

FRUIT A-Z



Vegetables and Fruit A to Z is a guide to a wide variety of vegetables and fruits. It includes nutrition information, selection and storage guidelines and preparation ideas. The guide can be referred to throughout the program. Be sure to read through it and use it whenever you have a question about a specific vegetable or fruit.

Fruit A to Z provides nutrition facts for most of the fruit listed. This information is based on the current nutrition labelling regulations in Canada, published January 1, 2003.



Apple

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Source of fibre
- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- ☑ Firm apples with smooth skins.
- ☑ Avoid bruised apples. Brownish freckles do not affect taste.

To Prepare:

- ▶ Rinse and eat.
- ▶ Once cut, apples turn brown. To prevent this, coat with lemon juice.

To Store:

- ▶ Store in perforated plastic bags in the refrigerator. Cold, humid storage helps apples stay crisp, juicy and full of flavour.

Tasty Ideas:

- ▶ Be adventurous! Add apples to salads and sandwiches.
- ▶ Use apples in a variety of baked dishes such as crisps, muffins and breads.
- ▶ Substitute applesauce for some of the fat in baked goods.



Banana

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Good source of potassium
- ▶ Source of vitamin C

Look For:

- ☑ Firm, plump bananas with no bruising.
- ☑ Bananas that are speckled with brown are ripe. Ripe bananas are sweeter and softer.

To Prepare:

- ▶ Peel and eat. Once it is cut, banana turns brown. To prevent this, coat with lemon juice.
- ▶ Use very ripe bananas in baking.

To Store:

- ▶ Keep at room temperature until ripe.
- ▶ Once ripe, you can refrigerate bananas. The peel will darken but the fruit will still be fresh.

Tasty Idea:

- ▶ Try a healthy twist on banana splits!
Cut a banana in half lengthwise and put in a bowl. Spoon yogurt between the banana. Top with fresh or frozen berries and granola.



Blackberries

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Source of fibre
- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Dry and clean berries that are bright and plump.

To Store:

- ▶ Do not wash.
- ▶ Arrange on paper towel in a shallow pan. Cover with plastic wrap. Refrigerate for up to 2 days.
- ▶ For longer storage, freeze in an airtight container for up to 1 year.

To Prepare:

- ▶ Gently rinse and pat dry.

Tasty Idea:

- ▶ Add blackberries or other berries to yogurt and cereal.



Blueberries

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Source of fibre
- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Firm and dry berries that are plump.
- Colour should be dark with powder blue on top.

To Store:

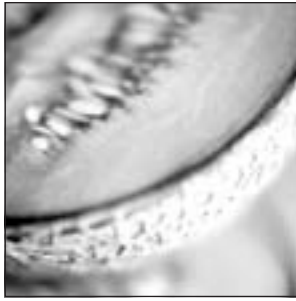
- ▶ Do not wash.
- ▶ Arrange on paper towel in a shallow pan. Cover with plastic wrap. Refrigerate for up to ten days.
- ▶ For longer storage, freeze berries in an airtight container for up to 1 year.

To Prepare:

- ▶ Rinse. Remove damaged berries. Eat raw or use in baking.

Tasty Idea:

- ▶ Add blueberries to your favourite muffin or pancake batter. If using frozen berries do not defrost them or they will turn the dough blue. Toss berries into batter at the last moment.



Cantaloupe

1 Food Guide Serving
= 1/2 cup cut up
melon (about 1/4
medium melon)

Nutrition:

- ▶ Very high in vitamins A and C and potassium
- ▶ Good source of folate
- ▶ Fat-free

Look For:

- Rind that is yellow-gold with a deep net.
- Ripe fruit is slightly soft and has a musky smell.

To Store:

- ▶ Ripen at room temperature, loosely covered.
- ▶ Refrigerate ripe or cut fruit in a covered container for up to 3 days.

To Prepare:

- ▶ Rinse, cut in half and scoop out seeds. Scoop out flesh or peel and cut up.

Tasty Idea:

- ▶ The sweetness of cantaloupe goes well with salty meats such as prosciutto.



Cherries

1 Food Guide Serving
= 1/2 cup (10
cherries)

Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Plump, bright cherries. The deeper the colour the sweeter the fruit.
- Avoid very soft or shriveled cherries.

To Store:

- ▶ Do not wash
- ▶ Arrange paper towel in a shallow pan. Cover with plastic wrap and refrigerate for up to 3 days.

To Prepare:

- ▶ Rinse. Remove stems and pits. Eat raw or use in baking.

Tasty Idea:

- ▶ Add a few drops of pure almond extract to baked cherries to bring out the cherry taste.



Coconut

1 Food Guide Serving
= 1 piece
2 inches x
2-1/2 inches
(30 grams)

Nutrition:

- ▶ High source of fibre
- ▶ Source of iron
- ▶ High in fat and calories

Look For:

- Coconuts that are heavy for their size and “slosh” when shaken.
- Avoid coconuts that are cracked or wet around the “eyes”.

To Store:

- ▶ Store whole coconuts in refrigerator for several weeks.
- ▶ Once it is cut, put in an airtight container and keep in the refrigerator for up to 2 weeks.

To Prepare:

- ▶ How to crack a coconut
Puncture the “eyes” and drain out the juice. Heat in 50 F oven for 15 minutes. Let stand until warm, wrap in a towel and crack with a hammer.

Tastey Ideas:

- ▶ Use shredded coconut in baked goods and curried dishes.
- ▶ Cut coconut meat into thin strips, toast, and serve as an appetizer.



Currants

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- For currants you plan to eat raw, choose shiny berries that are a deep colour.
- For currants you plan to cook, choose paler berries.

To Store:

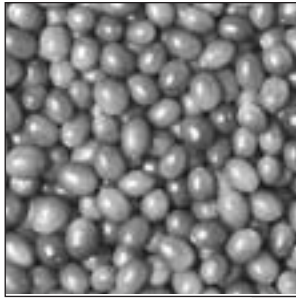
- ▶ Do not wash.
- ▶ Keep in clusters. Refrigerate on a paper towel for up to 3 days.

To Prepare:

- ▶ Rinse and dry well. Eat raw or add to baked goods.

Tasty Ideas:

- ▶ Black currants have a strong flavour. Use them to make jams, syrups and juices.
- ▶ Red currants are tart, white currants have less flavour. Both red and white currants are good eaten fresh.



Cranberries

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Source of vitamin C
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- Cranberries that are clean, firm and well coloured.
- Avoid cranberries that are shriveled or soft.

To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or a plastic bag.
- ▶ Refrigerate for up to 1 month.
- ▶ Frozen cranberries can be kept in a covered container or plastic bag in the freezer for up to 1 year.

To Prepare:

- ▶ Rinse and dry. Cook only until cranberries pop. If you cook longer, cranberries pop. If you cook longer, cranberries will turn mushy and taste bitter.

Tasty Ideas:

- ▶ Use fresh cranberries in relishes, sauces and baked goods such as breads and muffins.
- ▶ Make an uncooked cranberry sauce! Grind berries in a food processor with apples, oranges and dried apricots.

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Dates

1 Food Guide Serving
= 1/4 cup (5-6 small
dates)

Nutrition:

- ▶ Source of fibre
- ▶ Source of potassium
- ▶ Fat-free

Look For:

- Plump brown dates with smooth skin.

To Store:

- ▶ Refrigerate in a plastic bag for up to 2 weeks.

To Prepare:

- ▶ If dates are bunched together, microwave on medium for 45 seconds. Allow to stand. Pull apart. Chop dates for use in baking or eat them whole.

Tasty Ideas:

- ▶ Dates can flavour and texture to a variety of dishes such as fruit salads, baked goods and poultry stuffing.



Durian

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ High source of fibre
- ▶ Very high source of vitamin C
- ▶ Good source of potassium and folate
- ▶ High in fat and calories

Look For:

- Light fruit with a large, solid stem.
You should be able to hear the seeds move when you shake it.
- Avoid durians with holes.

To Store:

- ▶ Ripen at room temperature.
- ▶ It is ripe when the tough skin begins to crack. Eat right away.

To Prepare:

- ▶ To open a durian, cut along the visible lines between the spines. Eat raw or use in baked goods.
- ▶ Durians smell strong but taste sweet and have a creamy texture.

Tasty Idea:

▶ *Durian Cake*

Cream 3/4 cup butter and 3/4 cup sugar until light. Beat in 4 egg yolks and 1/2 cup of durian pulp. In a separate bowl, beat 4 egg whites until stiff. Fold into mixture. Gently fold in 1 1/4 cup of flour. Bake in a greased pan for 1 hour at 350 F.

Special Note:

Do not eat durian with alcohol. when mixed durian and alcohol can cause a serious reaction.



Figs

1 Food Guide Serving
= 3 medium figs,
drained

Nutrition:

- ▶ High source of fibre
- ▶ Good source of potassium
- ▶ Source of calcium, iron

Look For:

Fresh:

- ☑ Figs vary in colour from green to yellow, brown, purple or black.
- ☑ Fresh figs should be plump and fairly soft.
- ☑ Avoid figs that are bruised or smell sour

Dried:

- ☑ Avoid darkened, moldy dried figs.

To Store:

Fresh

- ▶ Figs are ripe when they are slightly soft. Handle figs with care. They bruise easily.
- ▶ Put fresh figs on a plate lined with a paper towel. Refrigerate for up to 7 days.

Dried

- ▶ Put dried figs in an airtight container in the refrigerator for up to 6 months.

To Prepare:

- ▶ Eat fresh or dried figs whole or cut in half. You can eat the small seeds.
- ▶ Use in jams or preserves and baked goods.

Tasty Idea:

- ▶ Grab a few figs for a quick snack on your way out the door. For variety, mix them with other dried fruits like prunes, dates, apricots or raisins.



Gooseberries

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of iron
- ▶ Fat-free

Look For:

- ☑ Hard, dry berries. Pinkish-purple berries are less tart.

To Store:

- ▶ Arrange on paper towel in a shallow pan. Cover with plastic wrap. Refrigerate for up to 2 weeks.

To Prepare:

- ▶ Wash and dry. Clip off the little stems. Eat raw or cooked.

Tasty Idea:

- ▶ Ripe gooseberries have a sweet, delicate taste somewhat like grapes. Use in preserves and pastries.



Grapefruit

1 Food Guide Serving
= 1/2 medium

Nutrition:

- ▶ Very high in vitamin C
- ▶ Pink grapefruit is higher in vitamin A
- ▶ Fat-free

Look For:

- ☑ Firm fruit that is heavy for its size. Skin should be smooth and thin.
- ☑ Grapefruit will not ripen after picking.

To Store:

- ▶ Keep at cool room temperature for up to 1 week.
- ▶ Or refrigerate for up to 1 month.

To Prepare:

- ▶ Rinse and peel the fruit, then cut into sections.

- ▶ To easily take off the white pith, drop the whole grapefruit in boiling water. Take the pot off the heat. Let it sit for a few minutes. When you peel the grapefruit, the pith should come off with the skin.
- ▶ You can also cut it in half. Scoop out the sections or squeeze it for juice.

Tasty Idea:

- ▶ Pieces of grapefruit are a nice surprise in green salads.



Grapes

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Plump grapes that are firmly attached to stems.
- Avoid wrinkled or sticky grapes.

To Store:

- ▶ Do not wash.
- ▶ Put in covered container or plastic bag for up to 5 days.

To Prepare:

- ▶ Wash well just before serving.

Tasty Idea:

- ▶ Try a fruit pasta salad!
Mix together 1 cup of grapes, 1 can of mandarin oranges, 1 can of pineapple chunks and 1 cup of cooked pasta. Mix it with 1 cup of your favourite fruit yogurt.



Guava

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ High source of fibre
- ▶ Very high in vitamin C
- ▶ Source of potassium

Look For:

- Firm, green or yellow fruit.
- Avoid guava with blemishes.

To Store:

- ▶ Ripen at room temperature, out of direct sun. Guavas are ripe when they are soft and smell sweet.
- ▶ When they are ripe, refrigerate for 1 to 2 days.

To Prepare:

- ▶ Cut in half crosswise and scoop out the flesh.
- ▶ Or peel and cut into thin slices.

Tasty Ideas:

- ▶ Guava has a sweet tart taste, a bit like strawberries, pineapple and bananas.
- ▶ Use in desserts and fruit salads. The seeds in the flesh can be eaten.



Honeydew Melon

1 Food Guide Serving
= 1/2 cup cut up
melon

Nutrition:

- ▶ Very high in vitamin C
- ▶ Good source of potassium
- ▶ Source of folate
- ▶ Fat-free

Look For:

- ☑ Melons should feel heavy and smell sweet. The skin should be greenish-white.
- ☑ Choose ripe melons. Melons picked before they are ripe will never reach full flavour. Melons are ripe when the blossom end is slightly soft and you can feel a wrinkling on the skin.
- ☑ Avoid rock-hard melons or overly soft melons.

To Store:

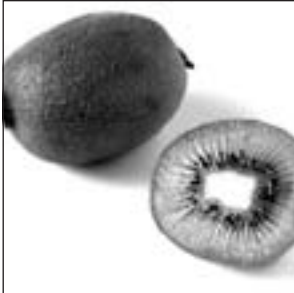
- ▶ Wrap melons in a plastic bag. Refrigerate for up to 5 days.
- ▶ After you cut a melon, put it in a covered container. Refrigerate for up to 3 days.

To Prepare:

- ▶ Rinse, cut in half and scoop out seeds. Scoop out flesh or peel and cut up.

Tasty Idea:

- ▶ Honeydew melon makes a refreshing dessert or snack. Sprinkle with lime juice to give it more taste.



Kiwifruit

1 Food Guide Serving
= 2 medium

Nutrition:

- ▶ Very high in vitamin C
- ▶ Source of potassium
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- ☑ Kiwifruit with unbroken and unbruised skin.
- ☑ Avoid kiwi that feel soft or are moldy.

To Store:

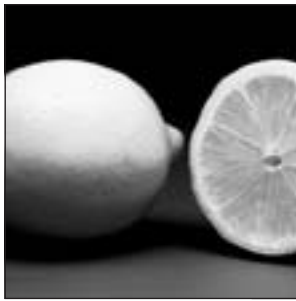
- ▶ To ripen, keep on the counter, uncovered and out of direct sunlight. Ripe fruit feels slightly soft.
- ▶ Once kiwifruit is ripe, refrigerate for up to 2 weeks.

To Prepare:

- ▶ Rinse. Eat with or without skin.

Tasty Idea:

- ▶ Put kiwi slices on cereal, waffles, French toast or pancakes!



Lemons

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Very high in vitamin C
- ▶ Fat-free

Look For:

- Bright yellow, smooth, firm lemons.
Should be heavy for size.

To Store:

- ▶ Keep at cool room temperature for 1 week.
- ▶ Or refrigerate for up to 1 month.
- ▶ To get lots of juice, keep lemons at room temperature.

To Prepare:

- ▶ Rinse. Squeeze for juice or cut into slices for a garnish.
- ▶ To use the peel, rinse, pat dry and grate skin.

Tasty Idea:

- ▶ Make your own lemonade!
Place your palm on top of the lemon and roll it slowly but firmly across the countertop. Cut and squeeze out the juice. 6 medium lemons will make 1 cup of lemon juice.



Lychee

1 Food Guide Serving
= 7 medium

Nutrition:

- ▶ Very high in vitamin C
- ▶ Fat-free

Look For:

- Heavy fruit.
- Avoid lychees that are shriveled or have cracked shells.

To Store:

- ▶ Wrap in a paper towel and put in a plastic bag. Refrigerate for up to 3 weeks.

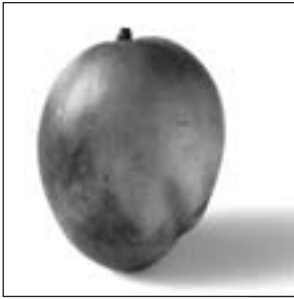
To Prepare:

- ▶ Peel away the skin with your thumbnail and eat. Watch out for the stone. Eat raw or cooked.

Tasty Ideas:

- ▶ Special baked ham! Lychee fruit tenderizes the ham and gives it extra flavour. Add lychees during the last few minutes of baking. Stick them onto the ham with toothpicks. The baked lychees taste great too!
- ▶ Fresh or canned lychees are a refreshing snack by themselves. You can also mix them into a fruit salad.

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Mango

1 Food Guide Serving
= 1/2 large mango

Nutrition:

- ▶ Very high in vitamins A and C
- ▶ Very high source of fibre
- ▶ Source of potassium
- ▶ Fat-free

Look For:

- Plump fruit with no green on them. Ripe mangoes are slightly soft and smell musky and sweet.
- Avoid very soft, bruised or shriveled fruit.

To Store:

- ▶ To ripen, keep uncovered at room temperature.
- ▶ Once it is ripe, refrigerate for up to 3 days.

To Prepare:

- ▶ The big pit can make it hard to cut a mango. Use a long knife to slice each side of the mango off the pit. Cut each half into cubes

that are still attached to the skin. Flip the skin inside out. Eat the fruit, or slice it off the skin.

Tasty Idea:

- ▶ **Mango Salsa**
Mix 1 diced mango, 1 cup of sliced strawberries, 1/2 cup finely chopped red onion, 2 Tbsp sugar, and 1/4 cup fresh lime juice. Stir gently until well blended. Cover and let stand at room temperature for 20 minutes. Stir in 3 Tbsp chopped fresh coriander. Serve with corn chips or as a side dish with chicken or fish.



Nectarines

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Source of vitamins A and C, and potassium
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- Fruit that is orange-red. Ripe fruit should be a little soft.
- Fruit should not be green.

To Store:

- ▶ To ripen firm fruit, keep at room temperature out of direct sunlight.
- ▶ Do not wash.
- ▶ When it is ripe, refrigerate for up to 1 week.

To Prepare:

- ▶ Rinse and eat.
- ▶ To remove the pit, cut lengthwise around the pit. Twist to separate the halves.
- ▶ When they are cut, nectarines turn brown. To prevent this, coat with lemon juice.

Tasty Idea:

- ▶ **Nectarine short cake!** Just use nectarines instead of strawberries in a short cake recipe.



Oranges

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Very high in vitamin C and fibre
- ▶ Source of folate and potassium
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- ☑ Firm fruit with smooth skin that is heavy for its size.
- ☑ Avoid oranges with soft spots.

To Store:

- ▶ To get the most juice, keep at room temperature.
- ▶ Oranges can stay at room temperature for up to 1 week.
- ▶ Or refrigerate for up to 1 month.

To Prepare:

- ▶ Rinse, peel and eat.
- ▶ Oranges with thin skins are best for juice. Cut and squeeze.

Tasty Ideas:

- ▶ Juice Tip
When you want juice, pop an orange into the microwave. Cook on high for 10 to 20 seconds. You will be amazed at how much juice you get!



Papaya (Papaw)

1 Food Guide Serving
= 1/2 cup cut up
papaya (1/2 medium)

Nutrition:

- ▶ Very high in vitamins A and C
- ▶ Good source of potassium
- ▶ High source of fibre
- ▶ Fat-free

Look For:

- ☑ Fruit with smooth skin that has no blemishes.
- ☑ Ripe fruit is more yellow than green and is a little soft.

To Store:

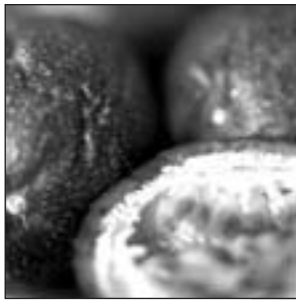
- ▶ To ripen, keep in a paper bag at room temperature. The bag should be closed loosely.
- ▶ When it is ripe, refrigerate for up to 1 week.

To Prepare:

- ▶ Rinse and cut in half lengthwise. Scoop out seeds.
- ▶ To peel, use a vegetable peeler. Papaya has thin skin.
- ▶ Cut into pieces or scoop out the flesh.

Tasty Ideas:

- ▶ Serve papaya cut in half. Sprinkle lime juice on top.
- ▶ Add papaya to barbecued vegetable and meat kebobs. seeds.



Passion Fruit

1 Food Guide Serving
= 4 medium

Nutrition:

- ▶ Very high source of fibre
- ▶ Good source of vitamin C
- ▶ Source of iron and potassium
- ▶ Fat-free

Look For:

- Dark purple, pink or yellow fruit that is egg-shaped.
- Passion fruit is ripe and ready to eat when it is shriveled.

To Store:

- ▶ Ripen it at room temperature.
- ▶ When it is ripe, wrap whole fruit in plastic and freeze it. Make sure to wrap it tightly.

To Prepare:

- ▶ Cut fruit in half and scoop out the flesh. Passion fruit is juicy and yellow. You can eat the seeds.

Tasty Ideas:

- ▶ Passion fruit tastes sweet and tart and smells sweet. Use it in desserts, juices and jams.
- ▶ Try it on top of fresh fruit or ice cream. Just scoop out the pulp, add a little sugar if you wish and serve!



Peaches

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Fruit with yellowish background.
- Avoid peaches that are green.
- Ripe peaches are a little soft.

To Store:

- ▶ Do not wash.
- ▶ To ripen, keep in a paper bag at room temperature.
- ▶ When it is ripe, refrigerate for up to 1 week.

To Prepare:

- ▶ Rinse. To take out the pit, cut lengthwise and twist into 2 halves.

Tasty Idea:

▶ Peach Chutney:

Put 2 peeled, diced peaches and 1 tbsp of butter in a pan. Add big pinches of ginger, curry powder and sugar. Saute for about 7 minutes or until soft. Serve with chicken.



Pears

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ High source of fibre
- ▶ Source of vitamin C and potassium
- ▶ Fat-free

Look For:

- ☑ Firm, unbruised fruit. Minor scars and blemishes do not affect flavour.

To Store:

Unripe

- ▶ Pears are ripe when they are slightly soft and smell sweet.
- ▶ Ripen hard fruit in a paper bag at room temperature.
- ▶ Pears that are really ripe should be eaten right away.

Ripe

- ▶ Do not wash.
- ▶ Refrigerate for up to 3 days.

To Prepare:

- ▶ Rinse. Cut and eat.
- ▶ Pears turn brown when they are cut. To prevent this, coat with lemon juice.

Tasty Idea:

- ▶ Pear and Spinach Salad
Wash and dry 1 bag of fresh spinach. Cut up 2 unpeeled pears. Toss into the spinach. Mix with your favourite vinaigrette salad dressing.



Persimmon

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Good source of potassium
- ▶ Source of vitamins A and C
- ▶ Very high source of fibre
- ▶ Fat-free

Look For:

- Choose persimmons that are deep orange with no trace of yellow. Some blemishes are okay.
- Avoid persimmons that are green or shriveled. Avoid fruit with broken skins.

To Store:

- ▶ Ripen persimmons at room temperature. Persimmons are ripe when they are soft.
- ▶ Store ripe persimmons in the refrigerator for up to 3 days.

To Prepare:

- ▶ Rinse.
- ▶ To peel, cut out the leaf base, then cut in half lengthwise. Insert a sharp knife between the flesh and the skin. Peel skin away from the fruit.

Tastly Ideas:

- ▶ Fuyu persimmons are firm. This type is great for peeling and slicing. Add it to fruit salad or eat it in slices.
- ▶ Hachiya persimmons are soft. Puree this type. Use it as a dessert topping or in baked goods. llengthwi



Pineapple

1 Food Guide Serving
= 2 slices
(2 cm x 9 cm) or 1/2
cup cut up pineapple

Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of potassium
- ▶ Source of fibre

Look For:

- Large, plump fruit that smells sweet.
- The leaves on top should be deep green.

To Store:

- ▶ Refrigerate uncovered for 2 or 3 days.

To Prepare:

- ▶ Rinse. Cut off the crown and the bottom end.
- ▶ Cut the skin off in strips from top to bottom. Slice. Cut out the core.
- ▶ To remove the eyes, cut diagonal grooves.

Tasty Idea:

- ▶ There is nothing like fresh pineapple on a fruit tray. Use fruit flavoured yogurt for a dip.



Plantain

1 Food Guide Serving
= 1/2 cup, cooked

Nutrition:

- ▶ Good source of potassium
- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- ☑ Firm, heavy plantains.
- ☑ The skin changes colour as it ripens. Green plantains are not ripe. Yellow plantains are more ripe. When the skin is black it is very ripe.
- ☑ Plantain can be eaten at any stage of ripeness. Sometimes, plantains harden instead of ripening. Throw these away.

To Store:

- ▶ If it is unripe, store uncovered in a cool, dark place.
- ▶ When it is very ripe and soft, refrigerate for a few days.

To Prepare:

- ▶ Plantain should be cooked.
- ▶ Rinse. Peel and slice for baking or sautéing.
- ▶ To peel yellow and green plantains, cut off the tips. Cut into a few pieces. Then slice the peel lengthwise along the ridges. Remove each strip of peel.
- ▶ Black ripe plantains can be peeled like a banana. They are sweeter and can be eaten raw.

Tasty Ideas:

- ▶ Green and yellow plantain has a flavour that is bland and starchy. This makes it perfect for boiling and frying. Serve instead of potato or rice with your meal.
- ▶ Brown and black plantain are softer and sweeter. They make a tasty dessert when sautéed in butter and sprinkled with cinnamon and brown sugar.



Plums

1 Food Guide Serving
= 2 medium

Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Smooth, fruit that is free from cracks, soft spots or brown spots.

To Store:

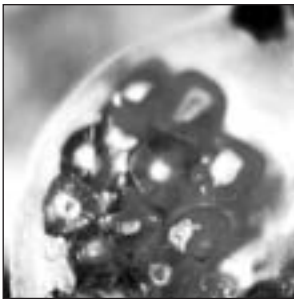
- ▶ To ripen hard plums, put in a paper bag. Loosely close the bag and keep it at room temperature. Ripe fruit is slightly soft.
- ▶ Do not wash.
- ▶ Refrigerate ripe fruit for up to 5 days.

To Prepare:

- ▶ Rinse and eat.

Tasty Idea:

- ▶ Easy plum dessert
Cut plums into quarters. Remove pits. Sauté plums and brown sugar in a little butter until soft. Serve over ice cream.



Pomegranate

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Good source of potassium
- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- Large pomegranates, heavy for their size.
- Test the crown end of a pomegranate. If a powdery cloud appears when you press the end, do not buy it.

To Store:

- ▶ Keep at room temperature for a few days.
- ▶ Or refrigerate for 2 to 3 months.
- ▶ Seeds and juice can be frozen.

To Prepare:

- ▶ Only the seeds of pomegranates can be eaten.
- ▶ To remove the seeds, make shallow cuts in the thick rind. Bend the rind back and remove the seeds. Try not to cut into the pomegranate. The seeds will squirt and the juice will stain.

Tasty Ideas:

- ▶ Sprinkle pomegranate seeds over salads, desserts or ice cream.
- ▶ To make juice, crush seeds in a blender. Strain. Use the juice for drinks, sauces and jellies. je



Prickly Pear (Cactus Pear)

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Source of vitamin C, potassium and calcium
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- Firm fruit with no blemishes that are yellow to red.
- Ripe prickly pears are red all over.

To Store:

- ▶ Ripen at room temperature.
- ▶ Do not wash.
- ▶ Refrigerate ripe prickly pears for up to 5 days.
- ▶ Peeled fruit can be frozen.

To Prepare:

- ▶ To peel, wear rubber gloves to peel the fruit. This will protect you from the prickles.
- ▶ Peel skin back and scoop out fruit. Cut pulp into cubes or slices.
- ▶ You can eat the tiny seeds.

Tasty Idea:

- ▶ Prickly pear has a juicy texture and tastes sweet. Sprinkle with lemon or lime juice to bring out the flavour. Use in fruit salads or as a garnish with meat dishes.



Prunes

1 Food Guide Serving
= 1/4 cup (about
5 medium)

Nutrition:

- ▶ Source of fibre
- ▶ Source of potassium and iron
- ▶ Fat-free

Look For:

- Plump, soft prunes.
- Avoid prunes that are darkened or moldy.

To Store:

- ▶ Put in an airtight container and refrigerate for up to 6 months.

To Prepare:

- ▶ Eat whole or cut up and put in baked goods.

Tasty Idea:

- ▶ Grab a few prunes for a quick snack on your way out the door. For variety, mix them with other dried fruits like dates, figs, apricots or raisins.



Quince

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- ☑ Large, smooth fruit. A few small bruises are okay.

To Store:

- ▶ Do not let quinces touch each other.
- ▶ Wrap in plastic and refrigerate for 3 to 4 weeks.

To Prepare:

- ▶ Quinces must be cooked. They keep their shape well.
- ▶ Peel and core. Poach, stew or bake.

Tasty Ideas:

- ▶ Use quinces as an ingredient in jams, jellies, marmalades, and sauces.



Raisins

1 Food Guide Serving
= 1/4 cup

Nutrition:

- ▶ Source of iron and potassium
- ▶ Fat-free

Look For:

- ☑ Plump, soft raisins.
- ☑ Avoid raisins that are darkened or moldy.

To Store:

- ▶ Put in an airtight container and refrigerate for up to 6 months.

To Prepare:

- ▶ Raisins are ready to eat!
- ▶ To plump up dried out raisins, soak in hot water for 1 to 2 minutes.

Tasty Ideas:

- ▶ Add raisins to coleslaw and other salads.
- ▶ Add raisins to sandwich fillings like tuna or chicken salad.
- ▶ Raisins are kid friendly! Top a slice of toast with a raisin happy face.



Raspberries

1 Food Guide Serving
= 1/2 cup

Nutrition:

- ▶ Source of vitamin C
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- Firm, plump, brightly-coloured berries.
- Avoid berries with mold or bruises.

To Store:

- ▶ Do not wash.
- ▶ Put on a paper towel in a shallow pan. Cover with a paper towel and refrigerate for up to 2 days.
- ▶ To store longer, freeze berries in a covered container. Frozen raspberries will keep for a year.

To Prepare:

- ▶ Gently rinse and pat dry.

Tasty Idea:

- ▶ Cool Raspberry Soup

Place 2 cups of frozen raspberries and 1 cup light sour cream in a food processor. Blend until smooth. Strain through a sieve. This will remove the seeds. Add a large pinch of cardamom. Add sugar to taste. Thin with water if you need to. Enjoy! Sou



Rhubarb

1 Food Guide Serving
= 1/2cup

Nutrition:

- ▶ Source of vitamin C and calcium
- ▶ Fat-free

Look For:

- Firm stalks that look crisp.
- Avoid soft or wilted stalks.

To Store:

- ▶ Do not wash.
- ▶ Put in a plastic bag. Refrigerate for up to 1 week.
- ▶ To store longer, chop into small pieces and freeze in a covered container or plastic bag. Frozen rhubarb will keep for a year.

To Prepare:

- ▶ Cut off leaves. Rinse stalks well. Cut crosswise and cook.

Tasty Ideas:

- ▶ Stewed rhubarb is easy.

Mix 4 cups sliced rhubarb with 2/3 cup sugar. Cook over medium heat until tender, about 15 minutes. Stir often. Cu



Sapodilla

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Very high source of fibre
- ▶ Good source of vitamin C
- ▶ Source of iron and potassium

Look For:

- Slightly soft fruit with reddish brown skin.

To Prepare:

- ▶ Chill. Cut in half and eat with a spoon.

To Store:

- ▶ Refrigerate for up to 7 days.

Tasty Ideas:

- ▶ Add to salads or desserts.
- ▶ Sapodilla is delicious mixed with orange juice and topped with whipped cream.



Star Fruit (Carambola)

1 Food Guide Serving
= 1 medium

Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of fibre
- ▶ Fat-free

Look For:

- Firm, glossy fruit.
- Fruit is ripe when it smells sweet and the skin is golden with light brown ribs.
- Avoid fruit that are bruised.

To Prepare:

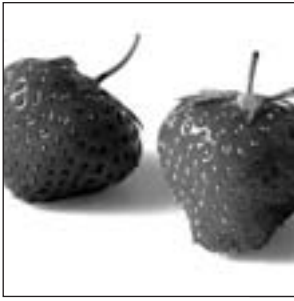
- ▶ Wash, dry and cut crosswise into thin slices.

To Store:

- ▶ Ripen at room temperature.
- ▶ Do not wash.
- ▶ Refrigerate for up to 2 days.

Tasty Ideas:

- ▶ Star fruit has a crisp juicy flesh with a sweet tart flavour. It makes a pretty star-shaped garnish that you can eat!
- ▶ Star fruit can be a sweet surprise in stir-fries, or vegetable or fruit salads.



Strawberries

1 Food Guide Serving
= 1/2 cup sliced
(about 5 medium)

Nutrition:

- ▶ Very high in vitamin C
- ▶ Fat-free

Look For:

- Firm, plump berries that are fully red with bright green caps.
- Strawberries do not ripen after they are picked.

To Store:

- ▶ Do not wash.
- ▶ Put on paper towel in a shallow pan. Cover with plastic wrap and refrigerate for up to 2 days.
- ▶ To store longer, freeze berries in a covered container. Frozen strawberries will keep for a year.

To Prepare:

- ▶ Gently rinse, pat dry, then remove caps.

Tasty Ideas:

- ▶ Try a strawberry smoothie!
Puree 1/2 cup plain yogurt with 6 large frozen or fresh strawberries. Add 1 tsp sugar and a dash of vanilla.



Tamarillo

1 Food Guide Serving
= 2

Nutrition:

- ▶ Nutrition facts not available

Look For:

- Slightly soft, heavy fruit. Should have a nice smell.

To Store:

- ▶ Ripen at room temperature. Tamarillos are ripe when they are slightly soft and fragrant.
- ▶ Refrigerate ripe tamarillos for up to 1 week.

To Prepare:

- ▶ Tamarillos must be peeled. They are best cooked.

Tasty Ideas:

- ▶ Use in chutneys, relishes and sauces.
- ▶ Slice and bake as a side dish with meat and poultry.



Tangerine

1 Food Guide Serving
= 1 medium or 2 small

Nutrition:

- ▶ Good source of vitamin C
- ▶ Fat-free

Look For:

- Firm, heavy fruit with glossy orange skin.

To Prepare:

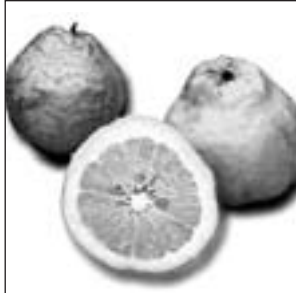
- ▶ Peel and eat fresh.

To Store:

- ▶ Refrigerate for several weeks.

Tasty Idea:

- ▶ Add pieces of tangerine to a spinach or broccoli salad. The vitamin C will help your body absorb more iron.



Ugli Fruit

1 Food Guide Serving
= 1 small

Nutrition:

- ▶ Nutrition facts not available

Look For:

- Fruit that is heavy for its size. Smaller fruit are sweeter.
- Blemishes, uneven colour and loose skin are okay.

To Prepare:

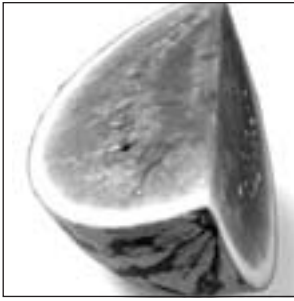
- ▶ Peel and eat.

To Store:

- ▶ Keep at room temperature for up to 5 days.
- ▶ Or refrigerate for up to 2 weeks.

Tasty Ideas:

- ▶ Add to mixed green salads or tropical fruit salads.



Watermelon

1 Food Guide Serving
= 1/2 cup cut up
watermelon

Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

Look For:

- A firm oval melon. The sides should be round and green, with 1 side yellowish.
- If cut, choose a melon with bright red flesh.

To Store:

- ▶ Keep whole melon refrigerated or in a cool place for up to 1 week.
- ▶ Store cut watermelon in the refrigerator. Make sure it is covered.

To Prepare:

- ▶ Rinse. Cut melon into wedges or scoop out flesh.

Tasty Ideas:

- ▶ Watermelon makes a refreshing summer dessert. Scoop out the melon with a melon baller. Mix with other balls of melon like honeydew or cantaloupe.
- ▶ Try pickling watermelon rind.