

Summer Time Fruit and Vegetables—Part 1

Summer is the perfect time to take advantage of fresh produce. Whether you pick it at the farm, visit a farmer's market or simply pick some fresh fruits and vegetables up from the store, now is a good time to take advantage of fresh produce and save some money!

So how do you get the best produce for your money? The following tips will help you to choose the best produce possible.

Choosing Peaches:

- ◆ Choose firm peaches with a slight give
- ◆ Handle them gently as they bruise easily

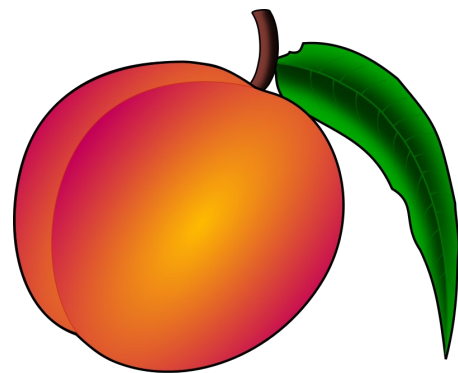
Storing Peaches:

- ◆ Store at room temperature
- ◆ Eat within a week

Nutrition Facts:

- ◆ A medium peach has about 70 calories
- ◆ A peach contains 3 grams of fiber
- ◆ Peaches are a good source of Vitamins A and C

Peaches



Fun Fact!

Peaches are members of the rose family.

Sweet Corn



Fun Fact!

Corn is grown on every continent with the exception of Antarctica.

Choosing Corn:

- ◆ Choose corn with green husks and silk ends that do not have decay
- ◆ Avoid under developed or large kernelled corn, as they can be tough and not sweet

Storage:

- ◆ Store in the refrigerator up to 5 days
- ◆ Freeze for up to 6 months (look on the internet for freezing instructions)
- ◆ Use fresh corn quickly, as the sugars will convert to starch and your corn will not be as sweet!

Nutrition Facts:

- ◆ 1 cup of corn provides 10% of daily need for dietary fiber
- ◆ Yellow varieties of corn are high in Beta-Carotenes, Lutein and Xanthanins, which help us maintain our skin and vision

Choosing Melons:

- ◆ Melons should be free of bruises, cracks and soft spots
- ◆ The melon should be firm
- ◆ Unrefrigerated cantaloupe and honeydew melons will be fragrant and slightly soft
- ◆ Watermelons should feel heavy for their size and have a yellow patch where the watermelon sat on the ground

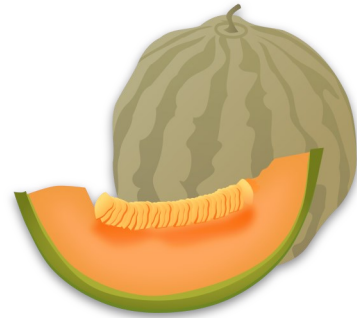
Melon Storage:

- ◆ Wash the outside of the melon before cutting into it
- ◆ Store cut fruit in the refrigerator in a plastic bag
- ◆ Use within a couple of days

Nutrition facts:

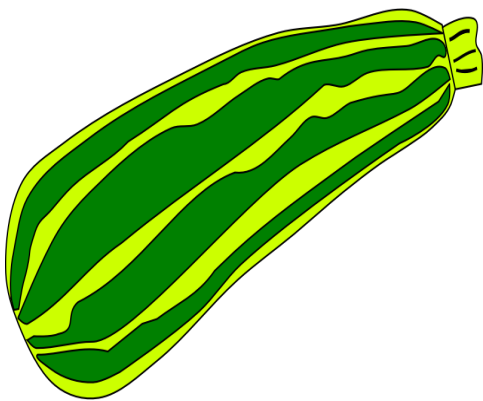
- ◆ Melons are low in calories and sodium
- ◆ Melons are a good source of vitamin A, vitamin C and potassium

Melons



Tip: To make a melon juicer, let it sit at room temperature for 2 to 3 days. It will not get sweeter, but it will soften and be very juicy.

Zucchini and Summer Squash



Choosing Summer Squash:

- ◆ Look for squash that are glossy, brightly colored and firm to the touch
- ◆ Avoid extra large squash as they can be fibrous and less sweet than small or medium squash
- ◆ Handle gently when purchasing and preparing

To Freeze Summer Squash:

Freeze young squash by washing and cutting into 1/2 inch slices. Cook in boiling water 2 minutes. Drain and cool immediately in ice water. Seal in a freezer bag; freeze for use at another time. Or grate raw squash and freeze!

Nutrition Facts:

- ◆ Summer squash are low in calories
- ◆ Summer squash are a good source of fiber
- ◆ Good source of vitamin C and vitamin B₆