



MAKE YOUR FOOD DOLLARS COUNT

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Summer Fruit

Sweet, succulent peaches, plums, nectarines, apricots and cherries – a perfect match for the warmer months when appetites turn to lighter fare.

Recipe for ripening

Ripening softens the fruit, which allows the natural sugar juices to flow through it. For sweet, juicy fruit every time, “do the ripe thing.” Here’s how...

- ⊗ Store firm fruit on the counter, not in the refrigerator (refrigeration slow ripening).
- ⊗ Check the fruit daily.
- ⊗ Refrigerate fruit when it gives to gentle pressure and smells sweet and fragrant.

To speed up ripening

A paper bag – that’s the secret! The paper traps the natural gases given off by the fruit, which in turn ripens the fruit more quickly.

1. Place fruit in paper bag. Close bag loosely and leave at room temperature.
2. Check daily until fruit is ripe (soft and fragrant).



Summer Fruit for Breakfast

Greet the day with fresh fruit – healthy habits start early!

- ⊗ Slice fruit in cereal
- ⊗ Top waffles with fruit. Try microwaving 1/2 cup raspberry spread on HIGH for 20 seconds. Combine with 1/2 cup sliced fresh peaches.
- ⊗ Make a shake. See Summer Cooler recipes.
- ⊗ Top split bagels with lite cream cheese and sliced fruit.
- ⊗ Stir cup up fruit into a container of low-fat yogurt.
- ⊗ Fix fruit salad for more than one meal. Enjoy leftovers the next morning.

On the run? Grab one for the road. A piece of fresh fruit can go anywhere you go!

Three-Fruit Antipasto Salad

- 2 each peaches, plums and pears, pitted and sliced into wedges
- 1 red pepper, cut into strips
- 1/2 head Romaine lettuce
- 1/2 cup cubed lite Swiss cheese
- 1/4 cup Italian dressing

Place lettuce leaves on a platter. Arrange fruit and cheese on top. Drizzle with dressing and serve.

Cranberry-Plum Slush:



Whirl together in a blender 6 chopped plums, one 6- ounce can frozen cranberry juice and a few ice cubes.

Orange Peach Breakfast Shake:

Blend until thick and smooth. 2 cups orange juice, two ripe sliced peaches, 1 cup plain low-fat yogurt and six ice cubes. Pour over additional ice cubes in a tall glass.

Fruity Lemonade Soda:

Combine two sliced nectarines or peaches, one 6 ounce can frozen lemonade concentrate and one can cold water in a blender; blend until smooth. Pour over ice cubes in tall glasses and fill each to the top with soda or sparkling mineral water.



Spinach Salad with Summer Fruit

- 4 cups flat leaf spinach, stemmed
- 1 peach, sliced
- 2 plums, sliced
- 2 green onions, thinly sliced



Reduced-fat Poppysseed Dressing

- 1/4 cup light mayonnaise
- 1/4 cup plain non-fat yogurt
- 1 tablespoon sugar
- 1 1/2 tablespoons white or cider vinegar
- 1 teaspoon poppyseeds

Mix mayonnaise and yogurt until blended. Stir in sugar, vinegar and poppyseeds. In a large bowl, combine salad ingredients and drizzle with dressing; toss and serve.

Kid's Corner: Yogurt Parfaits



Layer in a clear glass:

- 1 spoon vanilla, chocolate or fruit yogurt (low-fat)
- 1 spoon fruit: banana slices, mandarin oranges, crushed pineapple, diced peaches, etc.

Repeat as needed to fill glass. Top with cereal, nuts, or wheat germ. Add whipped topping and a cherry, if desired.

Fruit Questions and Answers

Q: How do I prevent fruit from browning once it's cut up?

A: For fruit trays, salads, or refrigerated leftovers, sprinkle or rub cut surfaces with lemon juice or dip them in a mixture of 1 tablespoon lemon juice and 1 cup water.

Q: What is the powdery coating I've seen on plums?

A: It's a natural "bloom" that acts as a coating to help prevent moisture loss.

Q: Nectarines are a cross between which two fruits?

A: None! Nectarines are a distinct fruit all their own.



Q: Does red blush on peaches and nectarines mean they're ripe?

A: Redness does not equal ripeness. A rosy "blush" is only a characteristic of certain varieties.

Q: What's the difference between a "freestone" and a "clingstone" peach?

A: Freestone means just what the name implies. The fruit easily separates from the stone or pit. With clingstone, the flesh clings to the pit. The first to arrive are clingstone; later in the season cling free varieties are available.

Food Safety Tip

Always thoroughly wash the skin of all fruits and vegetables that are eaten raw before consuming them. It's also important to wash your hands before and after handling fruit. Be sure to refrigerate unused cut portions immediately.

Shared by: Joan Clanton, Nutrition Teaching Assistant
Prepared by: Barbara Johnson

Fruit Tidbits

☼ A ripe cantaloupe should be well-rounded and yield to light pressure. It's OK for one side to appear "bleached"; this is where the melon touched the ground. The brown "netting" should be prominent and intact. A ripe melon has a sweet and musky aroma.

☼ Blueberries will often turn red when they come in contact with acids, such as lemon juice, vinegar and yogurt. In a basic environment, such as batters containing large amounts of baking soda, blueberries may turn a greenish-blue. Color changes do not affect flavor.



☼ Yes! You can eat the skin on kiwi fruit. Once known as the Chinese gooseberry, it can be eaten directly out of hand without peeling it. Some people prefer to rub off a little bit of the fuzz - others don't. Or, cut the kiwi in half and scoop out the flesh with a spoon.

☼ Did you know that prunes can be used as a fat substitute? Prune puree can be used in a one-for-one substitution (1 cup puree for 1 cup butter) in brownie, cake and cookie recipes. Cut fat 75 - 90% and boost vitamins, minerals and fiber at the same time.

Eat Smart New York!



Free Nutrition Education Programs

Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- ◆ Budgeting and stretching food dollars.
- ◆ Basic nutrition and menu planning.
- ◆ Preparing low cost, easy recipes and menus.
- ◆ Preserving, storing and preparing food safely.

Contact:

Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
(315) 866-7920

Cornell Cooperative Extension
Of Herkimer County
5657 NYS Rt. 5
Herkimer, NY 13350

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