



Healthy Orange says... Fall into 5 or more A Day!!!

Fruits and vegetables are an important part of a healthy diet. Eat at least 5 to 9 servings of fruits and vegetables each day. Local produce is fresher, has better flavor and is reasonably priced. Here are some examples of the different types of produce available at local Orange County Farmer's Markets:



Apples: Should be firm to touch, have consistent color and a pleasant fresh smell. Avoid apples with bruises, broken skin or internal browning. Store apples at room temperature or refrigerate to extend freshness. Wash in cold water before serving. Apples make great pies, sauces, and muffins. They are also great raw.



Winter Greens (kale, Swiss chard, mustard or collard): Select greens that have deep green firm leaves. Avoid wilting leaves. Keep in cool dry place or in the refrigerator crisper. Leaves do not last well. Wash to remove dirt and grit. Prepare and serve greens within 3 days of purchase. Some greens can be eaten cooked or raw. They are great to make a salad, as a sandwich topper or to add to soup.



Grapes: Bunches should be well colored with plump berries on green stems that are easy to bend. Avoid grapes with browning near stems or moldy spots. Store in refrigerator for up to 7 days. Grapes do not get ripe after they are picked! Rinse before eating. Grapes make great jellies, a snack on the go and a nice addition to any salad.



Beets: Select beets with a smooth texture and deep red color and fresh looking tops. Avoid berries that are not deep in color, have mold, or "bleed" when handled. Store in refrigerator or in cool dark place. Use fresh beets within 2 weeks of purchase. Scrub beets well with vegetable brush and remove greens. Greens can be used to make salads, to add to recipes calling for greens or for garnish. Remove skins and cook until tender. Beets can be eaten "as is", used as a salad, or to make soup.



Eggplant: Select eggplants that are heavy for their size. Skin should be even-colored and free of marks. Avoid eggplant with soft spots or those that are flabby or shriveled. Store in refrigerator. Use within 1 to 2 days. Rinse well and use as recipes direct. Eggplants do not have to be peeled if they are fresh. Cut into desired shape just before using. Eggplants are great breaded and baked, in salads, and stuffed.

For more information on farmer's markets in Orange County, please contact Cornell Cooperative at 845-344-1234, Orange County WIC at 568-5288 or Healthy Orange at 845-568-5226.