County, just south of Syracuse!



Fortune Apple

Fortune apples are available in the mid-fall and winter months.
They are grown locally in NY.

LOOK

Fortune apples have a burgundy red skin with green streaks. Their flesh is a yellow-cream color.



NUTRITION FACTS:

- Rich in potassium
- Good source of vitamin C
- Great source of folic acid

TASTE

The Fortune apple is both sweet and tart, and it has a slightly spicy flavor with a bitter core.

TOUCH

The fortune apple is smooth and firm to the touch.

FUN FACT

Fortune apples were originally created in Cornell University's experiment center.





FUJI APPLES

Fuji Apples are available year-round. They are grown in Japan, China, California, and Washington.

LOOK

Fuji Apples are medium to large sized. They are light red with yellow and red stripes.



NUTRITION FACTS:

- Excellent source of vitamin A
- Good source of vitamin C
- High in water

TASTE

Fuji Apples are mild and very sweet with small amounts of honey and citrus.

TOUCH

Fuji Apples are dense, juicy, and crisp. They make a “crunch” when bitten into.

FUN FACT

Fuji Apples were first grown in Japan and are named after Mount Fuji!



Gala Apples

Grown in both the southern and northern hemisphere, Gala Apples are available year-round.

LOOK

Gala apples are covered in a thin yellow to orange skin with pink and red stripes.



TASTE

Gala apples have a very mild and sweet flavor with a floral aroma.

NUTRITION FACTS:

- Contains 5 grams of dietary fiber
- Low in calories
- High in water content
- Fair source of vitamin A, C, and B

TOUCH

Gala apples have a crisp texture and a smooth exterior. They make a “crunch” when bitten into.

FUN FACT

Gala apples are known as “royal” gala apples because they were named in honor of Queen Elizabeth II



Ginger Gold Apple

Ginger Gold apples are available from late summer through late fall.
They are grown in the mid-Atlantic and New England regions.

LOOK

Ginger gold apples are all yellow with shades of brown. They come in a variety of sizes.



NUTRITION FACTS:

- Rich in fiber
- Good source of vitamin C
- Great source of potassium

TASTE

The ginger gold apple has a crisp bite that provides a slight spiciness.

TOUCH

The ginger gold apple is smooth and waxy on the outside with a crisp, dense flesh.

FUN FACT

Ginger gold apples turns brown very slowly when cut.



GOLDEN DELICIOUS APPLE

Golden Delicious apples are available in the fall through summer. They grown in Washington, Oregon, New York, and Michigan.

LOOK

Golden Delicious Apples are pale green to golden yellow and speckled with small spots. They are slightly oval shaped.



NUTRITION FACTS:

- Rich in vitamin A
- Excellent source of vitamin C
- Good source of fiber

TASTE

Golden Delicious Apples have a sweet but tart flavor, often described as “honeyed.” Cool climates create a sweeter apple, but warm climates create a milder flavor.

TOUCH

Golden Delicious apples have smooth, firm skin. The inside is smooth and damp.

FUN FACT

The Golden Delicious Apple is the official fruit of West Virginia!



Granny Smith Apple



Granny Smith Apples are available year-round! They are grown in Australia, New Zealand, Europe, South America, and the United States.

LOOK

Granny Smith Apples have bright green skin with white spots. The flesh is bright white.



NUTRITION FACTS:

- High in antioxidants!
- Rich in vitamins A and C
- Contains iron
- Good source of fiber

TASTE

Granny Smith Apples are tart, acidic, and slightly sweet.

TOUCH

The Granny Smith Apple has smooth, slightly waxy skin on the outside. They are crisp and crunchy.

FUN FACT

The Granny Smith Apple is named after Granny Maria Ann Smith!



Honey Crisp Apples



Honey Crisp Apples are available in the fall season. They were first grown in the 1960's at the University of Minnesota to survive in cold weather.

LOOK

Honey Crisp Apples have a tie-dyed look of red and yellow colors. When sliced, the inside of the apple is a creamy white flesh with small seeds at the core.



NUTRITION FACTS:

- Low in calories
- Rich in dietary fiber
- Contains Vitamins A and C

TASTE

The content of sugar and acid in Honey Crisp Apples gives them a sweet and tart flavor.

TOUCH

Outside of the apple is hard, and smooth. When sliced – the inside is smooth, soft and damp.

FUN FACT

Honey Crisp Apples are the official state fruit of Minnesota!





Idared Apples

Idared apples are available from fall through early summer. They were originally grown in Idaho but are now grown throughout the United States.

LOOK

Idared apples are round, with a bright red skin over a green background.



NUTRITION FACTS:

- Contain 5 grams of fiber
- Good source of vitamin C and potassium

TASTE

Idared apples are both sweet and tart. They have a fruity, refreshing flavor.

TOUCH

Idared apples are firm on the outside and crispy when bitten into.

FUN FACT

Idared apples are named after a combination of Idaho, where they originated from, and their color, red!



NY McIntosh Apple

McIntosh apples are originally from Canada.
They are available in the fall and early winter.

LOOK

McIntosh apples are red and bright green, sometimes speckled with white spots.



NUTRITION FACTS:

- Rich in vitamin C, A and B
- Good source of fiber

TASTE

The McIntosh apples have a crisp and juicy flesh. It has a strong sweet-tart taste with hint of spice

TOUCH

The skin is smooth and waxy.

FUN FACT

The McIntosh apple is named after the farmer John McIntosh who discovered it.





RED DELICIOUS APPLES

Red Delicious Apples are available year-round. Their peak season is in the early fall. They are mostly grown in Washington State.

LOOK

Red Delicious Apples are bright red with white spots.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of fiber
- High antioxidant content

TASTE

Red Delicious Apples are crisp and juicy with a mildly sweet taste and hints of melon.

TOUCH

Red Delicious apples have smooth, firm skin. The inside is grainy and damp.

FUN FACT

The Red Delicious Apple was discovered in 1872 in Iowa, originally called the Hawkeye!



Red Rome Apples

Red Rome apples are available in the fall through early winter. They were originally grown in Ohio but are now grown throughout the United States.

LOOK

Red Rome apples are round and a deep red blush with white dots. Their inside is a pale cream color.

TASTE

Red Rome apples are crunchy and have a mildly sweet and tangy flavor that is slightly tart.

NUTRITION FACTS:

- Rich in soluble fiber
- Good source of vitamin A and vitamin C

TOUCH

Red Rome apples have a smooth, glossy, and thick skin. The inside is firm and crisp.

FUN FACT

Rome apples are named after the town, Rome Township in Ohio.



TWENTY OUNCE APPLE

Twenty Ounce Apples are available in the fall and are grown in the Northeastern and Northwestern parts of the United States.

LOOK

This apple is large and has a green color with red to orange stripes and a light cream to yellow inner flesh.



NUTRITION FACTS:

- Rich in vitamin C
- Great source of potassium
- Excellent source of fiber
- High water content

TASTE

Twenty Ounce Apples are juicy and mildly sweet with a tart finish.

TOUCH

Twenty Ounce Apples are mostly round with a large top and a tapered bottom. They are hard and crunchy.

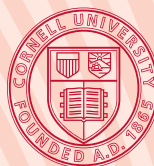
FUN FACT

Twenty Ounce Apples were known as *"The Baking Apple"* for more than 100.





SOUTHERN TIER REGION EAT SMART NEW YORK PROGRAM



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Apple

Apples come in all shades of red, green and yellow. Apple varieties range in size from a little bigger than a cherry, to as large as a grapefruit. The peel is good to eat and has many nutrients. Apples have five seed pockets. Do not eat the seeds.

**Apples are fruit
which grow on trees.**

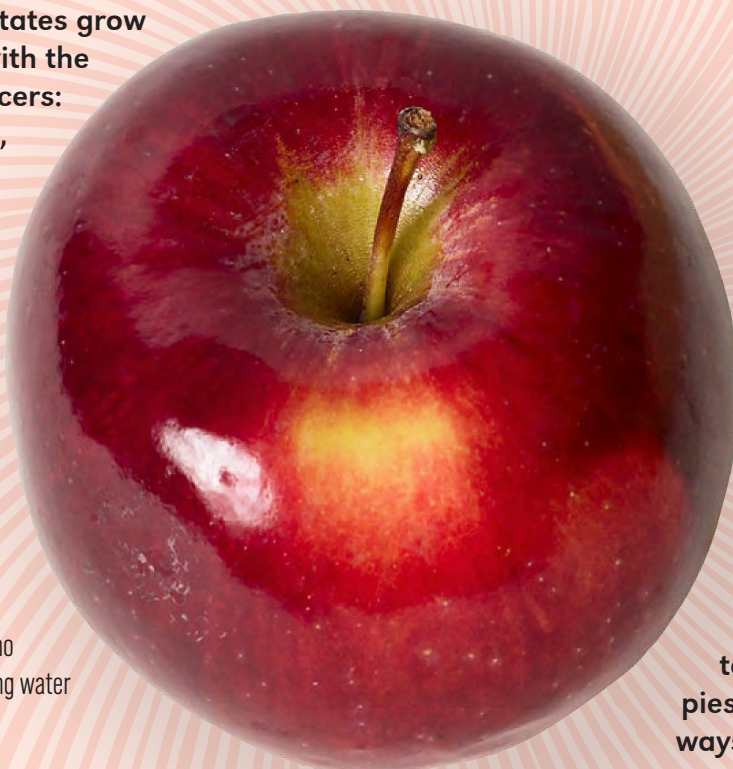
The apple can be traced back to the Romans and Egyptians who introduced them to Britain. The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony. Americans eat about 120 apples apiece each year.

Apples are the most popular fruit in the United States. 36 states grow apples commercially with the following as top producers: Washington, New York, Michigan, California, Pennsylvania and Virginia.

VARIETIES

There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji and Granny Smith are available year round.

Choose apples which are firm with no soft spots. Wash under clean, running water before eating.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C

USES

Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

MANY APPLES ARE GROWN IN NEW YORK!

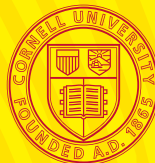


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Apricot

A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. The skin and flesh are a golden orange color.

**Apricots are fruit
which grow on trees.**

Apricots originated in China over 4,000 years ago.

Spanish explorers introduced apricots to the New World and they were planted at missions all over California. The first major production of apricots in America was in 1792 south of San Francisco, California.

In the United States
95% of apricots grow in
the San Joaquin Valley
and other parts of
northern California.

VARIETIES

There are many varieties of apricots raised in the United States. Some of the most common varieties are Patterson, Blenheim, Tiltons and Castlebrites. Apricot season is from late May through June.



NUTRITION FACTS

- Fat free
- Sodium free
- Cholesterol free
- High in vitamin C
- High in vitamin A
- Good source of potassium

USES

Apricots are great to eat raw or dried, and are also terrific cooked. The nutrients are more concentrated in dried than fresh apricots — dried apricots also have a higher sugar content, which makes them more likely to stick to your teeth.

SOME APRICOTS ARE GROWN IN NEW YORK!



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Artichoke

Artichokes should be firm, compact, heavy for their size and have an even green color. Artichokes are actually a flower bud – if allowed to flower, blossoms measure up to seven inches in diameter and are a violet-blue color.

Artichokes are vegetables which grow as flower buds on plants.

The artichoke was known to both the Greeks and the Romans. Wealthy Romans enjoyed artichokes prepared in honey and vinegar, seasoned with cumin. It was not until the early 20th century artichokes were grown in the United States.

All artichokes commercially grown in the United States are grown in California. Castroville, California claims to be the "Artichoke Capital of the World."

VARIETIES

There are more than 140 artichoke varieties. The most popular varieties in the United States are: Green Globe, Desert Globe, Big Heart and Imperial Star. Artichokes can range in size from small artichokes – 2 or 3 ounces each – to jumbo artichokes which can weigh as much as 20 ounces each.



NUTRITION FACTS

- Fat free
- Cholesterol free
- High in sodium
- High in fiber
- High in vitamin C

USES

Artichokes can be boiled, steamed, microwaved or sautéed. They can be eaten whole or added to other dishes. Small artichokes are good for pickling, stews and casseroles; medium size are good for salads; and large size are good for stuffing.

SOME ARTICHOKES ARE GROWN IN NEW YORK!



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Asparagus

Choose green stalks with dark green to purplish tips which are closed and compact. Thinner stalks are more tender than thicker stalks.

Asparagus are vegetables which grow as plant stalks (stems).

Many Greeks and Romans not only enjoyed the taste of asparagus but also believed the myth it possessed medicinal properties (from healing toothaches to preventing bee stings). Asparagus gained popularity in France and England in the 16th Century and was then introduced to North America.

In the United States
80% of asparagus are
grown in California.
Asparagus season
is early spring.

VARIETIES

Asparagus can be found in two varieties. Green asparagus is the most common in the United States, while white asparagus is more popular in Europe. White asparagus is grown under the soil.

**MANY ASPARAGUS
ARE GROWN IN NEW YORK!**



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C
- Good source of iron

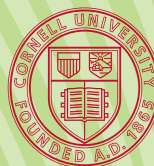
USES

Asparagus is good steamed, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, stir fries or eaten cold with your favorite dip.





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Avocado

Avocados skin range in color from yellowish green to dark purplish black depending on the variety – most have a yellow to a pale green flesh. The skin and large seed need to be removed before eating.

Avocados are fruit
which grow on trees.

Avocados were first cultivated in South America with later migration to Mexico. It was believed a Mayan princess ate the first avocado and it held mystical and magical power. European sailors traveling to the New World used avocados as their form of "butter."

One tree can produce up to 400 avocados a year. California is currently the largest producer of avocados in the United States. Avocados are available year round in stores.

VARIETIES

There are several varieties of avocados, and each have a unique flavor and texture. The most common varieties found in the United States are: Fuerte, Gwen, Hass, Pinkerton, Reed, and Zutano.

Most avocados are pear shaped.



NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in vitamin B6
- A good source of vitamin C
- High in vitamin E
- A good source of potassium, magnesium, folate and fiber

USES

Avocados can be used to make guacamole, added to salads, put on sandwiches, used as butter on your toast, or in place of sour cream.

AVOCADOS ARE NOT GROWN IN NEW YORK





BABY BANANAS

Available all year, baby bananas were developed and marketed specifically as a snack banana for the children's consumer market.

LOOK

Baby bananas are like a miniature standard banana. They have a thin, bright yellow peel and they average in size only three to four inches in length.



TASTE

When ripe their flavor is rich and sweet with vanilla and caramel undertones.

NUTRITION FACTS:

- Contains little to no fat
- High in Vitamin B6
- Rich in fiber
- Good source of potassium

TOUCH

Baby bananas have a very creamy texture with a smooth outside peel.

FUN FACT

Baby bananas can be a main ingredient in smoothies, baby foods, puddings, cakes, muffins, breads, and tarts!





The petite banana is native to Colombia, South America. They grow best in warm, damp, tropical climates. You can find baby bananas in stores year-round.

LOOK

Petite bananas have a thin, bright yellow peel. They look small and are normally three to four inches in length.



NUTRITION FACTS:

- Great source of B vitamins
- High in fiber
- Excellent source of potassium and selenium

TASTE

Ripe petite bananas are sweet with hints of vanilla and caramel.

TOUCH

Petite Bananas have a smooth waxy peel on the outside. The inside is soft and squishy.

FUN FACT

Petite banana plants are the world's largest fruit bearing herb!



RED BANANA



Ripe red bananas do not grow in the United States. Many are imported from producers in East Africa, Asia, and South America. They are available year-round.

LOOK

Red bananas are shorter and plumper than the average banana. Red bananas have a reddish-purple, thick peel and ivory colored flesh. Red bananas have high beta-carotene levels that give them their color.



TASTE

Red bananas are dry and chalky. Its flavor is sweet and creamy with raspberry highlights.

NUTRITION FACTS:

- High in Vitamin C
- Good source of fiber
- Rich in Vitamin A

TOUCH

The outside of a red banana is smooth, with some ridges. The inside of a red banana is semi soft.

FUN FACT

Red bananas can also be used for baking in desserts such as jam and cakes.



Banana

Bananas are a long, thick-skinned fruit. They have a peel which comes off easily. Bananas ripen after they have been picked. They are ripe when the skin is yellow and speckled with brown spots. Avoid bananas with brown spots that seem very soft.

Bananas are fruit which grow in hanging clusters on plants which look like — but are not — trees.

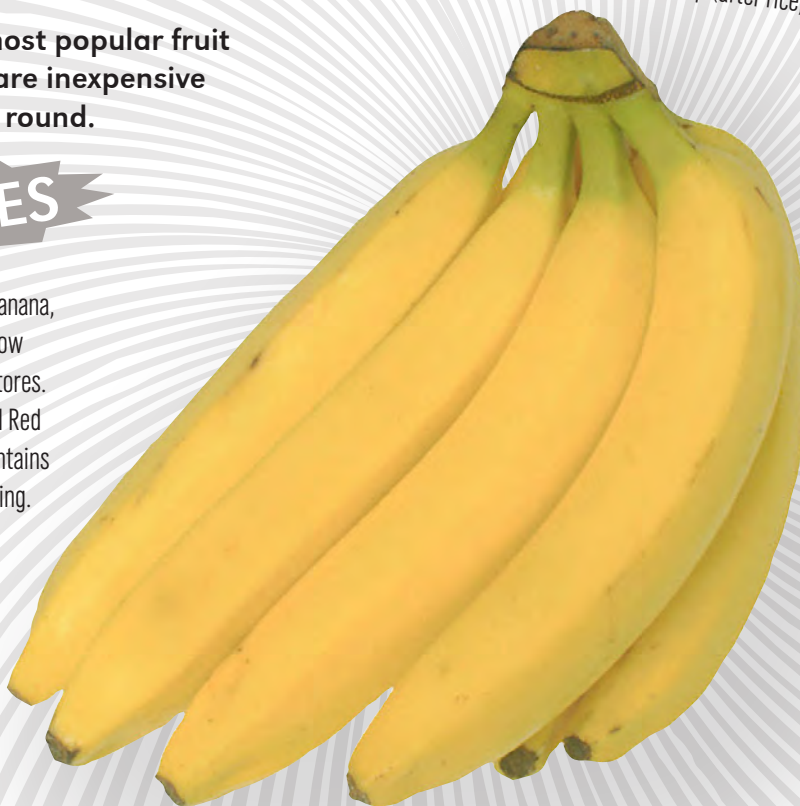
Bananas originally came from the Malaysian area in Southeast Asia.
Grown in many tropical regions, bananas are the fourth most important food crop (after rice, wheat and corn).

Bananas are the most popular fruit in the world. They are inexpensive and available year round.

VARIETIES

The most popular variety of banana, Cavendish, is the familiar yellow type found in most grocery stores. Plantains, Finger Bananas and Red Bananas are also popular. Plantains need to be cooked before eating.

Although some wild varieties have hard seeds, almost all bananas people eat are seedless.



NUTRITION FACTS

- High calories
- Fat free
- Cholesterol free
- Sodium free
- High in potassium
- High in vitamin C
- High in vitamin A

USES

Bananas are delicious eaten after peeling off the skin. Enjoy a banana for lunch or as a snack. Eat sliced bananas in cereal, yogurt or on a peanut butter sandwich. Banana bread and muffins are very popular.

BANANAS ARE NOT GROWN IN NEW YORK.



French Green Beans

French green beans are mostly grown in China and are available year-round, with a peak season in the summer.

LOOK

French green beans are thin and long like a pencil, with a seam on the side. They are lime green in color.



NUTRITION FACTS:

- High in vitamin B6 and vitamin K
- Good source of vitamin C

TASTE

French green beans are gritty when bitten into and mildly sweet in flavor.

TOUCH

French green beans are thin and plump to touch. They make a juicy “snap” noise when broken.

FUN FACT

French green beans aren't actually from France! They originated from Central and South America.





Green Romano Beans

Green Romano Beans are available during summer and fall months.
They grow on vines in warm climates.

LOOK

On the outside,
Green Romano Beans
are wide and flat. The
beans inside are
white to lime green.
Green Romano Beans
can be over a foot
long.



NUTRITION FACTS:

- High in antioxidants
- Rich in vitamins A & C
- Contains iron
- Good source of fiber

TASTE

Green Romano Beans taste
slightly sweet and grassy. They
can be eaten raw or cooked.

TOUCH

Green Romano Beans are
crisp and meaty in texture.
They feel slightly bumpy.

FUN FACT

The Green Romano Bean is also called an Italian Green Bean!



BEETS

Red beets are available year-round and are grown in Costa Rica, The Great Plains, and the West Coast of America.

LOOK

Beets have a circle shape with a small root at the bottom. The skin is dark red to purple in color.



NUTRITION FACTS:

- High in antioxidants
- Contains iron, magnesium, and fiber

TASTE

Cooked beets have a mildly sweet, earthy flavor. The leaves can be eaten and have a slightly bitter taste.

TOUCH

Beets have a firm skin and are semi-smooth with tiny hairs. The flesh is very dense and crunchy.

FUN FACT

The biggest beet in the world was grown by a Dutchman. It weighed over 156 pounds!



BLACKBERRIES

The majority of blackberries grown for commercial use in the U.S. come from Oregon. Peak season is from July to August.

LOOK

Blackberries change colors during ripening from green, to red and then black when they are fully ripe.



TASTE

Juicy and sweet.
Blackberries can be eaten raw, dried, or cooked in jams, pies or muffins.

NUTRITION FACTS:

- High in antioxidants - vitamins A, C & E
- Excellent source of dietary fiber
- Low in calories

TOUCH

Soft, smooth, round ball-like segments surround a green core. Blackberries pop off the core in a cap shape.

FUN FACT

Blackberry leaves are sometimes made into tea to drink.





Blueberries are one of the few fruit species native to North America!
They are in season from April- September

LOOK

Blueberries are a dark blue color like the ocean. The inside are a cloudy white color. They are about the size of an m&m candy- but much more delicious and healthy!



TASTE

Plump, juicy and sweet. Blueberries are best eaten fresh but can be made into many delicious recipes.

NUTRITION FACTS:

- Great source of antioxidants, Vitamins C and K
- Excellent source of dietary fiber
- Good source of manganese and copper
- Low in calories

TOUCH

Blueberries feel soft and smooth. They pop when squeezed too hard, and their deep purple color can easily stain clothes.

FUN FACT

Native American people, such as the Pemmican, preserved a concoction of lean meat, fat, and blueberries as a winter survival food.



ROMANESCO BROCCOLI



Romanesco broccoli was first discovered in Rome in the 16th century. It is a broccoli variation that is in season from late fall through winter.

LOOK

Romanesco broccoli is lime green in color and about the size of a soccer ball. When it is chopped up; it looks like mini Christmas trees.



NUTRITION FACTS:

- Good source of Vitamins C and K
- Excellent source of dietary fiber
- High in zinc, iron, and folate
- Low in calories

TASTE

Crunchy and nutty, with a taste similar to broccoli, but more mild. Romanesco can be eaten raw or cooked.

TOUCH

Romanesco broccoli feels soft and bumpy because of the spiky surface.

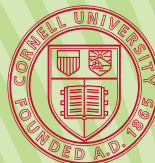
FUN FACT

Thomas Jefferson planted Romanesco broccoli at his Monticello estate in the 1780s using Italian seeds!





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Broccoli

Choose bunches with tight florets that are dark green, purplish or bluish green. Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Broccoli are
vegetables which grow as
florets (clusters of flower buds)
on stalks (stems).

Broccoli has been around for more than 2,000 years and was first grown in Italy.
The name broccoli comes from the Latin word *brachium*, which means "branch" or "arm."
Americans have grown broccoli for over 200 years.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk.

Fresh broccoli contains more nutrients than frozen broccoli.

VARIETIES

There are many varieties. In the United States the most common type of broccoli is the Italian Green Sprouting variety.

MANY BROCCOLI ARE GROWN IN NEW YORK!



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of folate, iron, calcium and fiber

USES

Steam broccoli or eat it raw with your favorite dip. Add broccoli to salads, soups, stews, casseroles and stir-fries.



Cornell Cooperative Extension is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 1-800-342-3009.

This material is adapted from UNL Extension.

Broccolini

Broccolini is available year-round, they are grown near the central California coast and Arizona.

LOOK

Broccolini has spear-shaped, green stems and a top similar to broccoli.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of Calcium
- Great source of Fiber

TASTE

The flavor of Broccolini is mild, peppery and slightly sweet.

TOUCH

The stem is firm and smooth, the top of the plant is loose and bumpy.

FUN FACT

Broccolins are also called “Aspirations” because the original growers wanted to show hope for their produce company.



Brussels Sprouts

Brussels sprouts look like little heads of cabbage. They are similar in taste to cabbage, but are slightly milder in flavor and denser in texture.

Brussels sprouts are vegetables which grow as small leafy heads on plant stems.

Brussels sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables that originated in northern Europe. French settlers in Louisiana introduced Brussels sprouts to America.

Most Brussels sprouts are grown in California. They are available all year long, but their peak growing season is fall to early spring.

Brussels sprouts are a member of the cabbage family, which may help prevent certain types of cancer.

VARIETIES

Most Brussels sprouts are alike.

NUTRITION FACTS

- Fat free
- High in potassium
- Good source of vitamin C
- Good source of vitamin A
- Good source of vegetable protein

USES

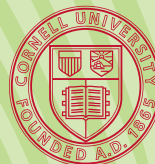
Brussels sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews and casseroles.

MANY BRUSSELS SPROUTS ARE GROWN IN NEW YORK!





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Cabbage

Cabbage heads are solid, glossy and light green in color. The stem end should look healthy, trimmed and not dry or split.

Cabbage are vegetables which grow as leafy heads.

Cabbage originated nearly 2,000 years ago in the Mediterranean region. Cabbage was introduced to America in 1541-42 by French explorer Jacques Cartier, who planted it in Canada.

Cabbage is a cheap and widely used food. It may help reduce the risk of certain cancers. Cabbage needs to be kept cold so it retains its vitamin C.

VARIETIES

There are at least 100 types of cabbage grown in the world. The most common varieties in the United States are Green, Red and Savoy. Chinese varieties are also available. The two most common Chinese varieties are Bok Choy and Napa.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C

USES

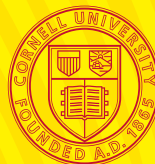
Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved or stir-fried. It can also be added to pasta, soups or stews. Sauerkraut is made from cabbage.

MANY CABBAGE ARE GROWN IN NEW YORK!





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Cantaloupe

In the United States, cantaloupe are commonly called muskmelon.

Muskmelon are round with a light-brown rind (thick skin) and orange flesh. The rind is not eaten. The center has seeds which need to be scooped out before eating.

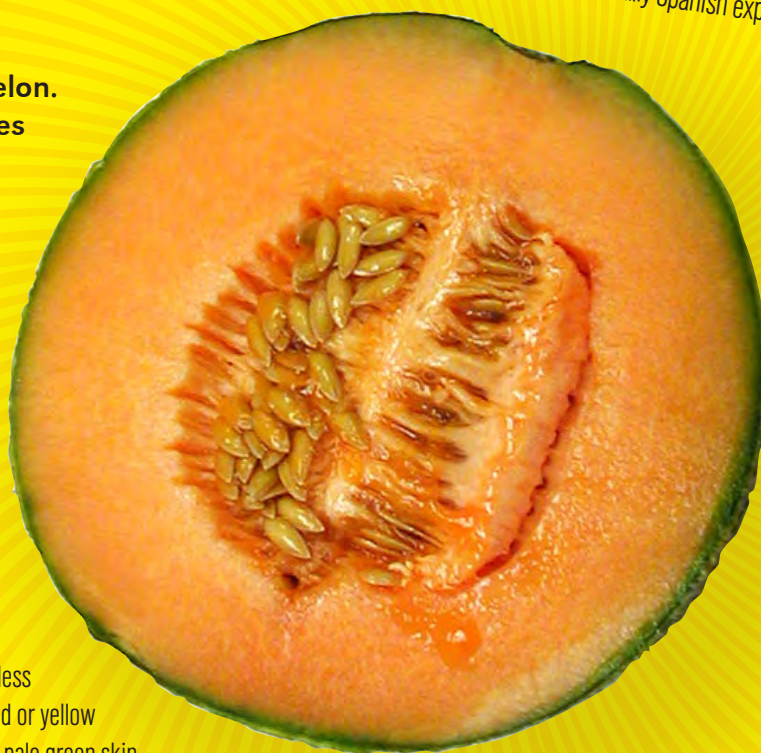
Cantaloupe are fruit which grow on vines.

Many melons originated in the Middle East. Ancient Egyptians and Romans enjoyed cantaloupe. Melon seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California.

Cantaloupe are a melon. Other melons includes honeydew and watermelon. Melons are in the same gourd family as squash and cucumbers.

VARIETIES

In the United States, the most popular variety is the North American cantaloupe. There are less common varieties which have red or yellow flesh. European cantaloupe have pale green skin.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium
- High in vitamin A

USES

Cantaloupe is delicious raw. It is usually sliced or cut into chunks. Add cantaloupe to fruit salads, fruit soups or salsa. Serve as a dessert with some ice cream and chocolate sauce.

MANY CANTALOUPE ARE GROWN IN NEW YORK!



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CARROT

Grown all throughout New York State, carrots have two growing seasons including: late spring and fall.

LOOK

Carrots are commonly orange, but other colors include purple, red, yellow, and white. They are long and cone shaped with green tops, where their leaves grow. Carrots range from 2 to 20" in length with a max width of 2".



TOUCH

Carrots are firm to press. Its outer skin has a rough surface. The flesh when cut is smooth.

TASTE

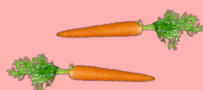
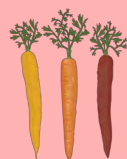
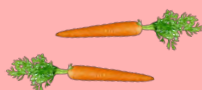
Carrot leaves are also edible. Its sweet taste is in the center and tip. The bitterness is more often in the upper and outer part of the carrot. Peeling is a way to reduce bitterness.

NUTRITION FACTS:

- Good source of Vitamins A and K
- Low fat
- No cholesterol
- Low sodium
- High water content
- Excellent fiber
- Low in calories

FUN FACT

Did you know you can grow carrot tops? You don't directly get carrots from it, but you get the next best thing. A plant! If the plant grows and blooms you can gather its seeds that can be used to grow carrots.



Colored Cauliflower

California and coastal areas of New York State produce colored cauliflower varieties. Cauliflowers peak season is fall and winter.

LOOK

Colored cauliflower may be purple, green, or orange! In its early stages it resembles broccoli, but as it matures it forms large, thick, packed clusters of unopened flower buds.



NUTRITION FACTS:

Excellent source of:

- Fiber
- Folate
- Vitamin K
- Antioxidants
- Vitamin C
- Potassium
- Vitamin B6

TASTE

Cauliflower is crunchy and mild when raw. It is tender, slightly sweet and nutty when cooked.

TOUCH

The head of the cauliflower is rough and solid, while the stem is smooth and compact.

FUN FACT

Orange Cauliflower was developed at the New York State Agricultural Station, in Geneva, part of Cornell University.



Cauliflower

In its early stages, cauliflower looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

Cauliflower are vegetables which grow as flowers on plants.

The cauliflower originated over 2,000 years ago in the Mediterranean and Asia Minor region.
Almost all cauliflower grown in the United States comes from California.

Cauliflower, or "cabbage flower," is a member of the cabbage family, which may help prevent certain types of cancer. Cauliflower is available year round but is more plentiful in the fall.

VARIETIES

There are two types of cauliflower:

- creamy white – more popular in the United States
- cauliflower-broccoli hybrid – recently developed, this type of cauliflower looks like broccoli.



NUTRITION FACTS

- Fat free
- Cholesterol free
- High in vitamin C
- High in folate
- High in fiber
- Good source of complex carbohydrates

USES

Cauliflower can be eaten raw or cooked.

Steam or microwave, instead of boiling, to better preserve its vitamin content.

MANY CAULIFLOWER ARE GROWN IN NEW YORK!



CELERY

Celery is grown in cool weather with constant moisture and is available year round as a summer crop in the north, and a winter crop in the south.

LOOK

Celery is commonly are greenish to pale-green with long and fibrous stalks. Other colors from sheer white, gold, rich red, and deep green. There are many stalks in one celery bundle and each have leaves that can grow at the ends.



TOUCH

Celery stalks are firm, solid and crisp. The stalks have smooth surfaces with visible vertical fibers.

NUTRITION FACTS:

- Good source of Vitamin K
- High in fiber
- High water content
- Low fat
- No cholesterol
- Low sodium
- Low in calories

TASTE

All parts of the celery are edible. Stalks are juicy and have a crunchy flesh with a mild salty flavor. The leaves have a strong celery flavor. The seeds are earthy and grassy with a slight bitter edge.

FUN FACT

Records show that celery leaves were part of the remains found in the tomb of pharaoh "King Tutankhamun," who died in 1323 BC.

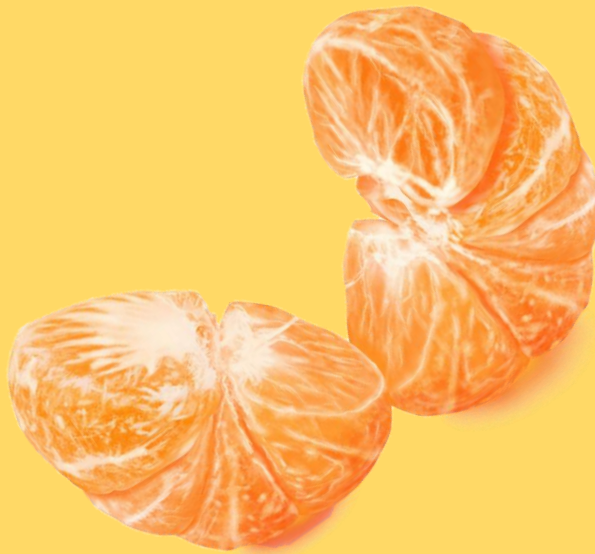


CLEMENTINES

The original clementine was accidentally grown in a garden in Algeria. Clementines are available late fall into mid-winter.

LOOK

Clementines look like baby oranges! Their peel is bright orange and shiny, while the inside looks lighter and smooth.



NUTRITION FACTS:

- Full of antioxidants
- Good source of Vitamin C
- Very low calorie; one clementine has only 35 calories!

TASTE

Clementines are a great balance of sweetness and acidity. You can eat them fresh from the tree or cook them!

TOUCH

The rind of a clementine feels smooth, while the peeled fruit feels slightly fuzzy.

FUN FACT

The clementine did not become popular until the 1990's. A bad winter destroyed most of Florida's oranges, so the clementine had a boost in popularity.



CORN

Even though corn is technically a grain, it is harvested as a vegetable. Yellow corn is available all year and grown locally during the summer months.

LOOK

The outside of the corn is wrapped in a lime green husk, and the inside has bright white, yellow, blue, pink, orange and more kernels in uniform rows.



NUTRITION FACTS:

- Significant beta-carotene levels
- Good source of Vitamin A
- Corn helps to improve eyesight!

TASTE

At its peak ripeness, corn is sweet. Corn has subtle flavors of almond and sugar. Corn is very juicy, so as you bite into it, the skin of the kernel pops.

TOUCH

Corn feels very smooth and silky, but with many small bumps. These bumps are called the kernels.

FUN FACT

A single ear of corn can contain up to 400 kernels!



BABY CORN



Baby corn is available during the late summer and fall months. Harvesting baby corn is very labor intensive as it needs to be picked by hand.

LOOK

Baby corn is only three to four inches in length. Generally, baby corn is white or yellow.



NUTRITION FACTS:

- Low fat
- Rich in Vitamin C
- Cholesterol free

TASTE

Eaten whole, baby corn tastes like standard corn, but much milder.

TOUCH

The ear of the baby corn is very flexible and its kernels are extremely small – they feel like tiny bumps on the cone shaped corn piece.

FUN FACT

Baby corn is picked before fertilization, so it has that mild flavor because the sugars have not developed yet!



CRANBERRIES

A cranberry is a native evergreen shrub that grows throughout North America. Cranberries are harvested each year from late September through October.

LOOK

Cranberries are small, round berries that are a vibrant shade of red. They look shiny due to their waxy outside skin.



NUTRITION FACTS:

- Good source of Vitamins C, E, & K
- High in manganese and copper
- Low in calories
- Good source of dietary fiber

TASTE

Cranberries are slightly sour and tart. They are sweet and juicy.

TOUCH

Cranberries feel round, smooth, and firm with a waxy texture.

FUN FACT

Americans consume 400 million pounds of cranberries each year!



MINI CUCUMBERS

Mini cucumbers are members of the melon family, which makes them a fruit instead of a vegetable. They are typically produced in Georgia and Florida and are in season May through August.

LOOK

Mini cucumbers are green and shaped like a tube. The inside is called the flesh, which is light green. The outside skin, or peel, has a waxy coating.



TASTE

Cucumbers have a mild, watery taste and are slightly bitter. The flesh of mini cucumbers is crunchy and the outside skin is tough. The center has seeds, which are safe to eat.

NUTRITION FACTS:

- High in fiber
- Good source of Vitamins C and A
- Provides calcium, and iron
- Low fat
- Low in calories
- Low sodium
- High water content; 95% water
- Contains potassium, magnesium, and manganese

TOUCH

Some cucumbers have a smooth, waxy skin and others have a bumpy skin.

FUN FACT

Most of the flavor in the cucumbers comes from the seeds!





BELGIAN ENDIVE

In the United States the Belgian endive is considered to be a gourmet and expensive vegetable commonly consumed in winter and spring seasons. It is native to France and the Netherlands.

LOOK

The Belgian endive is torpedo shaped and grows to about six inches in length. It has white leaves with either a slight yellow tint or a deep red to purple tint on the leaves outer edges.



TASTE

The leaves are eaten raw, and have a pleasantly bitter flavor. Endives are great in salads or with dressings on them.

NUTRITION FACTS:

- Good source of thiamin, potassium, calcium, and magnesium
- Rich in Vitamins B6 and C
- Good for digestion

TOUCH

The Belgian endive has a soft texture, and has a crunch when eaten raw.

FUN FACT

Belgian endives were discovered accidentally by Jan Lammers who was trying to use the roots for drying coffee!



ENOKI MUSHROOMS

Enoki mushrooms are commonly used in Asian cuisine. Enokis were one of the first mushrooms studied for cancer prevention. In the United States, Enoki mushrooms are grown during December and January.

LOOK

Enoki mushrooms are white in color with long stems. They are grown in bouquets and have thin delicate stems.



NUTRITION FACTS:

- Good source of fiber
- Low in fat
- High in B vitamins
- Rich in potassium
- Good source of folate

TASTE

They are mild with a bland but refreshing flavor.

TOUCH

Their texture is tender yet firm with a crunchy bite.

FUN FACT

Enoki mushrooms are found both in the wild and grown on farms. Wild Enoki grows in clusters on trees!



FENNEL



Fennel is native to Southern Europe and the Mediterranean region. It has been used for centuries as a spice and for medicinal purposes.

LOOK

Fennel is an upright perennial herb – meaning it lasts a long time. It grows three to ten feet tall with green branches that sprout from a white bulb similar to celery.



NUTRITION FACTS:

- Rich in antioxidants
- Good source of vitamin C and potassium.
- High in fiber.

TASTE

Every element of fennel is edible! It has a sweet, licorice-like flavor with citrus notes.

TOUCH

The plant contains thick, hollow stems that are ribbed like celery stalks.

FUN FACT

Fennel was used to treat snakebites and poisonings in ancient China, and in the Middle Ages it was hung from doorways to ward off evil spirits!



FIGS



In the United States, California produces 100% of the nation's dried figs and 98% of the fresh figs. Figs grow on Ficus trees, and are in season from June to early Fall.

LOOK

Figs are green and small when unripe. When they begin to ripe they change from brown to purple. They are pear-shaped and have a smooth texture.



TASTE

Figs have edible seeds and skin that can be eaten whole after the stem is removed. They are very sweet and rich.

NUTRITION FACTS:

- High in fiber
- Good source of manganese
- Good source of calcium & potassium
- Low in calories
- High in antioxidants
- High in Vitamins A, E, and K

TOUCH

Figs have a soft, smooth outside skin and can be squishy.

FUN FACT

Fossil records date figs back to between 9400-9200 B.C.



GOOSEBERRY

Gooseberries grow in regions with humid summers and severe chilling winters.
Gooseberry season is from June to August.

LOOK

Gooseberries can be as big as grapes or as small as blueberries.

Gooseberries can be round, oval, or pear shaped. Colors come in yellow, green, white, yellow, red-brown, purple, and black. They have thin stripes on the skin and small seeds inside.

FUN FACT

In the 19th century gooseberry clubs became popular. Members wanted to see who could grow the largest gooseberry.



TOUCH

Gooseberries can have a smooth or fuzzy outside skin. Some varieties have dried crinkly leaves covering the berry. They are firm to touch.

NUTRITION FACTS:

- Excellent source of Vitamin C
- Good source of Vitamins A, B, and dietary fiber
- Low in calories
- Low sodium
- No fat
- No cholesterol

TASTE

Eat it raw! With 88% water, gooseberries are juicy. They taste sweet and a bit tart. You can eat the small seeds too!



Pink Grapefruit

Pink grapefruits are mostly grown in Florida and are in season during the winter.

LOOK

Pink grapefruit has a red-orange exterior with a bright juicy pink flesh on the inside.



NUTRITION FACTS:

- Excellent source of vitamin C
- Packed with antioxidants
- High water content

TASTE

The pink grapefruit has a tart flavor with a sweet and sour aftertaste.

TOUCH

Pink grapefruits have a grooved exterior and a plump interior; similar to that of an orange.

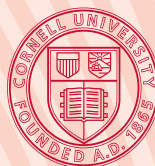
FUN FACT

The official fruit of Texas is the grapefruit!





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Grapefruit

The outer peel is usually glossy yellow – sometimes blushed with pink. The fruit within is segmented, ranging in color from white to ruby red (usually 11–14 segments). Do not eat the peel or seeds.

Grapefruits are fruit
which grow in clusters
(like grapes) on trees.

A relatively new fruit, grapefruit originated in the West Indies in the early 1700's. Grapefruit was first introduced to Florida in the 1820's.

Grapefruits are a member of the citrus family. In the United States, about 80% of grapefruits are grown in Florida. Texas, California and Arizona also grow grapefruit.

VARIETIES

There are three major varieties of grapefruit:

- white
- pink/red
- star ruby/rio red

All grapefruits have a similar tangy-sweet flavor and are very juicy. The pink and red varieties contain more vitamins than the white grapefruit varieties. Some grapefruits have seeds and some are seedless.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in potassium

USES

Grapefruit can be eaten raw or cooked. Eat raw for breakfast or add segments to a salad. It can also be grilled or baked. Drink grapefruit juice plain or enjoy in a slushie.

GRAPEFRUITS ARE NOT GROWN IN NEW YORK



BLACK GRAPES

Black Grapes are available year-round. Their peak season is from mid to late summer into early fall. They are grown in California.

LOOK

Black Grapes are slightly oval and deep purple to black in color with a waxy coat.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of vitamin A
- Great source of vitamin K
- High antioxidant content

TASTE

Black Grapes are tender and juicy with a sweet, strong floral flavor. Occasionally one or two tiny, edible seeds may be present.

TOUCH

Black Grapes have firm skin that does not slip from its flesh. The flesh is damp and soft.

FUN FACT

Black Grapes have been around for 65 million years!





RED SEEDLESS GRAPES

Red Seedless Grapes are available year-round, with peak seasons in summer and fall.

LOOK

They range in color from light red to deep burgundy. They are round to slightly oval in shape.



NUTRITION FACTS:

- Rich in Vitamins A, C, and K
- Replenishes electrolytes
- High in antioxidants

TASTE

Red seedless grapes are sweet and crisp, occasionally tart and always juicy.

TOUCH

Cells in the surface of the grape produce the dusty film on the skin of the grapes, which forms a waterproof coat. Grapes are very smooth when washed.

FUN FACT

There are more than 8,000 varieties of grapes from 60 species!



WHITE SEEDLESS GRAPES

White seedless grapes are available year-round, with peak season in the summer through the fall. They are grown throughout the world in many climates.

LOOK

White seedless grapes are small to medium sized. They are oval shaped and yellow to bright green.



NUTRITION FACTS:

- Excellent source of vitamin A
- Good source of vitamin C
- Rich source of vitamin K
- Full of antioxidants

TASTE

White seedless grapes are sweet and slightly tart.

TOUCH

White seedless grapes are crisp, firm, and smooth.

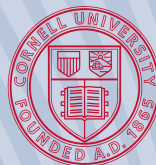
FUN FACT

White seedless grapes are eaten on New Year's for good luck in Spain!





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Grapes

Grapes come in many colors; black, blue, blue-black, golden, red, green, and purple. When buying grapes look for firm, plump, well colored clusters that are securely attached to their green stems.

**Grapes are fruit
which grow in clusters
on vines.**

Grapes are one of the oldest fruits to be grown. Grapes can be traced back as far as biblical times. Spanish explorers introduced grapes to America about 300 years ago. Most grapes eaten in the United States are grown in California.

Grapes are about 80% water, making them a delicious low-calorie snack or dessert.

Raisins are dried grapes and contain only about 15% water. For this reason nutrients and calories are more concentrated in raisins.

VARIETIES

Grapes come in more than 50 varieties. The two main types are American and European, which are available as seeded or seedless. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay.

MANY GRAPES ARE GROWN IN NEW YORK!



NUTRITION FACTS

- Good source of fiber
- Sodium free
- Fat free
- Cholesterol free
- High in vitamin C
- High in potassium

USES

Some of the most popular ways in which grapes are used are eaten fresh, dried into raisins, or made into jam, jelly or 100% juice.



Greens

Greens should have fresh, green leaves. Before cleaning, remove any wilted or yellow leaves. Wash under clean, running water.

Greens are vegetables which grow as plant leaves.

Greens date back to ancient times.
Many greens descended from wild cabbage which originated in the Mediterranean region and Asia Minor.

Greens are vegetables that include any type of cabbage where the green leaves do not form a compact head. In the United States, cooking greens are a southern tradition. Most greens are available all year long.

VARIETIES

There are many varieties of greens. The ones most often found in the supermarkets are: collard, mustard, kale, swiss chard and broccoli rabe. Some greens come in bunches (such as collards and kale) and some have stems or stalks (such as mustard, swiss chard and broccoli rabe).



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

USES

Greens can be served raw in salads. They are often cooked (boiled, steamed or microwaved). Add to stir-fries, soups or stews.

MANY GREENS ARE GROWN IN NEW YORK!



CRENSHAW MELON

Crenshaw Melons are available in the summer. They grow well in warm or temperate regions.

LOOK

This melon is mostly round in shape with a somewhat flattened bottom that comes to a point at the stem. The outside is yellow to green. The inside is a light orange color.



NUTRITION FACTS:

- Excellent source of vitamins A
- Rich source of vitamin B6
- Good source of vitamin C

TASTE

The Crenshaw Melon is very sweet and is a little spicy in flavor.

TOUCH

The outside of the melon is hard, rough, and has a slightly waxy feel.

FUN FACT

Crenshaw Melons are one of the sweetest melons! They also weigh 8-10 pounds!

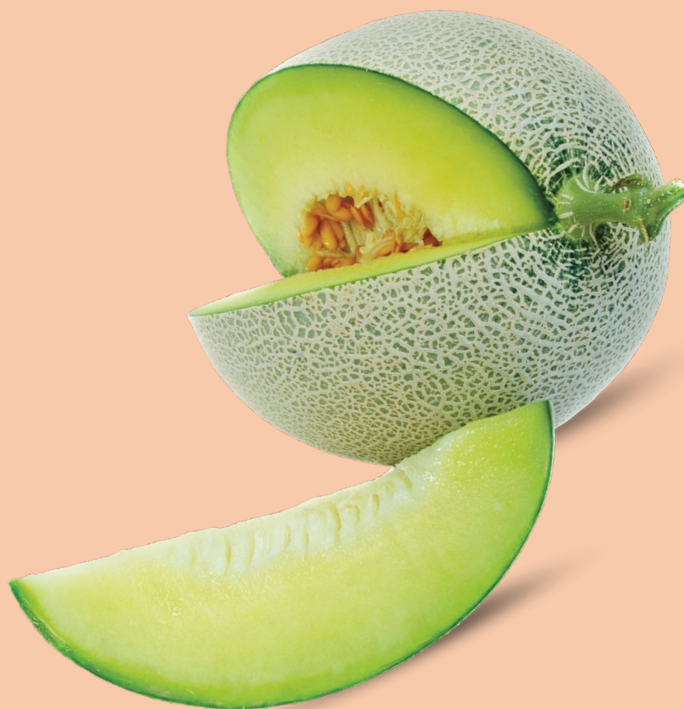


Honeydew Melon

Honeydew are a variety of winter melon that ripen slowly and are ready to eat during late fall. Their long shelf life allows them to be available year-round.

LOOK

The rind of the melon is green during early stages of growth, but at peak maturity it turns whitish yellow. The flesh is medium to pale green.



NUTRITION FACTS:

Excellent source of:

- Fiber
- Potassium
- Vitamin C
- Vitamin B6

TOUCH

The rind of the melon has a bumpy texture, while the inner melon is soft and juicy when ripe.

FUN FACT

TASTE

Honeydew are sweet when picked at peak ripeness!

In France the Honeydew melon was originally known as the White Antibes Winter melon.



Kiwifruit

Kiwifruits are small and round shaped. They are fuzzy brown on the outside and bright green with tiny black seeds on the inside. The skin can be eaten or it can be peeled.

Kiwifruits are fruit which grow on vines (similar to grapes).

The kiwifruit originated in China over 700 years ago where it was called "Yangtao." In 1906, seeds were sent to New Zealand and renamed the "Chinese Gooseberry." In 1962, it was first shipped to the United States and renamed "Kiwifruit" after New Zealand's national bird, the "kiwi." In North America, South America and Europe, the "fruit" part of the name is usually dropped, and simply called "kiwi."

California produces around 98% of the kiwifruits grown in the United States. Other countries which grow kiwifruits are Italy, New Zealand and Chile.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- Good source of vitamin C
- Rich in vitamin E
- High in potassium

VARIETIES

There are over 400 varieties of kiwifruits. The Hayward is the most popular in the United States. Kiwifruits are available year round.

USES

Kiwifruits are usually eaten raw. They can be eaten whole like an apple or cut into quarters like an orange. Another way to eat them is to cut them in half and scoop out the flesh with a spoon. Add slices to fruit salads, salsa or cereal.

SOME KIWIFRUIT ARE GROWN IN NEW YORK



Lettuce

The general rule of thumb is, the darker the leaves, the more nutritious it is. Lettuce should have fresh, green leaves which are not wilted, brown or slimy. Wash under clean, running water.

Lettuce is a vegetable which grows as plant leaves.

Lettuce actually started out as a weed around the Mediterranean Sea.
 This vegetable has been eaten for over 4,500 years, and was known to the Egyptians, Greeks and Romans. Christopher Columbus introduced lettuce to North America and it has been grown here since.

California raises more lettuce than any other state; followed by Arizona, Florida and Texas.

VARIETIES

There are four main types of lettuce and each type has different varieties:

- Butterhead – forms a loose head and has a buttery texture.
- Crisphead – pale green with leaves packed in a tight head.
- Looseleaf – doesn't form a head, but instead the leaves are joined at the stem.
- Romaine – has a loaf-like shape with darker green leaves.



NUTRITION FACTS

- Good source of vitamin C
- Good source of beta-carotene
- Good source of iron
- Good source of folate
- Good source of fiber

USES

Lettuce is usually eaten raw. Lettuce is often used in salads — a mixture of lettuces can be used. Add lettuce to all types of sandwiches (including hamburgers) and tacos.

SOME LETTUCE IS GROWN IN NEW YORK



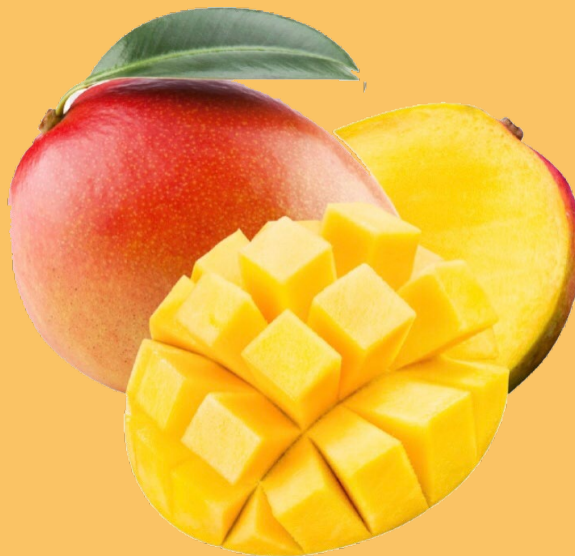
Mango



Mangos are available year-round, with peak freshness in the summer. They are grown in California, Florida, Hawaii, and Puerto Rico.

LOOK

Mangos can be round, oval shaped, or long and slender. The skin of a mango is multi-colored, with patches of green, red, orange, and yellow. The inside of a mango is bright orange.



NUTRITION FACTS:

- Rich in vitamin A
- Excellent source of vitamin C
- High in fiber
- Great source of potassium

TASTE

Ripe mangos taste sweet, but sometimes are tart. They have hints of coconut, vanilla, caramel, or peach flavors.

TOUCH

On the outside, mangos feel smooth and leathery. The inside is soft with a texture similar to a peach.

FUN FACT

In India, the mango is a symbol of love and a basket of mangos is a sign of friendship!



NECTARINES

Nectarines are grown as a result of a natural genetic mutation of a peach. They have a peak season of late spring and early summer but are available year round.

LOOK

Nectarines are a round, smooth fruit with red, orange and yellow colors throughout the skin. The inside is yellow to orange, with a red center; similar to a sunburst!



NUTRITION FACTS:

- A medium nectarine has about 60 calories
- Contains about 2.4g of Fiber
- Good source of Vitamin C and calcium
- High in beta carotene

TASTE

Nectarines are bright, sweet, and juicy! Their taste resembles that of a peach.

TOUCH

The flesh of a nectarine is smooth and fragrant. The center contains a pit that is rough in texture.

FUN FACT

The first nectarine was first documented in 1616. Nectarine trees need rain in the winter and dry, hot weather in the summers.



Black Olives

Black Olives are grown in Mediterranean climates such as California and are in season during the winter.

LOOK

Olives naturally turn black when they ripen. They are smooth and oval shaped with a hole called a pit at one end.



NUTRITION FACTS:

- Fair source of fiber
- Rich in antioxidants
- Contains healthy fats

TASTE

Black olives usually have a slightly bitter and salty taste. However, their flavor heavily depends on how they are cured.

TOUCH

Black olives have a meaty inside texture and are smooth to the touch on the outside.

FUN FACT

Olives are considered a fruit because they contain a seed and develop from a flower!



GREEN OLIVES



Olives came from Europe, and today are also grown in the United States! Fresh green olives are available during the fall and need to be salted before eating.

LOOK

Green olives are oval shaped and green. They can be 2-4 cm in length, like the size of a quarter.



NUTRITION FACTS:

- Rich in healthy fats.
- Good source of vitamins E and K.
- Good source of copper and iron.

TOUCH

Green olives are firm and smooth.

TASTE

Green olives have a sharp, bitter taste.

FUN FACT

Fresh green olives are the baby fruit of an olive tree. As the fruit ripens, it turns from green to black. Green olives are picked before they turn black.



KALAMATA OLIVES



Kalamata Olives are available in the fall months. They are grown in the small town of Kalamata, Greece.

LOOK

The Kalamata Olives are oval-shaped with a tip at one end. They are a dark purple-black color.



NUTRITION FACTS:

- Rich in vitamins A, C, E, and K
- Great source of magnesium, phosphorus, and potassium
- Excellent source of fiber

TASTE

Kalamata Olives have a meaty and bitter flavor when fresh. Sometimes they have a fruity, grape-like flavor.

TOUCH

Kalamata olives have a smooth skin and are soft and squishy.

FUN FACT

By law, Kalamata Olives can only be grown in Kalamata, Greece!





SPANISH OLIVES

Spanish Olives are grown in Spain and available all year round. Their peak season is from November to March.

LOOK

Spanish olives are oval shaped and green. They are most commonly stuffed with a red pepper.



NUTRITION FACTS:

- High in vitamin E
- Great source of iron, copper and calcium
- Good source of fiber
- Contains antioxidants

TASTE

Spanish olives have a meaty texture when bitten into. They taste tangy and slightly bitter.

TOUCH

Spanish olives are smooth, firm, and slippery to touch.

FUN FACT

There are an estimated 865 million olive trees in the world today!



BLOOD ORANGES

In the United States, the blood orange is grown in San Diego, California. They are available in the winter and spring seasons.

LOOK

A blood orange looks the same as a regular orange on the outside with orange colored skin. When cut, the inside flesh is a deep blushed red. The color is due to the pigment anthocyanin.



TASTE

Blood oranges are sweet and sour, and tend to be less acidic than regular oranges.

NUTRITION FACTS:

- Rich in Vitamin C
- Good source of potassium folate
- High in fiber
- Rich in antioxidants

TOUCH

The outside skin of the blood orange is smooth with tiny bumps.

FUN FACT

It is believed that the first blood orange mutation occurred in Sicily in the 17th century!



Golden Nugget Orange

Golden Nugget Orange is available mid-winter through spring months.
They are mainly grown in California.

LOOK

The Gold Nugget orange is medium in size with a bumpy peel.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of folate
- Great source of fiber

TASTE

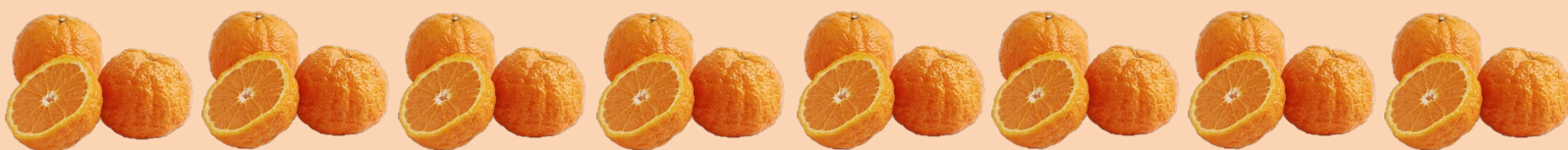
The gold nugget orange offers a sweet flavor with mild acidity and no seeds.

TOUCH

Golden nugget orange feels incredibly bumpy rough and waxy. The flesh is juicy and easy to separate.

FUN FACT

Golden nugget orange was developed in the University of California Riverside's citrus breeding program.



MANDARIN ORANGE

Mandarin Oranges are available in late autumn to winter. They are grown in Australia and some southern states of the US.

LOOK

Mandarin Oranges have a glossy, orange peel. The skin often looks loose and puffy.



NUTRITION FACTS:

- Great source of vitamin C
- Excellent source of vitamin A
- Good source of fiber

TASTE

Mandarin Oranges are sweet and juicy. They burst with citrus flavor!

TOUCH

Mandarin Oranges feel heavy for their size. The peel is bumpy.

FUN FACT

Mandarin Oranges are symbols of wealth and good fortune during the Chinese New Year!



Navel Oranges

Navel oranges are grown in Florida, California, and Arizona. Their peak season is in the winter.

LOOK

Navel oranges are round to slightly oval in shape and have a hole at one end. They are a bright orange color.

TASTE

Navel oranges have a deliciously juicy and sweet flesh that bursts with citrus flavor.

TOUCH

Navel oranges have a smooth, spongy exterior with a plump, seedless interior.

NUTRITION FACTS:

- Excellent source of vitamin C
- Good source of dietary fiber

FUN FACT

“Orange” the fruit was named 200 years before the color “orange”!



A large, vibrant image of a Sumo Citrus. In the foreground, a small white bowl is filled with several peeled, seedless citrus segments. Behind it, a whole Sumo Citrus sits on a rustic wooden surface, surrounded by some peels and other citrus segments. The title 'Sumo Citrus' is overlaid in large white letters.

Sumo Citrus

Sumo citrus season is between mid-January to end of March.
They are mainly grown in California.

LOOK

Sumo citrus are large, easy-to-peel fruits with a wrinkly peel around their seedless flesh. They also have a nob on the top.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of potassium
- Great source of fiber

TASTE

The flavor of a sumo citrus is 4x the sweetness of a mandarin orange.

TOUCH

Sumo citrus feels bumpy and rough on the outside. The flesh is juicy and full of small strands of fiber.

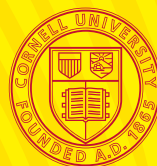
FUN FACT

After harvest, Sumo citrus are left 20-40 days while it sweetens.





SOUTHERN TIER REGION EAT SMART NEW YORK PROGRAM



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Orange

The outer peel is usually a yellow orange color. Oranges range in size from small to large. The fruit inside is orange and made of several easily separated segments (usually about 10 segments). Do not eat the peel or seeds.

**Oranges are fruit
which grow on trees.**

It is believed oranges originated in Southeast Asia.
Christopher Columbus and other explorers brought orange seeds and seedlings with them to North America. By the 1820's, there were orange groves growing in St. Augustine, Florida.

Oranges are a member of the citrus family. Florida is the number one producer of oranges in the United States. However, California, Texas and Arizona also grow and sell oranges. 90% of Florida's oranges go into juice.

VARIETIES

Varieties include the sweet orange, the sour orange and the mandarin orange (or tangerine). The United States mostly produces sweet orange varieties, including: Hamlin, Parson Brown, Valencia and Navel. Some oranges have seeds and some are seedless.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin
- High in folate, calcium, potassium, thiamin, niacin and magnesium

USES

Peel and eat as a whole fruit or add to fruit salads. Drink 100% juice or use the juice in dips, sauces, smoothies and baked goods.

ORANGES ARE NOT GROWN IN NEW YORK



Papaya

Papayas are similar to melons, but they are not in the melon family.

The thin skin varies from green to orange to rose.

The skin is not eaten.

The flesh inside is yellow-orange.

The center has seeds which are scooped out before eating.

**Papayas are fruit which
grow on plants which look like
— but are not — trees.**

It is believed papayas originated in southern Mexico and Central America.

Most of the papayas grown in the United States are grown in Hawaii. Some are also grown in Florida and California. Papayas are available year round.

VARIETIES

There are two types of papayas:

- **Hawaiian** – the Hawaiian varieties are found most often in grocery stores. They are pear shaped, weigh about 1 pound and have a yellow skin when ripe. The flesh is bright orange or pink depending on the variety.
- **Mexican** – the Mexican varieties are much larger. They can be more than 15 inches long and weigh up to 20 pounds.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Very high in vitamin C
- Good source of folate, potassium and fiber

USES

Papayas are usually eaten raw. They can be eaten plain or added to smoothies, salsa and fruit salads.

**Papayas are not
grown in New York.**



PARSNIP

Grown in long, cool growing season, parsnips will tolerate cold and freezing temperatures at both the start and end of their growing time. Peak season is fall to spring.

LOOK

Parsnips look like carrots, they are long and cone shaped and can grow up to a foot in length and 3" in diameter. The outer skin color ranges from yellow beige to brighter white. Its flesh is creamy white with leaves resembling celery leaves.



TOUCH

Firm to touch, the outer skin also has a smooth surface. The flesh is fine and smooth when cut.

NUTRITION FACTS:

- Good source of Vitamin C and Potassium
- No fat
- No cholesterol
- Low sodium
- Good fiber
- Low in calories
- 1 cup = 60 calories

TASTE

Parsnips have a sweet, nutty and a mild peppery flavor. It becomes sweeter when harvested after winter frost. The leaves of the parsnips are **NOT** edible.

FUN FACT

Parsnips were so popular during the Roman Empire that the Emperor Tiberius accepted parsnips as a part of the tribute paid to Rome by Germany.



Peach

Peaches are about the size of a baseball. Their skin color is yellow or cream, sometimes blushed with red depending on the variety. The skin is slightly fuzzy. The flesh inside is usually yellow, but depending on the variety may also be white. An oval pit in the center needs to be removed before eating.

**Peaches are fruit
which grow on trees.**

Peaches originally came from China and have been grown for thousands of years.
In the early 1600's, Spanish explorers brought the peach to the new world.

In the United States, most peaches are grown in California and the southern states. Georgia is known as the "Peach State." Peaches are available almost all year.

VARIETIES

There are two main types of varieties:

- Freestone – the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.
- Clingstone – the flesh "clings" or sticks to the pit. These varieties are usually used for canning.

Nectarines are a type of peach which have smooth skin without fuzz.



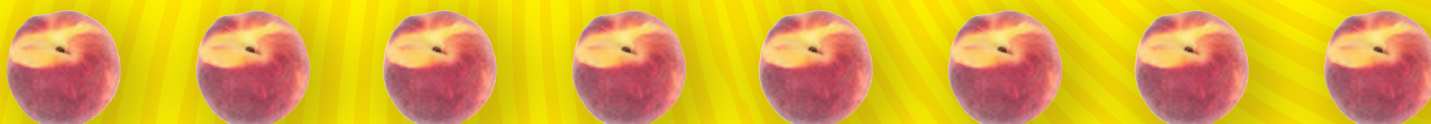
NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

USES

You can buy peaches fresh, canned or frozen. Peaches are usually enjoyed raw. Fresh peaches are a great snack. Add peaches to cereal, smoothies and fruit salads. Peaches can also be baked or grilled.

SOME PEACHES ARE GROWN IN NEW YORK.



English Peas

English peas are available year-round with a peak season in the spring through early summer. English peas are grown throughout the United States.

LOOK

English peas have a bright green pod with plump, round peas on the inside.



NUTRITION FACTS:

- Rich in vitamin A
- High in folic acid
- Contain protein and fiber

TASTE

Only the peas inside of the pod should be eaten. The peas have a very starchy and sweet flavor.

TOUCH

English pea pods are coarse and tough. The peas on the inside are plump and have a tender, slightly crunchy texture.

FUN FACT

Gregor Johann Mendel, an Austrian monk, worked with peas in laying the foundation of the modern science of genetics!



SNAP PEA

Grown in cool seasons throughout upstate New York and Long Island. Snap peas are available all year round with its peak season in Spring.

LOOK

Snap peas have bright green, long round pods with thick protective walls and a row of plump and round green peas inside. They reach up to 2-3" in length once fully matured.



TOUCH

Snap peas have firm pods with a slight velvety feel. The peas are smooth and soft. When cooked for more than 2-3 minutes they become softer.

TASTE

The pods are crisp, juicy, and fresh tasting. The peas are tender with a sweet pea flavor. Snap peas can be eaten fresh or cooked.

NUTRITION FACTS:

- Good source of Vitamins A, C, K, Iron and Manganese
- Low fat
- No cholesterol
- Low sodium
- Good fiber
- Low in calories

FUN FACT

Snap peas are a mix between Snow Peas and English Peas created by plant scientist Dr. Calvin Lamborn. He wanted the sweetness of peas without having to remove the pods. Thus we have Sugar Snap Peas with the sweetness and edible pods.



Snow Peas

Available year-round, the peak season for snow peas is spring through the early summer months. In the United States, snow peas are mostly grown in Washington.

LOOK

Snow peas have pale green pods and contain small, flattened peas. The pods are wide and flat.



NUTRITION FACTS:

- High in vitamin C
- Rich in dietary fiber
- Contains iron and potassium

TASTE

Both the peas and pod are edible and have a sweet flavor. Snow peas are tender and crisp when bitten into.

TOUCH

Snow peas have a smooth pod. The peas inside cause the pod to be bumpy.

FUN FACT

Snow peas get their name because they are able to grow in the frost and snow!



Pea Shoots

Pea Shoots are available year-round, they are grown from garden peas.

LOOK

Pea shoots have bright green soft leaves with a light green stem.



NUTRITION FACTS:

- Rich in vitamin K
- Good source of vitamin C
- Great source of folic acid

TASTE

Pea shoots have a nutty, sweet flavor with a grassy taste similar to whole peas. They go best in a salad or cooked in a stir fry.

TOUCH

Pea shoot leaves are soft and fragile. The stem is crisp and crunchy.

FUN FACT

If you don't harvest pea shoots, they will grow into full grown pea plants.



ASIAN PEAR



Asian pears are native to China, Japan, and Korea. There are four varieties; Hosui, Century, Shinko, and Kosui. They are in season September, through November.

LOOK

Asian pears are round and shaped like apples. They are golden yellow color and can be speckled with small brown spots. The inside is typically bright white to pale yellow and vary in size.



TASTE

Asian pears are juicy, sweet, firm, crunchy, and crisp like an apple. They have subtle melon-like flavors and are slightly tart near the core.

NUTRITION FACTS:

- 1 pear = 51 calories
- Good source of Vitamins C and K
- High in dietary fiber
- Contains folate, potassium, copper, and manganese.

TOUCH

The exterior or skin of an Asian pear feels slightly grainy and rough, rather than smooth like an apple.

FUN FACT

Asian pears were grown in China as early as 1334 B.C.



BARTLETT PEAR

Bartlett Pears are available year-round, with their peak season in the fall through winter. They are grown in Washington, Oregon, and Northern California.

LOOK

The Bartlett Pear is shaped like a teardrop. The skin is green to golden yellow. They have a light brown, slender stem.



NUTRITION FACTS:

- Rich in vitamin C
- Great source of potassium
- Excellent source of fiber

TASTE

Bartlett Pears are juicy, smooth, and have a buttery feel with a sweet flavor.

TOUCH

The skin is smooth, firm, and thick.

FUN FACT

Bartlett Pears are known as the “canning pear,” they are often used in many purees and preserves!



BOSC PEAR

Bosc Pears are available in the fall through early spring. They are grown in the Northwest United States.

LOOK

The Bosc Pear is shaped like a teardrop. The skin is golden tan to brown in color.



NUTRITION FACTS:

- Rich in vitamin C
- Great source of potassium
- Excellent source of calcium

TASTE

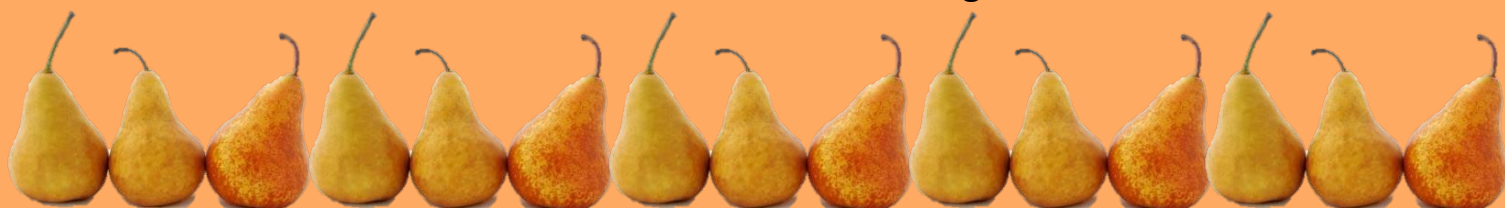
Bosc Pears are juicy, crunchy, and have a very sweet flavor with hints of woody spice.

TOUCH

The skin is thick and a little rough with a firm flesh on the inside.

FUN FACT

The Bosc Pear is found in many famous and historical paintings by Leonardo Da Vinci and Vincent Van Gogh!



Forelle/Trout Pears



Forelle pears are available between October and March. They are great for winter salads or as a fresh garnish on a summer salad!

LOOK

A Forelle Pear is bell shaped with yellow skin spotted with red speckles. Unripe Forelle pears are green, but still have their red speckles.



TASTE

Ripe Forelle pears are firm, crisp, and juicy with a sweet flavor.

NUTRITION FACTS:

- About 80 calories per pear
- Good source of fiber, potassium, and iron
- Provides about 1 gram of protein

TOUCH

The outside of a Forelle pear is firm, but the inside is juicy and sweet.

FUN FACT

When translated in German, Forelle means “trout”. It’s thought to have gotten its name from the similar coloring and speckling of the fish!



Red Anjou Pear

Red Anjou pears are available year-round, with peak season in the fall through early spring. They are grown in the Pacific Northwest.

LOOK

Red Anjou pears are egg-shaped with a wide base. The color can range from a deep red to a lighter red with streaks of yellow.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of vitamin K
- Great source of fiber

TASTE

Red Anjou pears are juicy and soft with sweet flavors and hints of lemon and lime.

TOUCH

The skin is rough and bumpy, slightly firm to the touch.

FUN FACT

Anjou pears do not change color when it ripens.



Pear

Pears come in a variety of shapes, sizes and colors. Skin colors include green, golden yellow and red. The peel is good to eat and has many nutrients. Do not eat the seeds.

Pears are fruit which grow on trees.

One of the world's oldest fruits, pears were known to both the Greeks and the Romans. Early colonists brought pears to the United States in the 1700's.

Pears are a relative of the apple. Pears rank second to the apple as the most popular fruit eaten in the United States. Washington, Oregon and California produce 97 percent of the pears in the United States.

VARIETIES

There are several varieties of pears including, Anjoe, Bartlett, Bosc, Comice, Forelly and Seckel. Among these varieties there are only small differences in flavor and texture. Pears are available most of the year.

Choose pears with no bruises or dark brown spots. Wash under clean, running water before eating.

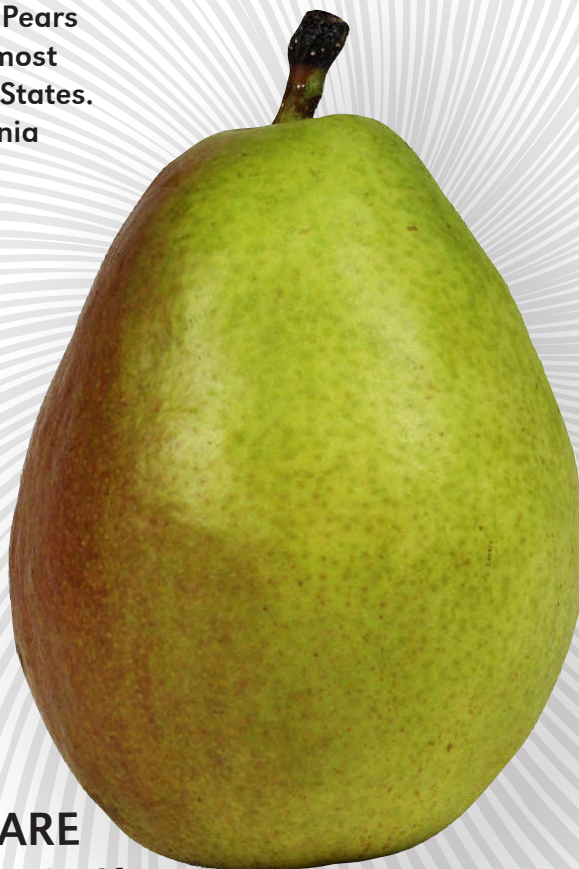
MANY PEARS ARE GROWN IN NEW YORK

NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in fiber
- High in potassium
- Good source of vitamin C
- Good source of fiber

USES

Pears can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. They can also be baked, broiled or grilled. Use pears where you would use apples.



Bell Pepper

Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

Bell peppers are vegetables which grow on plants.

Peppers were originally grown in Central and South America.
Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot).
Bell peppers are the most common sweet pepper.

California and Florida grow about 78% of the bell peppers grown in the United States.

VARIETIES

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Very high in vitamin C
- Good source of vitamin A
- Good source of beta-carotene

USES

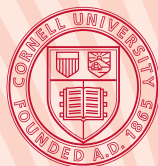
Peppers are good to eat raw or with vegetable dip. Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes.

MANY BELL PEPPERS ARE GROWN IN NEW YORK





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Bell Pepper

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- Sodium free
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- Good source of vitamin A
- Good source of beta-carotene

USES

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MANY BELL PEPPERS ARE GROWN IN NEW YORK



CUBANELLE PEPPER

Cubanelle Peppers are available in the summer through early fall. They are mostly grown in the Dominican Republic.

LOOK

Cubanelle Peppers are long, thin, and pale green. They may look folded or twisted.



NUTRITION FACTS:

- Excellent source of vitamin C
- Good source of folate
- Great source of vitamin A

TASTE

Cubanelle Peppers are crunchy with a sweet taste mixed with a very mild heat.

TOUCH

Cubanelle Peppers have smooth, glossy, and thin skin. The flesh is thick with a few flat seeds.

FUN FACT

Cubanelle Peppers are known as the “Italian Frying Pepper!”



Orange Peppers

Orange peppers are available late spring into fall. They are imported into the United States from Holland, the Dominican Republic, Mexico, the Netherlands, and Belgium.

LOOK

Orange peppers are bell shaped with bright orange skin and a bright green hooked or curved stem. Inside are three to four compartments with small flat seeds at the core.



NUTRITION FACTS:

- Low in calories
- Fat free
- Good source of Vitamin C
- Cholesterol and sodium-free

TASTE

Similar to other bell peppers, orange peppers have a sweet, crisp and fresh taste.

TOUCH

Orange peppers have a firm, smooth skin with a firm hook shaped stem.

FUN FACT

The bell pepper was first mentioned in a book written by an English pirate in the late 1600s; coining the name due to its shape.



YELLOW BELL PEPPER

Yellow bell peppers are available year-round, with a peak season in the summer. They are grown in North America, Central America, South America, Africa, Europe, Asia, and Australia.

LOOK

The yellow bell pepper is medium to large in size and bright yellow in color. They are shaped like a rounded cube with a thick green stem.



NUTRITION FACTS:

- Rich in vitamin C
- Great source of vitamin A
- Excellent source of potassium, calcium, and iron

TASTE

Yellow Bell Peppers are crunchy and juicy with a mild, sweet flavor. The small colored seeds are bitter in flavor.

TOUCH

The skin is smooth, firm, and glossy. The flesh is thick and crisp with a hollow center.

FUN FACT

November is National Pepper Month!



MINI SWEET PEPPER

Grown in warm climates and best if it has a long growing season. Mini sweet peppers are sensitive to temperature extremes.

LOOK

Mini sweet peppers come in red, yellow, orange, and green. They are thumb size ~3" with a cone shaped and glossy with green tops. They have very few small round flat seeds in their hollow interior compared to bell peppers.



TOUCH

Mini sweet peppers have a smooth and firm outer layer with thinner walls than bell peppers.

TASTE

Sweet peppers are mildly sweet. **Not spicy at all!** They are crisp when eaten raw. The seeds are edible but are usually removed because of their bitter taste. *Rule of thumb for Sweet Peppers:* the redder they are the sweeter they taste.

NUTRITION FACTS:

- Excellent source of Vitamin C
- Good source of Vitamin A
- Low fat
- No cholesterol
- No sodium
- Good fiber
- Low in calories

FUN FACT

High heat destroys some nutrients in peppers. Eat them uncooked to get the most nutrients or cook sweet peppers on low heat for a longer time.



Pineapple

The pineapple originated in southern Brazil and Paraguay.

Christopher Columbus may have carried it back to Spain.

The name pineapple in English (or piña in Spanish) comes from the similarity of the fruit to a pine cone. In the United States, most pineapples are grown in Hawaii.

VARIETIES

There are four varieties of pineapple found in grocery stores today. These include, the Gold, Smooth Cayenne, Red Spanish and Sugar-loaf. They are sold fresh or canned and all have a sweet flavor.

PINEAPPLES ARE NOT GROWN IN NEW YORK

Pineapples are oval shaped and up to 12 inches long. They weigh 1 to 10 pounds or more. The tough rind (thick skin) may be dark green, yellow, orange-yellow or red. The flesh ranges from nearly white to yellow. The leafy top, rind – and usually the core – are cut off before eating.

Pineapples are fruit which grow on short-stemmed plants.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C

USES

Pineapple can be eaten raw or cooked. Add pineapple to fruit salad, salsa, pizza or stir-fries. It can also be grilled or broiled with meat.



PLUMS



Plums are available during the summer season. There are three species of plums: Japanese, European, and American.

LOOK

The color of the plum depends of the type of variety; they can range from deep purple to ruby red. They are round and slightly smaller than a baseball.



TASTE

Flavors vary from sweet to tart. The flesh can be either firm and tender or soft and juicy.

NUTRITION FACTS:

- Good source of potassium, calcium, and phosphate
- Rich in Vitamin C
- Great for your metabolism

TOUCH

The shape of the plums is smooth and rounded with a central groove running vertically to the fruit stem.

FUN FACT

Plum trees are grown on every continent except Antarctica!



POMEGRANATE



Pomegranates are ancient fruits dating back to as early as 4,000 B.C. ancient civilizations including Egypt, Jericho, and Mesopotamia were the first to domesticate pomegranate trees.

LOOK

Pomegranates range in color from deep magenta to bright red, this fruit is roughly the size of a softball. They have a circular pointy crown at the top, where it was connected to the tree.



NUTRITION FACTS:

- Rich in potassium and Vitamin B
- High in Vitamin C
- Good source of fiber

TASTE

The edible seeds inside the pomegranate contain a sweet-tart taste similar to cranberries and concord grapes. The seeds are surrounded by a very favorable juice sack. The seeds are edible and provide a crunch.

TOUCH

Pomegranates have a thin but tough, leathery skin. The seeds are hard to firm, but pop if squeezed to hard. Their deep red color can easily stain clothes.

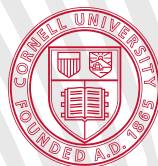
FUN FACT

To eat the seeds of the pomegranate, open by cutting it in half. Then place one-half seed side down in the palm of your hand, and with a wooden spoon hit the pomegranate until the seeds fall out!





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Potato

Most potatoes have a light brown or red skin with white flesh.

Some of the new varieties have purple/blue skin with yellow flesh.

The peel is good to eat and has many nutrients.

Cut off any green spots or sprouts.

Potatoes are vegetables which grow in the ground as tubers (fleshy, underground stems).

Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago. Spaniards brought potatoes to Spain in the 1500's, which then gradually spread to the rest of Europe. Irish immigrants introduced potatoes to North America in the 18th century.

Potatoes are the second most popular vegetable in the world (after corn). They are inexpensive and available year round. Idaho grows 30% of the potatoes grown in the United States.

The potato has only a very distant relationship with the sweet potato, but because both vegetables grow in the ground, they have been often confused.

VARIETIES

There are thousands of varieties of potatoes. Common North American potato varieties include:

- Russet Burbank
- Yellow Finn
- Red Gold
- German Butterball
- Yukon Gold

**MANY POTATOES ARE
GROWN IN NEW YORK**

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- High in potassium
- High in vitamin C

USES

Potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed, fried or grilled). Potatoes can be added to soups, stews or casseroles. Other popular ways to eat potatoes are: potato salad, hashbrowns, potato chips and French fries. Potatoes prepared with little or no added fat are more nutritious.



RASPBERRIES



Raspberries are produced in California, Oregon, and Washington and are in season mid to late summer. The raspberry belongs to the rose family and originated in Eastern Asia.

LOOK

Raspberries are ruby red colored, but can also be red, purple, gold, or black depending on the variety. They are small and have a hollow core along with an overall rounded shape.



TASTE

Raspberries are sweet, juicy, and slightly tart or bitter. They make for a delicious snack by themselves or on top of yogurt, salad, or in smoothies.

NUTRITION FACTS:

- High in dietary fiber
- Good source of manganese and magnesium
- Excellent source of Vitamins C , A, & E
- Good source of iron and folic acid
- Low in calories
- Low in fat

FUN FACT

TOUCH

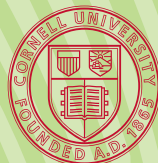
Raspberries are slightly fuzzy with very fine hairs and are bumpy on the outside. They are delicate and soft.

An average raspberry has 100 to 120 seeds!





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Spinach

Spinach should have fresh, green leaves that are not limp, damaged or spotted. Leaves should be dull green on top and bright green on the underside.

Wash under clean, running water.

Spinach is a vegetable
which grows as plant leaves.

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century.
Spinach was not commonly eaten in the United States until the early 19th century.

Most spinach is grown in
Texas and California.
Fresh spinach is
available year round.

VARIETIES

There are three basic types of spinach:

- Flat or smooth leaf – has unwrinkled, spade-shaped leaves (usually used for canned and frozen spinach or in other processed foods)
- Savoy – has crinkly, dark green curly leaves (usually sold fresh)
- Semi-Savoy – has slightly curly leaves (usually sold fresh)

MANY SPINACH ARE
GROWN IN NEW YORK



NUTRITION FACTS

- Fat free
- Cholesterol free
- Low sodium
- High in potassium
- High in vitamin C
- ★ Good source of vitamin A
- Good source of iron, fiber and vegetable protein

USES

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, lasagna or other vegetable dishes.



Squash

Squash come in many different colors, sizes and shapes. They have a rind (thick skin) which protects the fleshy part of the vegetable. The center has seeds which are usually scooped out before eating.

Squash are vegetables.
Depending on the variety, they
either grow on vines or bushes.

Squash originated in North America over 5,000 years ago.
It was one of the "three sisters" planted by Native Americans, along with maize (corn) and beans.
Squash was grown and eaten by early Europeans that settled in America.

Squash are in the same
gourd family as melons
and cucumbers.

VARIETIES

Squash are commonly
divided into two groups:

- Summer squash – the rinds are rich in beta-carotene and can be eaten. Zucchini is the most popular variety in the United States.
- Winter squash – usually have a hard rind which is not eaten. Some popular varieties are pumpkin, butternut, acorn and spaghetti squash.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- High in vitamin C

USES Squash is
often cooked,

but some summer
squash may be eaten
raw (try with vegetable dip
or add to salads). You may
steam, sauté, grill or bake squash.
Add to stir-fries, soups and
casseroles. Bake in breads, cakes and
pies. Sometimes the seeds are eaten.

MANY SQUASH ARE
GROWN IN NEW YORK



STAR FRUIT

The star fruit is native to Sri-Lanka and grows well in warm or tropical places. They cannot grow in temperatures below 27 degrees.

LOOK

The star fruit is a five-cornered fruit with a yellow color and green ridges. They get their name from their shape – a star.



NUTRITION FACTS:

- Good source of B-complex vitamins, potassium, zinc, and iron
- Excellent source of dietary fiber
- High in antioxidants

TASTE

Star fruit is mildly sweet with a tropical flavor and hints of granny smith apple. They may taste similar to pineapples.

TOUCH

Star fruits have delicate skin with a slightly waxy texture and five large ridges that form a star shape.

FUN FACT

A mature tree can produce 200 to 400 lbs of fruit per year!



Strawberry

Strawberries should be bright red.
The average strawberry has 200
tiny seeds on the outside. The leaf "cap" is
removed before eating.

**Strawberries are fruit
which grow on plants.**

Wild strawberries have been known since the times of the Greeks and Romans.
The strawberries native to the Americas were bigger than European strawberries.

Strawberries are the most
popular of all berries.
However, strawberries are
not a "true" berry.

California grows 83% of
the strawberries grown
in the United States.

VARIETIES

There are more than
70 varieties of
strawberries.
Strawberries are
usually available
almost year round, with
peak season from April to July.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium and fiber

USES

Strawberries
are usually eaten
raw. Eat whole
as a great snack.
Add to fruit salads,
smoothies and cereal.
Use as a topping for ice cream,
pancakes or waffles. Strawberry
shortcake is very popular.

**MANY STRAWBERRIES ARE
GROWN IN NEW YORK**



Sweet Potato

Sweet potatoes are usually the size of regular white potatoes.

They are long and tapered. Sweet potatoes have smooth, thin skins which can be eaten.

Sweet potatoes are vegetables which grow in the ground as tuberous roots (fleshy, side roots).

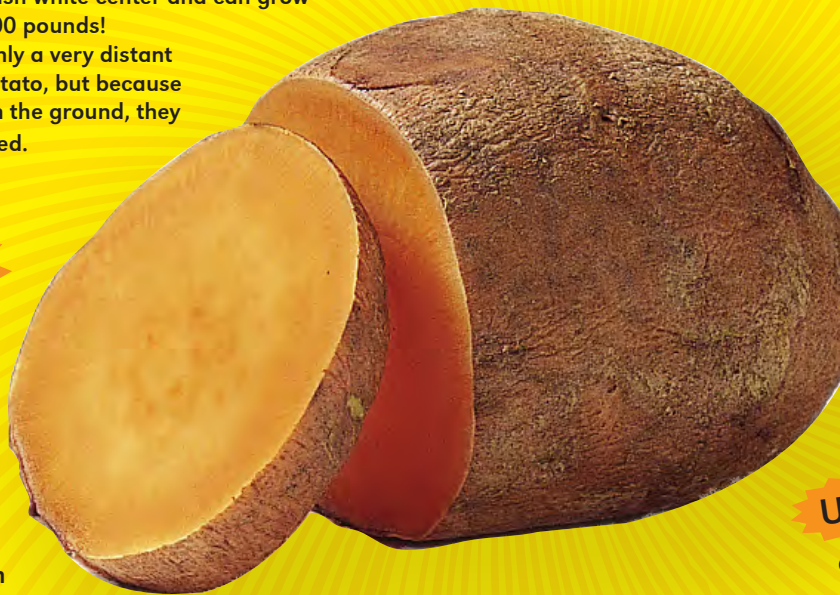
Sweet potatoes originated in the tropical Americas at least 5,000 years ago. Christopher Columbus introduced sweet potatoes to Europe, and later explorers introduced them to Asia. China is now the world's largest grower of sweet potatoes.

In the United States, sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia — they have a pinkish white center and can grow up to 6 feet long and 100 pounds! The sweet potato has only a very distant relationship with the potato, but because both vegetables grow in the ground, they have been often confused.

VARIETIES

There are two varieties of sweet potatoes

- Pale yellow — with a dry, yellow flesh
- Dark orange — with a moist flesh. The dark orange is plumper in shape and somewhat sweeter than the pale yellow variety.



NUTRITION FACTS

- Fat free
- High in vitamin C
- High in vitamin A
- Good source of calcium and potassium
- Excellent source of fiber

USES

Sweet potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed or fried). Add to stir-fries, soups and casseroles. Sweet potatoes are popular at Thanksgiving and Christmas meals.

Some sweet potatoes are grown in New York.



SWISS CHARD



Swiss Chard is available all year round. It was already being cultivated in Greece around 400 B.C.!

LOOK

Swiss chard has large, wrinkled green leaves with a bright red stem.



TASTE

Both the leaves and the stalk of swiss chard are edible. The leaves have an earthy flavor and the stalks are bitter and fibrous.

NUTRITION FACTS:

- Considered a “Nutritional Powerhouse”!
- Rich in vitamins C, K, E, beta-carotene, and calcium
- Good source of minerals such as manganese and zinc.

TOUCH

The leaves of swiss chard have a smooth, waxy feel. The stalk is firm and crisp.

FUN FACT

A pigment called Betalin has been shown to support the body's detoxification process!



Minneola Tangelo



Minneola Tangelo season is from fall into early spring.
They grow in California and Florida.

LOOK

Minneola Tangelos are a deep red or orange color. Unlike a regular orange, they have a bump at the top. Minneola Tangelos are seedless.



NUTRITION FACTS:

- Good source of Vitamin C
- High in potassium, calcium
- Contains folate
- High in antioxidants
- Only 47 calories in a medium tangelo

TASTE

Tangelo segments are equally sweet and tart. They are juicy and full of flavor!

TOUCH

The rind of a tangelo is smooth and may have small bumps. It is thin and easy to peel. The inside is smooth, soft, and delicate.

FUN FACT

Tangelos are a hybrid of a grapefruit and a mandarin orange!



Tangerine

Tangerines are grown in Arizona, California, Florida and Texas.
They are available during winter.

LOOK

Tangerines have bright orange skin with 8-10 sections in the fruit. They are smaller and flatter than most citrus fruits.



NUTRITION FACTS:

- Rich in vitamin C and A
- Good source of fiber
- Great source of Calcium

TASTE

Tangerines are juicy and sweet, without the usual acidity of most citrus.

TOUCH

The peel is bumpy, waxy and loosely attached to the fruit.

FUN FACT

The name Tangerine originates from the city Tangier in Morocco.



TOMATILLO

Tomatillos are available year-round. They are grown in Texas and New Mexico.

LOOK

As the fruit matures, it fades from green to light brown. Tomatillos range from about one to two inches in size.



TASTE

Tomatillos have a very tart, slightly acidic flavor, similar to cherry tomatoes.

NUTRITION FACTS:

- Rich in Vitamins A, C, and K
- High in antioxidants
- Good source of Potassium and Magnesium

TOUCH

The outer skin or “cape” is peeled off to eat and has a papery texture. Underneath is a slightly sticky husk that encloses a firm, green fruit.

FUN FACT

Tomatillo means “little tomato” in Spanish.



Cherry Tomatoes



Cherry tomatoes are available during the summer months. They are grown across the United States, but are most commonly grown in Florida and California.

LOOK

Cherry tomatoes are small, round and shiny. They can be red, orange, yellow, or green.



TASTE

Cherry tomatoes are juicy, acidic, and slightly sweet.

NUTRITION FACTS:

- High in antioxidants
- Excellent source of Vitamin C and Vitamin K
- Good source of potassium and folate

FUN FACT

Cherry tomatoes are a fruit because they have seeds!

TOUCH

Cherry tomatoes feel firm and smooth when they are ripe.



GRAPE TOMATOES

Red grape tomatoes are available year-round with a peak season during late summer.

LOOK

Red grape tomatoes are bright to dark red in color with a similar shape to a grape. They range in size from dime to quarter size.



NUTRITION FACTS:

- Low calorie
- High in fiber
- Rich in Vitamin C
- Good source of potassium, antioxidants, and lycopene.

TASTE

Although small, these tomatoes are flavorfully sweet and very juicy!

TOUCH

These grape tomatoes are firm, with a smooth outside skin. The outside skin is thick which makes it have a longer shelf life.

FUN FACT

The word tomato is derived from the Aztec word “xitomati”, meaning “plump thing with a navel”!



Yellow Grape Tomatoes

Yellow grape tomatoes are available during the summer and into the fall.
They can be found all over the country.

LOOK

Yellow grape tomatoes are lemon yellow in color. They are small and oval shaped.



NUTRITION FACTS:

- Rich in vitamin K
- Good source of vitamin C
- Great source of folic acid

TASTE

Yellow grape tomatoes are sweet and meaty with a mild tomato flavor.

TOUCH

Yellow grape tomatoes have a smooth and tight skin, with a meaty flesh inside.

FUN FACT

In 1984, 12.5 million tomato seeds were sent into space to grow on a satellite.



Heirloom Tomatoes

Heirloom tomatoes are available year-round from different growing regions in Mexico and North America.

LOOK

They vary in size, shape, color and taste.



NUTRITION FACTS:

- Rich in vitamin C
- Good source of folate
- Great source of fiber

TASTE

Heirloom tomatoes are sweeter and taste fruitier than a regular tomato.

TOUCH

The skin is thick but also fragile and bruises easily when ripe.

FUN FACT

The scientific name for the tomato means “wolf peach”.



PLUM TOMATOES



Plum tomatoes grow well in a cool, wet climate and are available all year in the United States.

LOOK

Plum tomatoes are elongated and egg-like shaped. They are bright red in color and grow to about three inches in length.



TASTE

With a sweet taste similar to other tomatoes, plum tomatoes have a meatier flesh than regular tomatoes.

NUTRITION FACTS:

- Rich in Vitamins A and C
- High in lycopene
- Rich in antioxidants
- Good source of iron

TOUCH

The outside skin of plum tomatoes are smooth, and inside is a drier flesh unlike regular tomatoes, which makes plum tomatoes great for cooking sauce and pasta.

FUN FACT

Plum tomatoes are members of the Solanaceae family, along with potato, eggplant and bell peppers!



Tomato

When ripe, the skin and flesh of most tomatoes are red or reddish-orange. They are usually round or oval shaped. Tomatoes range in size from 1 to 6 inches. Small seeds on the inside can be eaten.

Tomatoes are vegetables which grow on plants.

The tomato originated in the Andes Mountains in South America. Maya and Aztec people grew tomatoes. Its name is derived from the Aztec word "tomatl". Spanish explorers introduced the tomato to Europe in the 1600's where it was embraced by Spaniards and Italians.

Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low Sodium
- Good source of vitamin A
- High in vitamin C

VARIETIES

There are thousands of tomato varieties. The most widely available varieties are classified into three groups: cherry, plum and slicing tomatoes.

USES

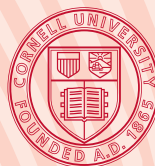
Tomatoes can be eaten raw or cooked (baked, stewed, grilled or stir-fried). They are wonderful to eat alone. Add to salads and sandwiches. Other popular ways to enjoy tomatoes are in soups, salsas and sauces. Tomato sauce is used in many pasta dishes such as spaghetti and on pizza. Ketchup is made from tomatoes.

Many tomatoes are grown in New York.





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Watermelon

Watermelons are usually round or oblong and weigh 5 to 30 pounds. They have a smooth, green rind (thick skin) which is not eaten. Most watermelons have red flesh but there are orange and yellow-fleshed varieties. Some have seeds and some are seedless.

Watermelons are fruit which grow on vines.

Watermelon originated in Africa over 5,000 years ago.

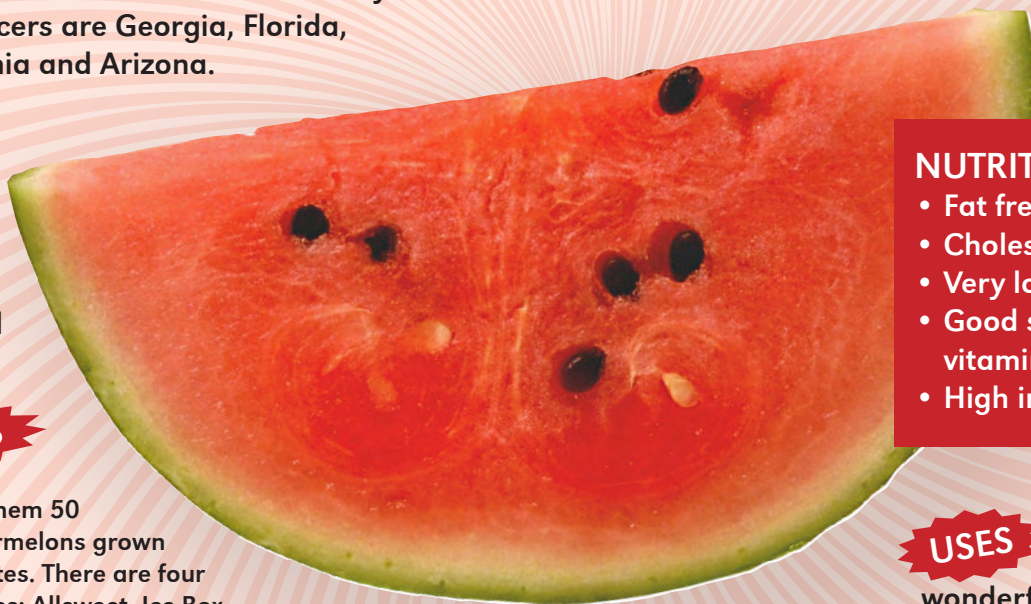
By the 10th century, watermelons were being grown in China, which is today the world's largest watermelon producer. Americans eat about 17 pounds of watermelon a year.

44 states grow watermelons commercially. The top producers are Georgia, Florida, Texas, California and Arizona.

Watermelons are a melon. Melons are in the same gourd family as squash and cucumbers.

VARIETIES

There are more than 50 varieties of watermelons grown in the United States. There are four general categories: Allsweet, Ice-Box, Seedless and Yellow Flesh.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low sodium
- Good source of vitamin A
- High in vitamin C

USES

Watermelon is wonderful eaten alone. Add to fruit salads, salsa, cool drinks or desserts.

Many watermelons are grown in New York.

