



FRUITS AND VEGETABLES GAZETTE

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Newsletter developed
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Did you know that. . .

peaches are the ninth most-frequently eaten fruit in the U.S.? In ancient China, peaches were a symbol of long life and immortality. Peaches, which may be a cross between nectarines and almonds, used to be called Persian apples.

Tips for Selecting Peaches:

- Choose bright peaches that smell “peachy.”
- Look for peaches with a smooth skin and creamy or yellow color with red blush or mottling.
- Ripe peaches yield to gentle pressure. Avoid peaches that are hard and green, brownish, excessively soft, shriveled, or have tan spots.

Handling and Ripening Peaches:

- Cover and refrigerate ripe unwashed peaches.
- **To ripen:** store in a single layer with one apple at room temperature in a paper bag. High heat causes peaches to become dry and mealy; exposure to the sun will make them shrivel.

Preparing and Serving Peaches:

- Rinse peaches under cold water.
- Cut off bruises and decay. Remove the pit.
- To keep peaches from darkening after slicing, sprinkle with lemon or orange juice.

From the Recipe Box

Peach Cake

Serves 4



1/4 of a 7 inch prepared angel food cake, or 1/4 of an unfrosted prepared white cake
1/2 cup low fat vanilla or fruit-flavored yogurt
1 cup sliced fresh peaches or berries
4 Tablespoons non-fat whipped topping, if desired

1. Wash your hands and work area.
2. Cut the portion of cake into 4 slices. Place each slice on a small serving plate.
3. Cover each piece of cake with 2 tablespoons yogurt.
4. Cover each piece with 1/4 cup fruit. Top with whipped topping, if desired.
5. Serve immediately.
6. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving Size: 1 portion

Calories: 200

Total Fat: 8 grams

Cholesterol: 5 mg

Sodium: 35 mg

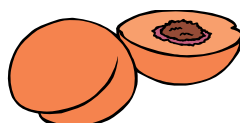
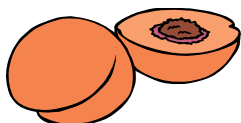
Total Carbohydrate: 30 grams

Protein: 4 grams

Preserving peaches:

Peaches may be frozen: peel, cut into halves or slices, pack into containers, and cover with a mixture of 1 teaspoon ascorbic acid per quart cold water.

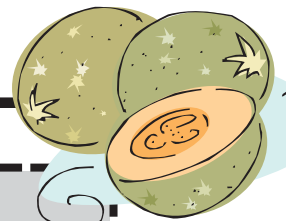
Note: To make the peel slide off easily, boil it for 30 seconds, remove, and put it in cold water immediately.



Orange-colored fruits and vegetables are rich in many vitamins and nutrients important for a healthy heart, immune system, eyes, and skin. Using the clues below, unscramble the letters to find out what some of these healthy vitamins and nutrients are.

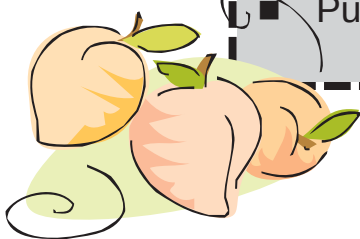
"Orange" Fruit and Vegetable Word Scramble

1. **oencaret** _ _ _ _ _ (Hint: I am found in orange fruits and vegetables, such as carrots and peaches.)
2. **enxtainhaz** _ _ _ _ _ (Hint: I am found in orange juice and orange peppers. I am important for eye health. I start with the letter "z".)
3. **ivimcnat** _ _ _ _ _ (Hint: I am a vitamin found in oranges and cantaloupe.)
4. **tluein** _ _ _ _ _ (Hint: I am found in oranges, butternut squash, eggs, and corn. I am important for eye health.)
5. **ibfre** _ _ _ _ _ (Hint: I am found in oranges, apricots, and carrots. I help you feel full and keep your bowels "regular".)
6. **stmsaoupi** _ _ _ _ _ (Hint: I am a mineral important for keeping a regular heartbeat. I am found in oranges, cantaloupe, and bananas.)



The U.S. Dietary Guidelines for Americans recommend choosing a variety of fruits and vegetables daily. Other nutritious orange-colored fruits and vegetables to add to your diet include:

- | | |
|------------------|--------------------|
| ■ Apricots | ■ Butternut squash |
| ■ Cantaloupe | ■ Carrots |
| ■ Mangoes | ■ Nectarines |
| ■ Orange peppers | ■ Oranges |
| ■ Pumpkins | |



The Food Assistance Program can help people with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

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Garlic Carrot Salad

Serves 4



1 pound raw carrots
3 tablespoons lemon juice
1/2 teaspoon Dijon mustard
or other grainy mustard
2 tablespoons salad oil
1 green onion (include green top)
1 tablespoon fresh (or 1 teaspoon dried) finely
chopped parsley
1/2 clove garlic, crushed
dash of salt
dash of pepper

1. Wash your hands and work area.
2. Scrub and peel carrots. Cut into thin slices.
3. Cook carrots in 1 quart boiling water for 2-4 minutes (or cook in a microwave oven) until just tender. Drain.
4. In a jar with a tight-fitting lid, combine lemon juice, mustard, oil, onion, parsley, garlic, salt, and pepper. Shake well.
5. Pour sauce over carrots. Stir gently.
6. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
7. Cover and refrigerate leftovers within 2 hours.

Recipe from *Fix It Fresh! Fruits and Vegetables Recipes series*,
www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving Size: 1/2 cup

Calories: 110

Total Fat: 7 grams

Cholesterol: 0 mg

Sodium: 125 mg

Total Carbohydrate: 12 grams

Protein: 1 gram

1. carotene
2. zeaxanthin
3. vitamin C
4. lutein
5. fiber
6. potassium

"Orange" Fruit and Vegetable
Word Scramble Key