



HOW DOES YOUR GARDEN GROW?

Your Guide
to
Using and Enjoying
Wisconsin Produce

Compliments of:

WNEP Program/ Rusk County

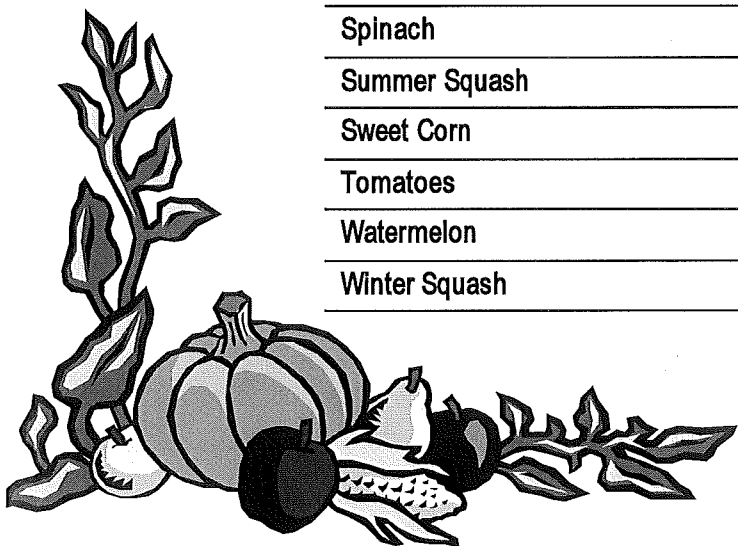
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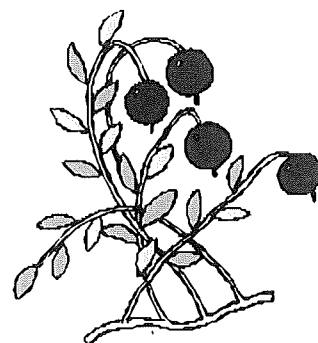
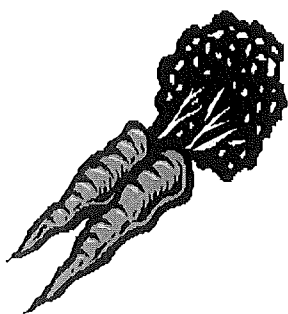
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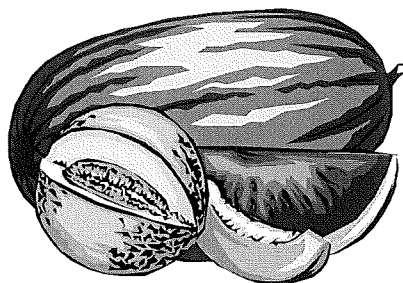


FRUITS AND VEGETABLES: NATURE'S FUNCTIONAL FOODS

“Functional Foods” is a term that covers all foods that have an associated health claim beyond basic nutrition. A diet high in fruits and vegetables is associated with reduced risks of disease including various forms of cancer and heart disease.

Fruits and vegetables are naturally low in fat and high in fiber and contain a variety of nutrients like vitamin A, vitamin C, folate (a B vitamin), minerals and carbohydrates.

This booklet includes fruits and vegetables that are grown throughout the state of Wisconsin. It features fruits that are native to Wisconsin (cranberries, apples and wild berries). We hope that you enjoy reading and using this booklet!



AN APPLE A DAY...

HARVESTING SEASON

August to October

Some of the most common varieties of Wisconsin apples include Cortland, Golden Delicious, Jonathon, McIntosh, Red Delicious, Rome Beauty and Wealthy.

CHOOSING TIPS

- Apples should be firm and have skins that are smooth and bruise-free.
- Smaller apples are often available in bulk. A 2½" diameter apple is adequate for most uses.
- Do not pick apples that are soft or mealy-fleshed or that have tan or brown areas.

STORAGE

Apples should be stored in a solid plastic bag in the refrigerator to slow the loss of crispness and flavor. Apple slices or sauce can also be frozen - contact your county Extension office for information.

PREPARATION

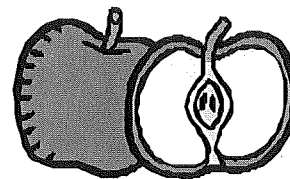
Wash apples carefully in cold water. Core or quarter and remove seeds. Slice into desired size. To prevent browning, sprinkle cut apples with lemon juice.

KEY NUTRIENTS

- Fiber to prevent constipation.
- Carbohydrates for energy.

USES FOR SOME APPLE VARIETIES:

Cortland – Eating, sauce
Golden Delicious - Eating, baking, salad
Jonathan - Eating
McIntosh - Eating
Red Delicious - Eating, salad
Rome Beauty - Baking
Wealthy - Sauce



RECIPES

Apple Bake

2 large apples, cut into small pieces
¼ cup apple juice
¼ cup water
¼ teaspoon ground cinnamon

Dash of ground nutmeg

¼ teaspoon vanilla extract

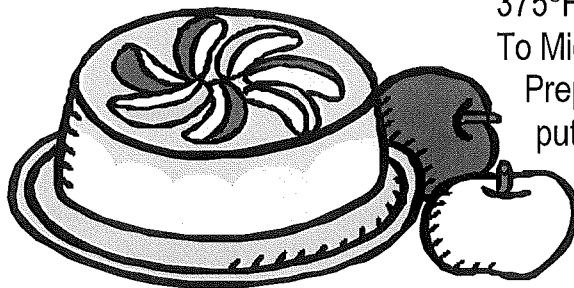
Combine juice, water and spices. Put apples in a loaf pan; pour liquid over apples. Bake at 350°F for 35 to 45 minutes or microwave on high for 6 to 8 minutes. If microwaving, stir every 3 minutes. Serves 2; 140 Cal; <1 g fat.

Baked Cinnamon Apples

Cut out stem and remove core and seeds from baking apples and cut a 1-inch strip of peel around the middle of each apple to prevent splitting. Place apples upright in ungreased baking dish. Place 1 tablespoon brown sugar and ½ teaspoon cinnamon in center of each apple. Pour water (¼ inch deep) into baking dish. Bake uncovered in 375°F oven until tender, about 30 minutes.

To Microwave: Use a microwave safe dish.

Prepare apples as directed except do not put water in the dish. Microwave uncovered until tender, about 6 to 8 minutes for 4 apples; 120 Cal each.



ALL READY FOR ASPARAGUS?

GARDENING SEASON

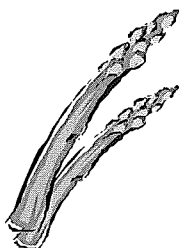
Late April through June

CHOOSING TIPS

Select stalks that are firm and straight with compact tips. The spears should be round and snap easily when bent. Asparagus should be a vibrant green color.

Do not choose asparagus if:

- ▲ It is badly scarred
- ▲ It is droopy and wilted
- ▲ The tips are spreading



STORAGE

Asparagus is best eaten on the day it is harvested. To store it, trim ¼ inch off the bottom of the stalks and place in 2 inches of standing water, or wrap a moist towel around it. Asparagus can be stored in the refrigerator for 2 to 3 days.

PREPARATION

Rinse with cold water. Cut off the bottom of the stalk, as it is usually woody and tough. Pare away any rough edges with a potato peeler. Asparagus can be steamed, boiled or roasted with olive oil.

KEY NUTRIENTS

- ▲ Vitamin A for vision, healthy skin, and resistance to infection.
- ▲ Vitamin C for healthy gums, skin and blood.
- ▲ Fiber to prevent constipation.
- ▲ Potassium to maintain normal blood pressure.
- ▲ Folate to prevent birth defects and reduce the risk of heart disease.

RECIPES

Asparagus with lemon mustard vinaigrette

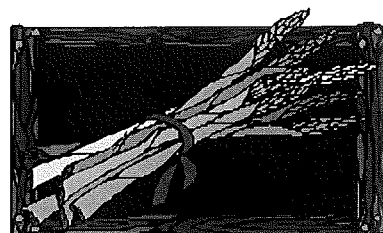
- 1 1/2 pounds fresh asparagus, washed and trimmed
- 1 small red onion, thinly sliced
- 2 teaspoons lemon & pepper seasoning
- 1 tablespoon country-style Dijon mustard
- 1 teaspoon red-wine vinegar
- 1/2 teaspoon sugar
- 1/4 cup olive or vegetable oil

Steam or boil the asparagus for 7 to 10 minutes, or until tender. Rinse with cold water. Place the asparagus on a large platter and top with the red onion. Combine the remaining ingredients, drizzle over the asparagus and serve. Serves 6; 120 Cal; 9 g fat.

Asparagus with Yogurt Dill Sauce

- 3 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon prepared mustard
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons minced parsley
- 1 teaspoon minced dill
- 1 cup plain low fat yogurt
- 2 pounds fresh asparagus, steamed

Mix everything except the asparagus together in a bowl and allow it to stand for at least an hour before serving. Serve over steamed asparagus. Serves 8; 50 Cal; <1 g fat.



BETTER WITH BEETS

GARDENING SEASON

June to October

CHOOSING TIPS

Choose small to medium-sized beets with a firm, smooth skin and a deep crimson color. The leaves should be dark green and crisp.

Do not choose beets if:

- ◆ They are shriveled or soft
- ◆ The skins are rough or flabby

STORAGE

Cut off the leaves, leaving 2 inches of the stem. Wash beets thoroughly. Place them in a paper bag and store in the refrigerator for up to one week.

PREPARATION

Beets must always be cooked. Do not peel before cooking or the color will bleed out. After cooking, skins will slip off easily.

To boil:

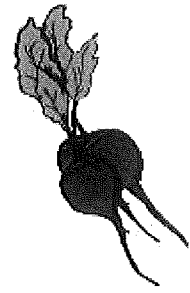
Bring water to a boil, add the beets, bring back to a boil, then cover and reduce the heat to low. It takes approximately 40 minutes for the beets to soften.

To bake:

Carve an **X** into both sides of the beet. Wrap in aluminum foil and place on the oven rack. Bake at 425°F for about 50 minutes.

KEY NUTRIENTS

- ◆ Fiber to prevent constipation.
- ◆ Potassium to help maintain normal blood pressure.
- ◆ Folate to prevent birth defects and reduce the risk of heart disease.
- ◆ Carbohydrates for energy.



RECIPES

Rainbow Beet-Potato Puree

- 1 pound (3 medium) potatoes, peeled and cubed
- 1/2 pound beets, cooked, peeled, chopped
- 1/4 cup water
- 1/2 cup skim milk
- 1 tablespoon margarine (optional)

Place potatoes, beets and water in a 2-quart microwave dish and cover with plastic wrap. Microwave on high 8 to 9 minutes, let stand 3 minutes. Remove plastic; add milk and margarine. Mash with potato masher, leaving vegetable texture. Serves 4; 165 Cal; 3 g fat.

Beet Soup with Dill & Yogurt

- 1 tablespoon oil
- 1 medium onion, sliced
- 1 pound beets, cooked, peeled and coarsely diced
- 1 quart chicken broth
- 3/4 cup plain yogurt
- 3 tablespoons chopped fresh dill

Heat the oil in a pan over low heat. Add the onions and stir 2 minutes. Add the beets. Cook covered, for about 35 minutes in 1 cup broth, until the beets are falling apart. Add the remaining stock and salt. Cover and bring to a boil. Reduce heat and simmer for 15 minutes. Strain and reserve the liquid. Transfer beets to a blender or food processor and puree until smooth or mash with a potato masher. Return the puree to the pan and add reserved liquid. Serve the soup with 2 tablespoons of yogurt and sprinkle the yogurt with chopped dill. Serves 6; 110 Cal; 4 g fat.

IT'S THE BERRY BEST!

PICKING SEASON

June to September

CHOOSING TIPS

- ♥ Select berries that are bright in color, uncrushed and free of mold.
- ♥ If they are in a box, make sure the box is not stained or leaking.

STORAGE

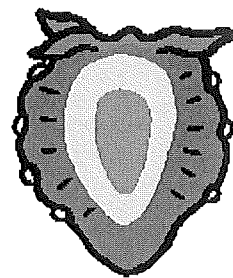
Berries should be stored in the refrigerator in the box they come in or in a shallow dish. They are best if used within 1 to 2 days. Can be frozen - contact your county Extension office for information.

PREPARATION

Rinse the berries in cold water in a colander just before using them. Remove stem caps after washing strawberries. Berries can be eaten raw or cooked.

KEY NUTRIENTS

- ♥ Fiber to prevent constipation.
- ♥ Vitamin C for healthy gums, skin and blood.



RECIPES

Berry Sauce

- ½ cup sugar
- 2 teaspoons cornstarch
- ½ cup water
- 1 pint or 2 cups of fresh blueberries, blackberries, raspberries or strawberries
- 1 tablespoon any fruit juice

Combine sugar and cornstarch. Stir in the water. Add berries and bring to a boil. Simmer on low heat until thickened, about 4 minutes, stirring constantly. Remove from heat, add fruit juice. Serve over pancakes, ice cream or mix with plain yogurt. Berry Sauce can be stored in the refrigerator 1 week or can be stored in the freezer for up to 2 months. Serves 4; 130 Cal; <1 g fat.

Berry Cobbler

- 1 cup blueberries, blackberries, raspberries or strawberries
- 4 tablespoons sugar
- 1½ teaspoons cornstarch
- ¾ cup flour
- 1 teaspoon baking powder
- 1 egg white, well beaten
- ¼ cup low fat milk
- ¼ cup butter or margarine, melted

Preheat oven to 425°F. Combine berries, 2 tablespoons sugar and 1 ½ teaspoons cornstarch in a mixing bowl. Pour into an 8" or 9" square greased baking dish. Combine flour, baking powder, and 2 tablespoons sugar in a mixing bowl. Mix egg, milk and melted butter or margarine together. Stir into the flour mixture. Spread over the berries. Bake 30 minutes. Serves 9; 115 Cal; 5 g fat.

I LIKE BROCCOLI!

GARDENING SEASON

July to October

CHOOSING TIPS

Select stems of broccoli 8" to 10" in length with heads 3" to 6" across. Look for bunches with dark green heads.

Do not choose broccoli with:

- ❖ Open or spread out heads
- ❖ Moldy or mushy heads
- ❖ Yellow coloring of heads
- ❖ Soft or limp stems

STORAGE

Broccoli is best when eaten soon after picking but can be stored up to 7 days in the refrigerator. Can be frozen - contact your county Extension office for information.

PREPARATION

Wash thoroughly in cold water. Snap or cut off end of stem. The heads and stems may be cut into small pieces or florets, or left whole. Broccoli may be used raw in salads, plain as a snack, or with dips. It may be boiled or microwaved.

To Boil:

Add broccoli to $\frac{1}{4}$ cup boiling water. Cook uncovered about 10 minutes, just until tender but still crisp.

To microwave:

Add 1 tablespoon of water and microwave for about 4 minutes just until tender.



KEY NUTRIENTS

- ❖ Vitamins A for vision, healthy skin, and resistance to infection.
- ❖ Vitamin C for healthy gums, skin and blood.
- ❖ Fiber to prevent constipation.
- ❖ Potassium to maintain normal blood pressure.
- ❖ Iron for healthy blood.
- ❖ Calcium for strong bones.

RECIPES

Italian Broccoli with Tomatoes

2 cups fresh broccoli florets
2 tablespoons water
 $\frac{1}{4}$ teaspoon oregano
Dash of pepper
1 medium tomato, cut into wedges
 $\frac{1}{4}$ cup shredded mozzarella cheese

Put broccoli and water in 1 quart dish. Cover and microwave at high 3 to 5 minutes. Drain. Stir in seasonings and tomatoes. Microwave at high 1 to 2 minutes. Sprinkle with cheese. Microwave 1 minute. Serves 3; 50 Cal; 2 g fat.

Broccoli with Cheese Sauce

1 pound fresh broccoli
4 ounces mild cheese, sliced
 $\frac{1}{4}$ cup nonfat milk
Salt to taste
1 drop red pepper sauce (optional)

Prepare and cook broccoli as directed under "preparation" section of this page. Heat remaining ingredients over medium heat, stirring frequently, until cheese is melted and smooth, 6 to 8 minutes. Pour cheese sauce over broccoli. Serves 3; 175 Cal; 12 g fat.

CABBAGE CUISINE

GARDENING SEASON

July to October

CHOOSING TIPS

Select well-formed heads with even color. Leaves should be compact and smooth. A good head of cabbage is heavy for its size.

Do not choose cabbage:

- ✧ That is wilted or discolored
- ✧ With cracked heads

STORAGE

Cabbage can be kept in a plastic bag in the refrigerator for up to two weeks. Cut cabbage should be wrapped tightly with plastic and should be used within two days.

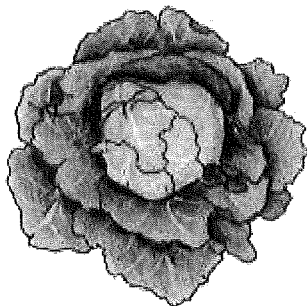
PREPARATION

Wash thoroughly with cold water. Cut into quarters and remove the stalk.

Cabbage can be used raw in salads, cooked as a side dish, and added to soups or stews. Cabbage leaves are also used to wrap meat or vegetable fillings.

To Steam:

Steam the head over water in a large saucepan for approximately 8 to 10 minutes or until the leaves peel away easily.



KEY NUTRIENTS

- ✧ Fiber to prevent constipation.
- ✧ Vitamin C for healthy gums, skin and blood.
- ✧ Potassium to maintain normal blood pressure.

RECIPES

Braised Cabbage

1 1/2 pounds cabbage, shredded
3 carrots, grated
3 tablespoons butter or margarine
Salt to taste
Pepper to taste

In a skillet heat butter or margarine until foamy. Add green cabbage and carrots. Sauté over high heat until tender but crisp, about 4 minutes. Add salt and pepper to taste. Serves 6; 95 Cal; 6 g fat.

Sweet and Sour Cabbage

3 pounds red cabbage, shredded
4 minced garlic cloves
1/4 cup vegetable oil
1/3 cup cider vinegar
1/3 cup soy sauce
3 tablespoons honey
1 teaspoon ground ginger
1/2 teaspoon pepper

Preheat oven to 350°F. On the stovetop, sauté cabbage and garlic for 3 to 4 minutes, stirring well. Add remaining ingredients and combine thoroughly. Transfer to baking dish and bake for 40 to 60 minutes or until tender. Serves 8; 140 Cal; 7 g fat.

CATCH A CANTALOUPE!

GARDENING SEASON

August to September

CHOOSING TIPS

Select cantaloupe with large, even webbing and a yellow/orange color. Cantaloupe is slightly soft around the stem, but is otherwise firm. Cantaloupe has a sweet aroma.

Do not choose cantaloupe:

- ◆ That has green coloring
- ◆ With dark or soft and sunken spots
- ◆ With a rough stem end

STORAGE

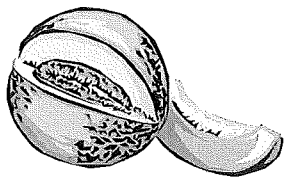
Uncut cantaloupe can be stored on the countertop away from direct sunlight. Once it has been cut, it should be wrapped and stored in the refrigerator. Cut cantaloupe must be used within two days.

PREPARATION

Wash and scrub cantaloupe before cutting. Cut in half and remove the seeds. Cantaloupe can be eaten raw alone, in a salad or as part of a fruit platter.

KEY NUTRIENTS

- ◆ Vitamin A for vision, healthy skin, and resistance to infection.
- ◆ Vitamin C for healthy gums, skin and blood.
- ◆ Potassium to maintain normal blood pressure.



RECIPES

Cantaloupe Bread

- 3 eggs
- 1 cup vegetable oil
- 2 cups white sugar
- 1 tablespoon vanilla extract
- 2 cups cantaloupe, peeled, seeded and pureed
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger

Preheat oven to 325°F. Grease and flour two 9x5 inch loaf pans. In a large bowl, beat eggs, oil, sugar, vanilla and cantaloupe. In a separate bowl, sift the flour, salt, baking soda, baking powder, cinnamon and ginger. Stir flour mixture into cantaloupe mixture to combine. Pour batter into prepared pans. Bake in preheated oven for 1 hour, until a toothpick inserted into the center of comes out clean. Serves 24; 215 Cal; 10 g fat.

Melon Grape Salad

- 1 cup cantaloupe, cubed
- 1 cup watermelon, cubed
- 2 cups grapes, green, seedless
- 5 teaspoons lime juice
- 1/2 cup honey
- 2 tablespoons Dijon mustard or to taste

Toss fruit with 3 teaspoons lime juice and refrigerate, covered. When ready to serve, pour out the liquid and dry out serving bowl. Whisk together remaining lime juice, honey, and mustard. Toss with fruit. Serves 6; 150 Cal; <1 g fat.

I SEE CARROTS

GARDENING SEASON

August to October

CHOOSING TIPS

- ✿ For cooking, choose carrots that are firm, smooth, evenly shaped and have a bright orange color.
- ✿ One pound will serve 3 or 4 or equal 3 cups grated, 3 ½ to 4 cups sliced or diced.

STORAGE

Carrot greens or tops should be removed before storage. Carrots should be stored in the refrigerator in a plastic bag and are best if used within 1 to 2 weeks. Can also be frozen - contact your county Extension office for information.

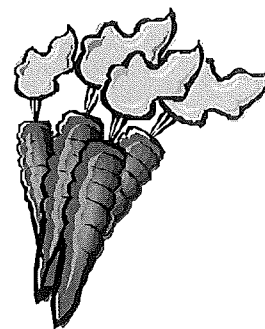
PREPARATION

Wash well in cold water, scrubbing with a vegetable brush. Young carrots do not need to be peeled; just scrub and use. Carrots can be eaten raw or they can be cut up and cooked by steaming, boiling, stir-frying, or as part of soup, stew or casserole.

To microwave: Add 2 tablespoons water to carrots (¼ inch slices). Cover and cook 5 minutes (until tender). Let stand 1 minute.

KEY NUTRIENT

- ✿ Vitamin A for vision, healthy skin, and resistance to infection.



RECIPES

Glazed Carrots

- 3 large carrots, peeled and cut into ¼ inch slices
- 2 teaspoons margarine
- 1 tablespoon brown sugar
- 1 teaspoon ground ginger, optional

Add carrots to ½ cup of water. Bring to boil, reduce heat, and cook for 10 minutes. When tender, drain and set aside. Melt margarine in medium skillet. Add sugar and ginger and mix. Add carrots. Cook 3 minutes over low heat, stirring so each carrot slice is glazed. Serves 3; 60 Cal; 2.5 g fat.

Carrot and Zucchini Puff

- 2½ cups shredded carrots
- 1 cup shredded yellow squash
- 1 cup shredded zucchini
- 1 cup chopped scallions or green onions
- 5 medium or large eggs, slightly beaten
- 2 tablespoons packed brown sugar
- Dash of grated nutmeg
- 1 tablespoon grated orange peel
- 1 teaspoon ground ginger
- Pinch of black pepper

Preheat the oven to 350° F. Grease a 2-quart baking dish or spray with no-stick spray. In a large bowl, mix the carrots, zucchini, squash, scallions, egg, sugar, orange peel, ginger, nutmeg and pepper. Spoon into prepared baking dish. Bake for 1 hour or until puffed and golden and a knife inserted in the center comes out clean. Serves 4; 160 Cal; 6.5 g fat.

CALL IT CAULIFLOWER

GARDENING SEASON

July to September

CHOOSING TIPS

Select creamy-white, compact florets with bright green, fresh and firm leaves. Leaves that extend through the florets are okay.

Do not choose cauliflower:

- ⚙ With light-brown coloring
- ⚙ With small, dark spots on the florets
- ⚙ Spreading florets

STORAGE

Cauliflower should be kept, unwashed, in a perforated plastic bag in the refrigerator. The whole head will keep for up to 5 days, and the separated florets for up to 2 days.

PREPARATION

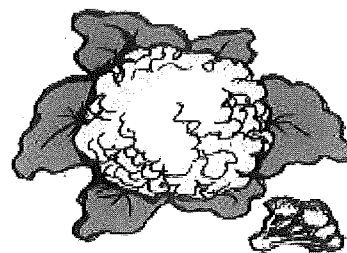
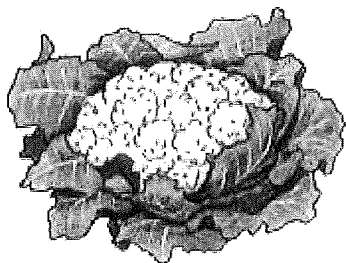
Cauliflower can be used raw in salads, as part of a vegetable platter with a vegetable dip. Cauliflower can also be used in soups.

To steam:

Steam the whole head of cauliflower for 12 to 15 minutes over water in a large saucepan. Florets can be steamed in 3 to 5 minutes.

KEY NUTRIENTS

- ⚙ Folate to help prevent birth defects and reduce the risk of heart disease.
- ⚙ Vitamin C for healthy gums, skin and blood.



RECIPES

Baked Cauliflower

- 1 large cauliflower
- 1 onion, diced
- 2 tablespoons parsley, chopped
- 1 clove garlic, minced
- 16 ounces stewed tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup grated Parmesan cheese (optional)

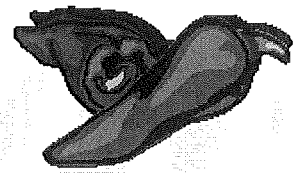
Break the cauliflower into small florets. Combine everything in a casserole dish. Cover and bake at 350°F for about 40 minutes, or until tender. Serves 8; 125 Cal; 1 g fat.

Cauliflower in Yogurt-Cumin Sauce

- 3/4 pound fresh peas, shelled and washed
- 2 cups water
- 4 cups small cauliflower florets
- 1/4 teaspoon salt
- 3/4 cup plain low-fat yogurt
- 3 tablespoons fresh cilantro, chopped
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cumin
- 1 dash of white pepper

Bring water to a boil in a large saucepan; add peas and cauliflower. Cover and cook for 7 minutes or until crisp-tender. Drain well and place in a bowl. Add salt and toss well. Combine yogurt and the next 4 ingredients; stir well. Pour over cauliflower mixture and toss gently. Refrigerate any leftovers. Serves 6; 80 Cal; <1 g fat.

SOME LIKE IT : CHILE PEPPERS



GARDENING SEASON

August to October

Some common varieties include: Chipotle, Habañero, Jalapeño, Poblano, and Serrano.

CHOOSING TIPS

Chile peppers come in a variety of deep, vivid colors. Choose peppers that are firm, smooth, and shiny with fresh, green stems. Do not choose chile peppers if:

- They are shriveled or decayed
- They have cracks

STORAGE

Chile peppers can be placed in a plastic bag and stored in the refrigerator for a few days. Peppers wrapped in paper towel will keep for up to 3 weeks in the refrigerator.

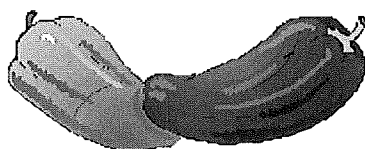
PREPARATION

Wear gloves when handling hot peppers and do not touch your eyes. Chemicals in the peppers will irritate the skin. Wash hands thoroughly after handling.

To use in salsas, salad dressings, and curries, cut away and discard the stem and seeds. You may use the seeds to increase the spiciness of a dish.

KEY NUTRIENTS

- Vitamin C for healthy gums, skin and blood.
- Vitamin A for vision, healthy skin, and resistance to infection.
- Potassium to maintain normal blood pressure.



RECIPES

Watermelon Fire and Ice Salsa

3 cups watermelon, chopped
1 tablespoon green onion, chopped
1/2 cup green bell peppers, chopped
1 tablespoon jalapeño peppers, chopped
2 tablespoons lime juice
1/2 teaspoon garlic salt
1 tablespoon chopped cilantro

Combine all ingredients. Cover and refrigerate 1 hour. Serve on sliced oranges. Or, top 1 cup sour cream with 1 cup of the salsa and serve with chips. Serves 6; 30 Cal; <0.5 g fat.

New Mexico Chili Soup

1 pound ground beef
1 medium onion, chopped
1 tablespoon flour
16 ounces tomatoes, canned
1/2 teaspoon garlic, minced
4 green chilies, peeled, seeded, chopped
1 tablespoon chili powder
1/8 teaspoon cumin
Water, as needed
Salt, to taste

Brown the meat, drain and add onion. Stir in the flour. Add the tomatoes and mix. Stir in garlic, peppers, chili powder, cumin and salt. Add enough water to moisten the mixture. Bring to a boil and simmer 1 hour or until heated through. Serves 4; 235 Cal; 11.5 g fat when using 85% lean ground beef.

COOL CUCUMBERS

GARDENING SEASON

July to September

Some common varieties include: English, Gherkin, Kirby, and Ridged.

CHOOSING TIPS

Choose well-formed, uniform cucumbers with an even dark green color. Cucumbers should be firm, with no soft spots. A yellow color or large size indicates lower quality.

STORAGE

Refrigerate in a plastic bag for up to 10 days.

PREPARATION

Rinse with cold water and slice. For large wedges peel off the skin, cut lengthwise, quarter, and skim off the seeds.

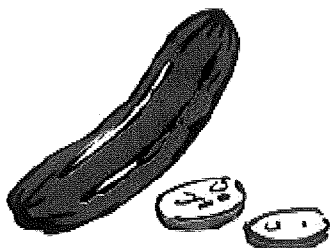
Cucumbers can be used in salads, sandwiches, vegetable platters, or pureed and used in a vegetable dip.

To Cook:

Cut into wedges and remove the seeds. Simmer for a few minutes, or until tender. Drain, return to the pan, and season.

KEY NUTRIENTS

- ◆ Potassium to maintain normal blood pressure.
- ◆ Fiber to prevent constipation.



RECIPES

Cucumber & Tomato Salad

1 large tomato
1 cucumber
1 small onion
1 tablespoon fresh dill
Salt
2 green chile peppers, chopped
1 tablespoon each vinegar, oil and lemon juice

Cut tomato into 10 wedges. Peel the cucumber; cut it in half lengthwise and then into thin slices. Cut the onion in half lengthwise and then slice it paper thin. Put the onion slices into a bowl, sprinkle with salt and mix well. Pat the onions dry with paper towel. On a platter, arrange in succession a row of tomatoes, cucumber slices and onion pieces. Sprinkle with the dill, salt and chili peppers. Mix the vinegar, oil and lemon juice and pour enough into the salad to moisten it well. Serves 6; 40 Cal; 2.5 g fat.

Cucumber & Yogurt Dip

1 1/2 cups plain low-fat yogurt
1/3 cup sour cream
2 large cloves garlic, minced
2 medium cucumbers, peeled, grated and squeezed dry in paper towels
2 tablespoons fresh mint, chopped
1 tablespoon fresh cilantro, chopped
1 1/2 teaspoons olive oil

In a serving bowl, combine the yogurt, sour cream, garlic, cucumbers, mint, cilantro and oil. Cover and refrigerate for 6 to 8 hours. Makes about 2 1/2 cups. Serves 10; 55 Cal; 3 g fat.

KEEP YOUR EYE ON EGGPLANT

GARDENING SEASON

August and September

The most common variety, American, is dark purple and football-shaped. The Oriental type is slender and elongated, has thinner skin and fewer seeds.

CHOOSING TIPS

Look for a firm, smooth-skinned eggplant that feels heavy for its size, has a glossy color and flesh that bounces back when lightly pressed. Avoid those with soft or brown spots.

STORAGE

Eggplant can become bitter with age and is very perishable. Refrigerate uncut, unwashed eggplant in a plastic bag for up to four days.

PREPARATION

- ♥ Cut surfaces will brown quickly when exposed to air, but will not affect flavor when cooked.
- ♥ To peel or not to peel -- the choice is up to you. If it is very fresh, it will not need peeling, but as an eggplant ages, the skin tends to get tougher.
- ♥ Use in stews and stir-fries. Do not be tricked into using too much oil -- eggplant is very porous and soaks up oil like a sponge, so beware when sautéing or stir-frying.

KEY NUTRIENT

- ♥ Fiber to prevent constipation (more fiber when peel is eaten).

RECIPES

Stuffed Eggplant

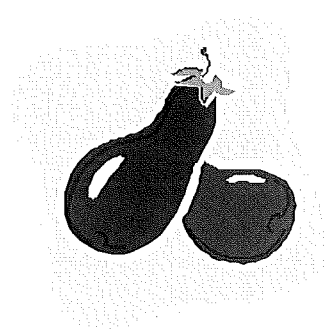
2 cups cooked rice
1 medium eggplant
2 tablespoons oil
1 small tomato, diced
1 medium green pepper, diced
1 small onion, minced
¼ teaspoon dried basil

Cut eggplant in half lengthwise, and scoop out the center from each half, leaving a ½ inch shell. Dice the eggplant meat. Place eggplant shells cut side down in a large skillet with about ½ inch boiling water. Cover and steam 3 minutes. Cook diced eggplant, tomatoes, green pepper and onion in oil until tender. Add rice and basil and stuff into the eggplant shells. Bake at 350°F for 35 minutes or until eggplant shells are tender. Serves 2; 430 Cal; 15 g fat.

Peperonata: Eggplant with Fresh Thyme

1 cup eggplant, diced
2 tablespoons olive oil
1 cup EACH diced onion and red bell pepper
2 cups tomatoes, diced
1 tablespoon fresh garlic, chopped
2 cups cooked spaghetti or other pasta
2 tablespoons fresh thyme or 1 teaspoon dry

Lightly salt eggplant and place on a paper towel to drain. In a thick-bottomed saucepan, cook the onions in the olive oil until lightly browned. Add garlic and eggplant and cook for 5 minutes. Add peppers, tomatoes and thyme and cook for 10 minutes more. Serve eggplant mixture over warm pasta. Serves 4; 180 Cal; 7.5 g fat.



GO FOR GREEN BEANS!



GARDENING SEASON

July to August

CHOOSING TIPS

Select beans that have a fresh bright skin and velvety touch. They should snap with a clean break without strings. Look for even shaped, plump beans with few strings. The length of the bean is not related to quality.

Do not choose beans:

- With seeds that are visible through the skin (these are tough and old)
- With dull appearance
- That have wilted or tough skins
- Are woody or stringy
- That have holes/spots, brown skin, insects or worms

STORAGE

Green beans are best when eaten soon after picking. Store unwashed in a plastic bag in the refrigerator. They can be stored up to two weeks in the refrigerator. Can be frozen - call your county Extension office for information.

PREPARATION

Wash thoroughly in cold water. Snap or cut off about 1/4 inch off stem end of each bean. Green beans may be left whole or cut into bite size pieces. Cook by steaming or boiling in a small amount of water, uncovered about 12 minutes just until crisp tender. They are also delicious added directly to soup, stew, or stir-fry.



KEY NUTRIENT

- Fiber to help prevent constipation.

RECIPES

Vegetable Stir-Fry

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1/2 cup washed, raw potatoes cut into thin strips
- 1/2 cup fresh carrots, thinly sliced
- 1/2 cup fresh green beans, cut in 2-inch pieces
- 1/2 cup celery, thinly sliced
- 1 tablespoon soy sauce

In a large skillet, heat the oil. Add onions to the skillet. When onions are soft, add potatoes. When potatoes are almost soft, add carrots, beans, and celery, stirring quickly until vegetables are tender but still crisp, about 6 to 8 minutes.

Stir in soy sauce; cover skillet and let steam for 3 minutes. Serve with rice, pasta, or your favorite grain. Serves 3; 95 Cal; 5 g fat.

Almond-Crunch Beans

- 1/2 pound fresh beans
- 1/4 cup water
- 1 tablespoon margarine or butter
- 1-2 tablespoons toasted slivered almonds
- Salt to taste

Cut beans in 1-inch pieces. Cook and stir beans, water, margarine and salt in 12-inch skillet over medium heat until margarine is melted. Cover and cook until beans are tender, 15 minutes. Stir in almonds. Serves 3; 85 Cal; 7 g fat.

CRAVIN' CRANBERRIES

HARVESTING SEASON

September to November

BUYING TIPS

- Look for plump, firm berries with a deep red color.
- Different varieties of cranberries may look somewhat different, but all should be red.

STORAGE

Cranberries can be frozen for up to nine months. Just seal in plastic and pop them in your freezer -- rinse thoroughly before you use them, either before or after freezing.

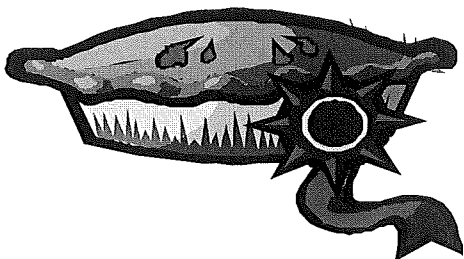
PREPARATION

When ready to use, do not thaw frozen cranberries. Rinse and follow recipe directions using frozen berries.

To prepare cranberries for cooking, sort out and discard bruised berries, then rinse in cold water. Cranberries can be added to muffins, quick breads, stuffings and other baked goods or made into sauce.

KEY NUTRIENTS

- A great source of "antioxidants" which help prevent disease.
- Fiber to help prevent constipation.
- Potassium to maintain normal blood pressure.
- Vitamin C for healthy gums, skin and blood.



RECIPES

Cranberry Muffins

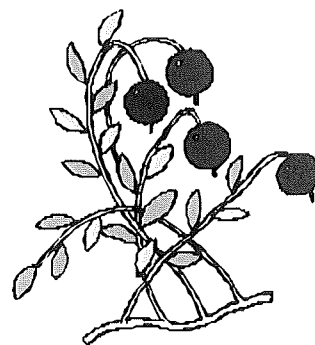
2 cups all-purpose flour
1¼ cups sugar
1½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
¼ cup vegetable oil
1 egg, well-beaten
¾ cup orange juice
1½ to 2 cups whole or halved cranberries
1 teaspoon vanilla

Sift flour, sugar, baking powder, salt and baking soda into a large bowl. Mix in oil. Add egg and orange juice; stir until evenly moist. Fold in cranberries. Spoon batter into prepared muffin cups, 2/3 full. Bake at 350°F for 25 to 30 minutes until golden brown. Serves 15; 155 Cal; 3.5 g fat. You may freeze leftovers.

Cranberry Apple Pie

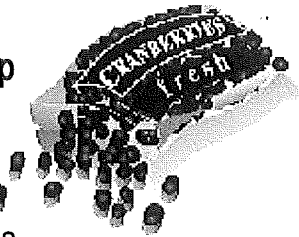
3 cups fresh or frozen cranberries
6 medium apples, cored, peeled and sliced
¾ cup sugar
2 tablespoons cornstarch
1 teaspoon pumpkin pie spice
½ cup orange juice
Pastry for a two crust pie

Preheat oven to 425°F. Sort and wash cranberries. Put sugar, orange juice, pie spice and cornstarch in a sauce pan. Stir to dissolve cornstarch. Add cranberries. Bring to a boil and cook over low heat until thickened and the cranberries have popped. Fold in apples and pour into pastry shell. Cover, seal edges and make slits in the top. Bake 35 to 40 minutes. Serves 8; 375 Cal; 14 g fat.



Cranberry-apple maple crisp

2 tablespoons sugar
2 tablespoons flour
3 cups peeled, sliced apples
3 cups (12 oz bag) cranberries
½ cup maple-flavored syrup
½ cup quick-cooking rolled oats
⅓ cup packed brown sugar
¼ cup all-purpose flour
½ teaspoon ground cinnamon
3 tablespoons margarine



Preheat oven to 350°F. Stir the 2 Tbsp sugar and 2 tablespoons flour into a large bowl. Add fruit, tossing to coat. Transfer fruit mixture to a 2-qt. baking dish. Drizzle maple syrup over fruit mixture. In a bowl, combine oats, brown sugar, ¼ cup flour, and cinnamon. Cut in margarine until crumbly. Sprinkle over fruit mixture. Bake uncovered for 45 minutes (or until apples are tender). Cool on rack for 30 minutes. Serves; 205 Cal; 6 g fat.

Cranberry scones

3 cups flour
1 tablespoon baking powder
¾ tsp baking soda
14 tablespoons margarine
3 cups whole cranberries (12 oz bag)
1 cups sugar
⅓ cup skim milk + ¼ teaspoon vinegar

Preheat oven to 400°F. Add the vinegar to the skim milk and set aside. In a mixing bowl, combine the flour, baking powder and soda. Cut the margarine into the flour mixture with knives until crumbly. Wash and pat the cranberries dry and then coarsely chop. Stir the cranberries and sugar into the flour mixture. Stir in milk just until ingredients are moistened (the mixture will be dry). On a floured surface, work the dough into a ball.

Shape the dough into two 8 by 1-½ inch rolls of dough. Cut the dough into wedges and place on a slightly greased baking sheet. Bake 20 - 25 minutes or until tops are lightly browned. Serves 16; 210 Cal; 7.5 g fat.

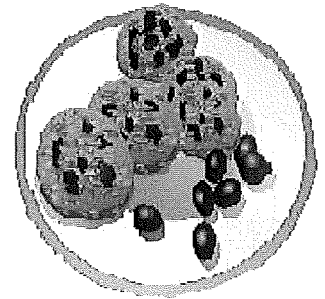
Cranberry relish

3 cups (12 oz bag) cranberries
2 apples, cored
1 orange
¼ of orange peel
½ cup sugar

Combine first 4 ingredients into food processor and chop. Mix in sugar. Let stand in refrigerator for several hours. Serves 7; 95 Cal; 0.5 g fat.

Oatmeal cranberry cookies

⅓ cup margarine
¾ cup brown sugar
1 egg
¼ cup buttermilk or soured milk (add ¼ tsp vinegar to ¼ cup milk)
1 cup flour
½ tsp baking soda
½ tsp baking powder
½ tsp cinnamon
¼ tsp nutmeg
½ tsp salt
1 ½ cups rolled oats
1 ½ cups chopped cranberries (12 oz bag)
½ cup chocolate chips
½ tsp vanilla extract



Cream together margarine, sugar, and egg until fluffy. Stir in milk. Sift dry ingredients and stir into creamed mixture. Stir in oats, cranberries, chocolate chips, and vanilla one at a time. Spoon onto greased cookie sheets. Bake at 400°F for 10 - 14 minutes. Makes 3 ½ dozen cookies; 65 Cal each; 2 g fat.

TRY SOME GREENS TODAY

GARDENING SEASON

May to October

Types of greens include beet, collard, mustard, spinach, and Swiss chard.

CHOOSING TIPS

Choose smaller-leaved plants for tenderness and mild flavor. Oversized leaves may be tough. Do not choose yellowed, browned, or wilted leaves. One pound of fresh greens will cook down to 1 cup, about 2 servings.

STORAGE

Wrap unwashed greens in a damp paper towel and store in a plastic bag in the refrigerator. Use within one week. Collards and kale can last up to two weeks.

PREPARATION

Wash well in cold water. Remove tough stems and midribs (the part of the stem that extends into the leaf). The thick stems of Swiss chard can be eaten. Stronger flavored greens such as collard, turnip or mustard greens can be blanched to mellow the flavor. To blanch, drop them into boiling water and cook just until wilted. Drain and cool under running water. Continue with cooking process, boiling with fresh water or stir-frying.

KEY NUTRIENTS

- ◆ Vitamin A for vision, healthy skin, and resistance to infection.
- ◆ Folate to help prevent birth defects and reduce the risk of heart disease.
- ◆ Calcium for strong bones.
- ◆ Iron for healthy blood.
- ◆ Vitamin C for healthy gums, skin and blood.

RECIPES

Steamed Greens with Garlic

1½ pounds greens
1 tablespoon vegetable oil
1 garlic clove, finely chopped
Salt to taste

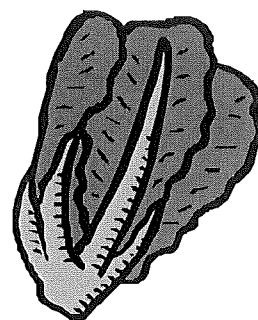
Wash and steam greens until tender. In a serving bowl combine oil, garlic, steamed greens, and salt. Toss and serve warm. Serves 4; 85 Cal; 4 g fat.

Sautéed Seasoned Greens

1 bunch collard greens, about ¾ pound, rinsed, stems removed, and coarsely shredded
1/3 medium head cabbage, coarsely shredded
2 tablespoons olive oil
1 clove garlic, minced
1 medium onion, cut into quarters and sliced
1 to 2 teaspoons vinegar (optional)

In a large saucepan, boil 3 quarts of water. Add collard greens, return to a boil and cook 3 to 4 minutes, or until greens are tender but still crisp. With a slotted spoon, remove greens, leaving the water in the pan. Place greens in a colander or strainer and set aside.

Return water to a boil, add cabbage and cook 1 minute. Pour into a colander and let drain. Set aside. In a large skillet, heat olive oil over medium-low setting. Cook garlic and onions in oil 3 to 4 minutes, or until tender-crisp. Add greens and cabbage, and cook 2 to 3 minutes, stirring occasionally. Add vinegar. Toss and serve immediately. Serves 6; ½ cup per serving; 70 Cal; 5 g fat.



SPICE IT UP WITH HERBS

GARDENING SEASON: July to October

So the doctor tells you to cook with less fat and less salt, but then your food lacks flavor. What do you do? **USE HERBS!!!**

Here are just a few ways to use some of the most popular herbs.

BASIL

Use in stews, soups and egg dishes.
Especially adds flavor to tomato sauces.

CHIVES

Add to cheese sauces, eggs and potatoes
for an extra *ZIP*.

CILANTRO

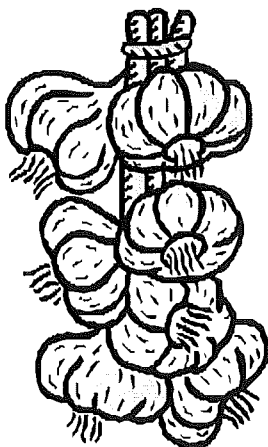
Commonly used in many Mexican style
dishes. Add a little to broth-based soup for
that extra *ZING*.

DILL

Can be used in dishes other than pickles. Try
a little by stir-frying dill with shrimp.

GARLIC

Fresh garlic can be
pressed into soups and
casseroles or added to
roasted meats. Try
baking a whole bulb in
your oven and spreading
the baked garlic onto
fresh bread or toast.



MARJORAM

Fresh marjoram can be added to salads and
also adds flavor to cooked vegetables like
broccoli, Brussels sprouts, cauliflower,
carrots, peas and green beans.

MINT

Works well with lamb. Mint also enhances
cabbage and peas! Add a sprig to a cup of
tea for a treat.

OREGANO

Use on meat and fish, in salads and in
cooked vegetables. Oregano can be added
to soups and sauces.

PARSLEY

Besides being a wonderful garnish, it can be
added to potatoes and various soups and
sauces.

ROSEMARY

Try a little on your next meat dish as a flavor
adventure. Can also be added to potato,
spinach and bean dishes.

SAGE

Of course stuffing is its primary use, but it is
also good sprinkled on chicken before
baking.

TARRAGON

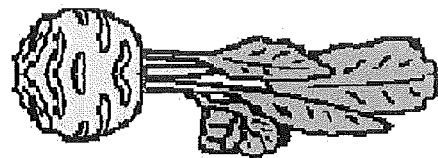
Add it to chicken and egg salad for a special
flavor sensation. Tarragon is also used with
ham, fish and creamy soups.

THYME

Use in soups, sauces, stuffing, eggs and
cheese. Thyme also works well with
mushrooms and onions.



YOU SAID KOHLRABI?



GARDENING SEASON

June to July and September to October

CHOOSING TIPS

Kohlrabi is available in a green and a purple variety. Select medium-sized light green or deep purple bulbs. The greens should be fresh and firm.

Do not choose kohlrabi:

- ◆ That is woody or tough
- ◆ With blemishes or cracks in the root

STORAGE

Can be refrigerated for 7 to 10 days, or up to a month if stored in a plastic bag. The greens must be used as soon as possible.

PREPARATION

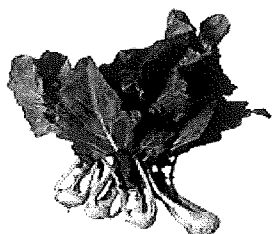
Kohlrabi is served as a side dish, steamed, sautéed, or stir-fried. Kohlrabi more than 2 inches in diameter can be stuffed by making a hole in the middle. The greens can be used in salads or prepared as a side dish.

To Boil:

Trim off the leaves, peel the skin and slice crosswise. Cook in lightly salted, boiling water for about 20 minutes in an uncovered pan.

KEY NUTRIENTS

- ◆ Vitamin C for healthy gums, skin and blood.
- ◆ Potassium to maintain normal blood pressure.
- ◆ Fiber to prevent constipation.



RECIPES

Sautéed Kohlrabi

- 2 kohlrabi, peeled and trimmed of leaves
- 1/2 teaspoon salt
- 1 medium onion, diced
- 2 tablespoons of sweet butter or margarine
- 1 tablespoon chopped fresh marjoram or fresh basil (or 1 teaspoon dry)

Grate the kohlrabi. Sprinkle with salt and allow it to sit in a colander for 30 minutes. Squeeze out water. Melt butter in a sauté pan. Brown onions and stir in kohlrabi. Turn the heat down to low, cover and simmer for 10 minutes. Uncover and turn heat up to medium. Cook another 2 minutes and add fresh herbs. Serves 4; 75 Cal; 6 g fat.

German Vegetable Medley

- 4 tablespoons margarine
- 1/2 pound asparagus, cut to 1" pieces
- 1 1/2 cup peas
- 1 cup sliced carrots
- 1 small cauliflower head, cut into florets
- 2 kohlrabi, peeled and sliced
- Salt and pepper
- Cold water
- 1 1/2 teaspoons cornstarch
- 1 tablespoon chopped parsley

In a large pot, heat margarine. Sauté asparagus, peas, carrots, cauliflower and kohlrabi for 5 minutes. Add a little water, salt and pepper. Simmer until the vegetables are tender but still chewy. In a small bowl, mix cornstarch with 2 tablespoons water and add to the vegetables, stirring until sauce has thickened. Serve with parsley. Serves 6; 135 Cal; 8 g fat.

OPTIONS FOR ONIONS

GARDENING SEASON

July to September

CHOOSING TIPS

An onion should be firm, hard, and heavy for its size. The outer skin may be slightly loose. Fresh onions also have a faint, sweet aroma. Do not choose onions that are shriveled, bruised, or decayed.

STORAGE

Onions can be stored in a cool, dry, well-ventilated area for 4 to 5 weeks. Do not store onions in plastic, near potatoes, or in the refrigerator. Cut onions can be kept in a sealed container in the refrigerator for 2 to 3 days. Throw away any sprouting onions.

PREPARATION

Slice off the top and bottom, then slice from top to bottom, and peel off the outer layer. To avoid teary eyes, chill the onion in the freezer for ten minutes before slicing, or peel it under cold water.

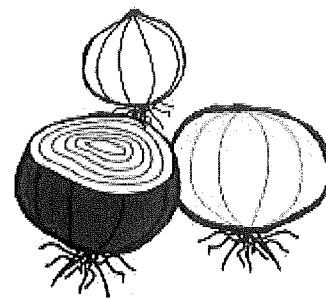
Onions may be used raw in sandwiches, soups and stews, or on salads. Frying or sautéing will provide a milder flavor and a sweet flavor if fried to a golden brown.

To bake:

Wrap in aluminum foil and bake for 45 to 60 minutes at 350°F.

To sauté:

Slice three medium onions. Heat one tablespoon of oil over low heat. Add onions and stir constantly for 5 to 10 minutes.



KEY NUTRIENTS

- ◆ Fiber to prevent constipation.
- ◆ Potassium to maintain normal blood pressure.

RECIPES

Fried Onions and Apples

- 3 large yellow onions, sliced
- 2 tablespoons butter or margarine
- 6 large tart red apples, sliced
- 1/2 cup brown sugar, packed
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/8 teaspoon ground nutmeg

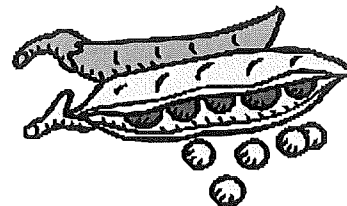
In a large saucepan over medium heat sauté onions in butter until tender. Place apples on top of onions. Combine remaining ingredients; sprinkle over apples. Cover and simmer 10 minutes. Uncover and simmer 5 minutes longer or until apples are tender. Serve with a slotted spoon. Serves 12; 110 Cal; 2.5 g fat.

Oven-Roasted Potatoes and Onions

- 6 large potatoes, quartered
- 1 tablespoon parsley, chopped
- 6 medium onions, quartered
- 1 tablespoon fresh basil, chopped
- 1/4 cup vegetable oil
- 1 teaspoon fresh marjoram, chopped
- 1 teaspoon black pepper

Preheat oven to 375°F. Place potatoes and onions in a shallow roasting pan. Combine oil and herbs and pour over the vegetables. Toss and bake uncovered for 1 hour, or until tender. Turn occasionally. Serves 8; 180 Cal; 7 g fat.

PLEASE PASS THE PEAS



GARDENING SEASON

Mid June to July

CHOOSING TIPS

- Garden pea pods should be green and not too fat (large peas are old and tough).
- Snowpeas (almost pea-less pods that are an Oriental specialty) or sugar snap peas are both eaten shells and all, raw or cooked.
- Approximately 2 pounds of garden peas in the pod will feed 4 people (1 pound yields about 1 cup of peas).
- For snow peas and sugar snap peas, 1 pound is enough for 4 people.

STORAGE

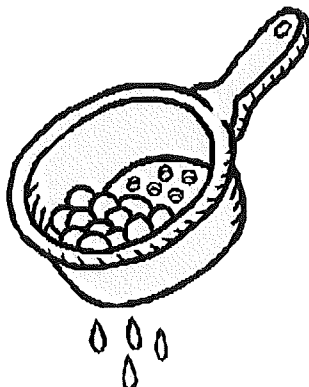
Peas should be stored in the refrigerator and used within 3 to 5 days. Can also be frozen - contact your county Extension office for information.

PREPARATION

Wash peas in cold water before using them. Peas can be cooked in their shells or shelled first and then steamed or boiled for 5 minutes, or they can be cooked directly in a soup or stew. Snow peas and sugar snap peas take about 2 to 3 minutes to steam or cook.

KEY NUTRIENTS

- Folate to help prevent birth defects and reduce the risk of heart disease.
- Fiber to prevent constipation.



RECIPES

Peas with Sesame Butter

1 cup fresh shelled peas ($\frac{3}{4}$ pound in pod)
1 tablespoon margarine or butter
1½ teaspoons sesame seed
½ teaspoon sugar
Salt to taste

Shell peas if in pods. Steam peas or boil in small amount of water, 5 to 7 minutes. Drain. Cook remaining ingredients over medium heat, stirring constantly until golden brown; pour over peas. Serves 2; 120 Cal; 7 g fat.

Polynesian-style pea pods

½ pound Chinese pea pods
1 can (8 ¼ ounces) pineapple chunks, drained
1 tablespoon margarine or butter

Wash pods, remove tips and stems. Steam or boil in 1 cup water until crisp tender, about 3 minutes. Drain. Cook and stir pineapple in margarine in 1 quart saucepan until hot. Add pods, toss, heat. Serves 3; 105 Cal; 4 g fat.

Marinated Sugar Snap Peas

1 pound sugar snap peas
12 green onions or scallions, thinly sliced
1 garlic clove, minced
Pinch of sugar
2 tablespoons vegetable or olive oil
Pepper to taste

Cook peas 1 minute in a pot of boiling water. Drain and rinse under cold running water. In a bowl, combine peas, onions, garlic, sugar, oil and pepper. Toss gently. Refrigerate, covered, at least 30 minutes. Serves 4; 115 Cal; 7 g fat.

HERE'S A PEPPER, THERE'S A PEPPER

GARDENING SEASON

August to October

CHOOSING TIPS

Choose peppers that are firm, smooth, and brightly colored. Peppers should be heavier than they look and able to stand up straight. Peppers also have no smell.

Do not choose peppers if:

- * They are dull or wrinkled
- * They have damp patches on the skin

STORAGE

Place peppers in a plastic bag and store in the refrigerator for up to one week.

PREPARATION

Peppers can be halved, quartered, or sliced and used in salads, vegetable platters, or sautéed with onions and garlic. To stuff peppers, cut off the top and remove the inner core and seeds.

To roast:

Set the oven to 425°F. Cut the peppers in half and remove the seeds, place the peppers in a pan, sprinkle with olive oil, and roast in the oven for about 30 minutes. Turn occasionally.

KEY NUTRIENTS

- * Fiber to prevent constipation.
- * Potassium to maintain normal blood pressure.
- * Vitamin C for healthy gums, skin and blood.
- * Vitamin A for vision, healthy skin, and resistance to infection.

RECIPES

Sweet Pepper Sauce

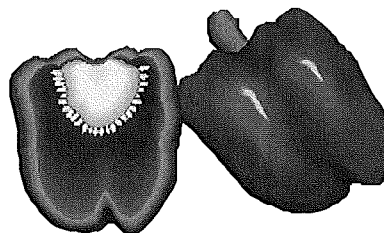
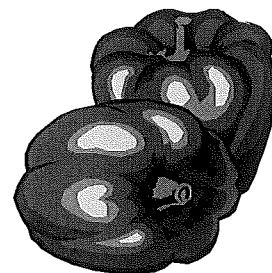
2 large red bell peppers
4 large garlic cloves, peeled
Salt and ground black pepper, to taste

Put peppers into a saucepan with enough water to almost cover. Bring to a boil, then simmer until tender. Remove peppers from water, reserve water, and discard stems and seeds. Chop and place in a blender or food processor. Add garlic to the peppers, together with 1 cup of the cooking water, and blend to puree. Transfer to a clean saucepan. Season with salt and pepper and reheat gently. Serve over pasta. Serves 4; 15 Cal; no fat in the sauce.

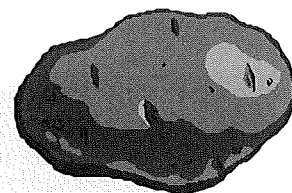
Sunshine Salad

5 cups spinach (packed), washed and dried well
1 whole cucumber, sliced
1/2 red onion, sliced thin
1/2 red pepper, sliced
2 oranges, peeled and chopped into bite-size pieces
1/3 cup light vinaigrette salad dressing

Toss all ingredients together in a large bowl. Add the dressing and toss again. Serve immediately. Serves 5; 120 Cal; 8 g fat.



ONE POTATO - TWO POTATO



GARDENING SEASON

New red potatoes - Mid June to August

White potatoes - August to October

CHOOSING TIPS

- ♪ Look for firm potatoes with no sprouts growing from "eyes."
- ♪ Do not choose potatoes with soft spots, wrinkled skin, or shades of green on the skin.

STORAGE

New red potatoes should be used within a few days. Store at room temperature after buying. White potatoes should be stored in a cool well-ventilated dark cupboard or cellar (not in a refrigerator). The atmosphere should be moist enough so they do not dry out but not so damp they mold. If stored correctly, potatoes can be stored for several weeks.

PREPARATION

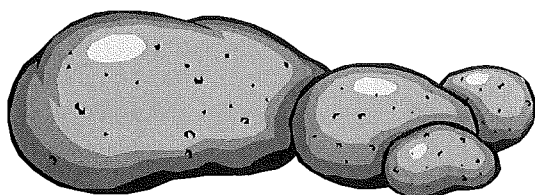
New red potatoes: Wash potatoes lightly in warm water and leave whole. Do not peel.

White potatoes: Wash in warm water and scrub potatoes well. Cut off any sprouts.

Avoid green potatoes.

KEY NUTRIENTS

- ♪ Vitamin C for healthy gums, skin and blood.
- ♪ Potassium to maintain normal blood pressure.
- ♪ Carbohydrates for energy.



RECIPES

Oven Wedge Fries

2 large potatoes

1 teaspoon vegetable oil

Seasoning suggestions (optional):

2 cloves garlic, finely chopped, or ¼ teaspoon garlic powder, or onion salt, or Italian seasoning mix.

Preheat oven to 400°F. Lightly grease baking sheet or spray with non-stick cooking spray. Wash and cut potatoes into quarters. Then cut each quarter into wedges with the wedge (area with the skin) being about ¼ inch wide.

Toss potatoes with oil. Place oiled potatoes on cookie sheet. Place the cookie sheet on the oven rack about 7 inches from the bottom of the oven. Bake for 7 minutes, until brown. Flip wedges over and sprinkle seasoning over the top. Bake for another 7 minutes, until brown and cooked throughout. Serves 4; 150 Cal; 1 g fat.

Chive Potatoes

1½ pounds red potatoes (10 to 12 small)

2 tablespoons margarine or butter

2 teaspoons chives, chopped fine

½ teaspoon salt

¼ teaspoon pepper

Heat 1 inch water in a large pot to boiling. Add potatoes. Cover and heat to boiling again. Reduce heat and cook until tender, 15 to 20 minutes; drain and keep warm. Heat remaining ingredients just to boiling. Turn hot potatoes into serving dish: pour margarine or butter mixture over potatoes. Serves 4; 200 Cal; 6 g fat.

READY FOR RHUBARB?

PICKING SEASON

May through June

CHOOSING TIPS

- ▶▶ When picking rhubarb choose fresh crisp stalks and peel off any stringy covering before use.
- ▶▶ Select stalks that are bright pink and free of disease or insect damage.
- ▶▶ Young, dark pink, smaller diameter stalks are sweeter and more tender than thick, long green ones, but this depends on the variety.
- ▶▶ One pound raw rhubarb yields $\frac{3}{4}$ cup when cooked.

STORAGE

Cut all of the leaf away from the rhubarb stalk. The stalks will keep well in the refrigerator for two to three weeks in sealed plastic bags.

If not used immediately, rhubarb can be frozen.

PREPARATION

Stand the stalks in cold water for an hour to refresh them before cooking. Before use, trim the ends. Completely peeling rhubarb is unnecessary. It can be served as a sauce over ice cream, combined with fresh strawberries, or made into pies, puddings, breads, jams, and refreshing beverages.

KEY NUTRIENTS

- ▶▶ Potassium to maintain normal blood pressure.
- ▶▶ Fiber to prevent constipation.

RECIPES

Quick Rhubarb Cobbler

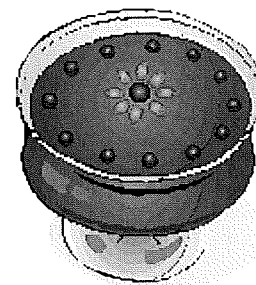
- 3 cups diced rhubarb
- 1 package red-colored sweetened gelatin
- 1 tablespoon butter or margarine
- $\frac{1}{4}$ cup packed brown sugar
- $\frac{1}{2}$ cup rolled oats

Place diced rhubarb in an 8X8 inch pan. Mix with dry gelatin. Prepare crumb topping by combining butter, brown sugar and oats with a fork and sprinkle on top. Bake at 350°F for 35 minutes until rhubarb is soft and bubbly.

Serves 9; 85 Cal; 1.5 g fat.

Baked Rhubarb Sauce

- 1½ pounds diced rhubarb
- $\frac{1}{4}$ cup water
- 1 cup sugar
- Dash of salt



Put rhubarb in a 1-1/2 quart casserole. Add water, sugar and salt. Cover tightly and bake at 350°F, 20 to 25 minutes or until tender.

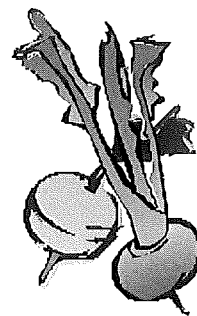
Chill and serve. Cooked rhubarb is good with fresh strawberries and topped with a dab of whipped cream. Serves 8; 115 Cal; <1 g fat.

Easy Rhubarb Spread

- 5 cups diced rhubarb
- 1 small can crushed pineapple (drained)
- 2 cups sugar
- 1 small package strawberry gelatin

Mix together first three ingredients and let stand 2 hours, then boil 12 minutes. Remove from heat, add dry gelatin, stir and pour into jars or plastic containers. Refrigerate for up to 2 weeks. Can be frozen. Serves 48; 45 Cal; <1 g fat.

GOING BACK TO YOUR ROOTS



GARDENING SEASON

May to October

Types of root vegetables include beets, parsnip, rutabaga, and turnip.

CHOOSING TIPS

Choose root vegetables that are firm and well shaped. The best roots have smooth skins and feel heavy for their size.

Do not choose vegetables that:

- ❖ Are spotted or have growth cracks
- ❖ Look shriveled or misshapen
- ❖ Feel soft or flabby

STORAGE

Most root vegetables should be refrigerated and stored in the crisper or in plastic bags. They will keep up to one month.

PREPARATION

Root vegetables may be mashed like potatoes and used as a side dish. Boil or steam then mash, puree or toss with margarine and seasonings.

Roots can be cut into chunks and added to soups, stews, and casseroles.

Add thin slices of peeled root vegetables to salads or serve as an appetizer with dip.

KEY NUTRIENTS

- ❖ Vitamin C for healthy gums, skin and blood.
- ❖ Iron for healthy blood.
- ❖ Carbohydrate for energy.

RECIPES

Roasted Root Vegetables

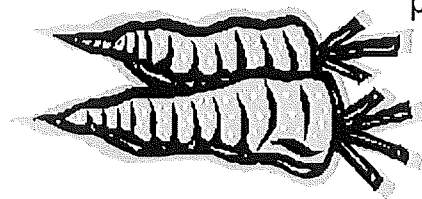
- 2 tablespoons olive oil
- 1 tablespoon maple syrup or honey
- 1 small garlic clove, minced
- 1 large potato, quartered
- 1 carrot, peeled, cut into 2-inch-long pieces
- 1 parsnip, peeled, cut into 2-inch-long pieces
- 1 small sweet potato, peeled, quartered
- 1 rutabaga, peeled, cut into 1 1/2-inch pieces
- 1 small onion, peeled, quartered
- 1 tablespoon butter, melted

Preheat oven to 350°F. Mix oil, syrup and garlic in small bowl. Place cut vegetables on a large rimmed baking sheet, pour oil mixture over vegetables, and toss to coat. Spread vegetables out in single layer. Roast until tender and golden brown, stirring occasionally, about 1½ hours. Transfer vegetables to platter. Drizzle vegetables with butter and serve immediately. Serves 4; 220 Cal; 10 g fat.

Mashed Potatoes & Turnips

- 1 pound turnips
- 1 pound potatoes
- 2 cloves garlic (optional)
- Salt
- Pepper
- Milk

Boil turnips, potatoes and garlic in water to cover. Cook until tender. Mash until smooth, adding milk to desired texture and salt and pepper to taste. Serves 4; 115 Cal; 0.5 g fat.



'SPECIALLY SPINACH!

GARDENING SEASON

May to June and August to September

CHOOSING TIPS

- Choose leaves that are crisp and are dark green.
- Avoid those that are limp, damaged, or spotted.

STORAGE

After washing, thoroughly dry by using a salad spinner or blotting with paper towels. Wrap in dry paper towels and seal in a plastic bag for storage. Spinach is highly perishable and will not remain fresh for more than 1 week.

PREPARATION

One pound of fresh spinach equals about 1 cup of cooked spinach. Loose spinach can be very gritty straight from the garden, so it must be thoroughly rinsed. It grows in sandy soil that clings to the leaves.

KEY NUTRIENTS

Spinach is loaded with vitamins and minerals!

- Vitamin A for vision, healthy skin, and resistance to infection.
- Vitamin C for healthy gums, skin and blood.
- Calcium for strong bones.
- Magnesium for overall health.
- Folate to help prevent birth defects and reduce the risk of heart disease.
- Potassium to maintain normal blood pressure.
- Fiber to prevent constipation.

RECIPES

Sautéed Spinach Leaves

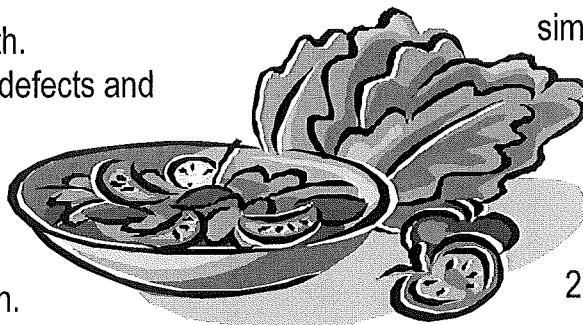
$\frac{3}{4}$ pound fresh cleaned spinach leaves
1 tablespoon olive oil
 $\frac{1}{4}$ teaspoon freshly grated nutmeg
Salt and pepper, to taste

In a large nonstick pot over high heat add oil, spinach and nutmeg. Add salt and pepper, cook and toss quickly until spinach is wilted. Drain and serve hot. Serves 2; 155 Cal; 14 g fat.

Skillet Lasagna

$\frac{1}{2}$ pound ground beef, pork or turkey
 $\frac{1}{2}$ cup chopped onion
1 15-ounce can tomato sauce
 $1\frac{1}{2}$ cups water
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon oregano and basil
3 cups uncooked noodles
1 pound fresh chopped spinach
1 cup cottage cheese
 $\frac{1}{2}$ cup shredded mozzarella

Brown meat in a large skillet. Drain and rinse to remove some of the fat. Combine with onion, tomato sauce, water and spices. Cover and bring to boil. Add noodles, cover and simmer for 5 minutes. Stir in spinach and simmer another 5 minutes. Stir and then spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 more minutes. If mixture gets too dry, add a little more water. Refrigerate any leftovers. Serves 4; 295 Cal; 12 g fat.



SUNNY SUMMER SQUASH

GARDENING SEASON

July through September

Types of summer squash include: zucchini, yellow straightneck, yellow crookneck, patty pan.

CHOOSING TIPS

- ☒ Look for small to medium sized squash.
- ☒ Summer squash should be firm and have a glossy, tender skin.
- ☒ Do not choose squash with soft spots or wrinkled skin.

STORAGE

Keep summer squash in a plastic bag in the refrigerator. It is best if used within one week. Can also be frozen - contact your county Extension office for information.

PREPARATION

Wash well in cold water. Do not peel squash, just cut off the ends. If squash is large and has a thick skin or large seeds, remove the skin and seeds.

SERVING IDEAS

Slice raw for salads and sandwiches. Boil, microwave, or steam. Add sliced summer squash to spaghetti sauce for extra flavor and texture.

To Microwave: cut in ½ inch slices, add ¼ cup water, cover and microwave about 5 minutes or until tender. Let stand 1 minute.

KEY NUTRIENT

- ☒ Vitamin C for healthy gums, skin, and resistance to infection.

RECIPES

Oven-Fried Squash

2 medium squash
Water
1/3 cup Parmesan cheese
1/3 cup flour

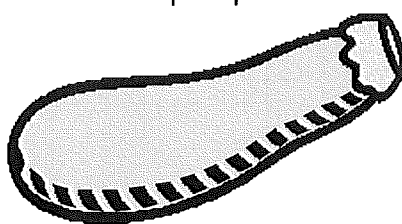
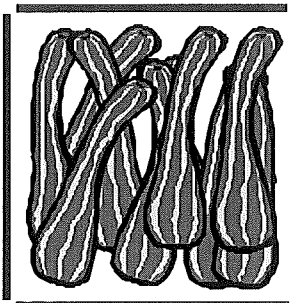
Preheat oven to 400°F. Lightly coat a baking sheet with vegetable oil or nonstick cooking spray. Peel and slice squash into ½ inch thick pieces. Dip in water to moisten. In a bag, shake squash slices in 1/3 cup Parmesan cheese and 1/3 cup flour. Place slices on baking sheet. Bake for 5 minutes on each side. Serves 4; 90 Cal; 2.5 g fat.

Squash Bread

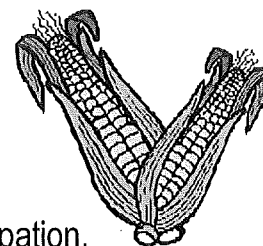
1 ½ cups flour
2 teaspoon cinnamon
1 teaspoon baking powder
½ teaspoon baking soda
1½ cups zucchini or summer squash, grated
2 eggs, well beaten
¾ cup sugar
½ cup oil
2 teaspoon vanilla extract

Preheat oven to 350°F. Mix flour, cinnamon, baking powder and baking soda thoroughly. Combine well-beaten eggs, sugar, oil, and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients. Mix just until dry ingredients are moistened. Pour into well-greased loaf pan. Bake 40 minutes or until toothpick put in center of loaf comes out

clean. Slice and serve when cool. Serves 10; 240 Cal; 10 g fat.



SWEET CORN SEASON IS HERE!



GARDENING SEASON

July to September

CHOOSING TIPS

Look for a husk with a fresh green color. Pull husk back 1 to 2 inches to check kernels. Choose ears of corn that are well filled with even rows of plump kernels.

Do not choose corn with:

- Underdeveloped kernels
- Wilted or dried husks
- Very large kernels
- Brown kernels
- Depressed areas on kernels

STORAGE

Because fresh corn does not store well, it is best to eat immediately. If you must store corn, put it in the coldest part of the refrigerator for no longer than 4 to 5 days. Never cut raw corn off the cob before storing. Can be frozen - contact your county Extension office for information.

PREPARATION

Boiling: Remove husks and silks from freshly picked ears of corn. Drop ears into enough boiling water (do not add salt) to cover. Boil, covered, 5 to 10 minutes (older ears need longer time). Remove from water.

To microwave: Remove outer husks and silks on 3 ears of corn. Rinse ears and cover with remaining husks. Place in microwave oven, allowing at least one inch between ears. Cook 3 to 4 minutes at full power and turn ears over. Cook 3 to 4 minutes more on full power. Let stand 2 to 3 minutes, then turn back the husks and serve.

KEY NUTRIENTS

- Fiber to prevent constipation.
- Carbohydrates for energy.

RECIPES

Quick Corn and Zucchini Sauté

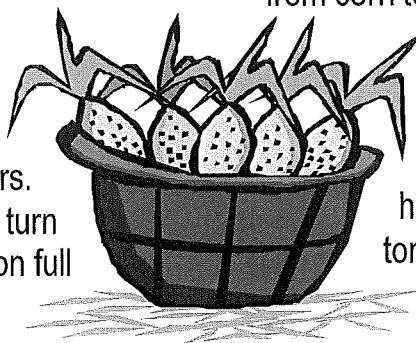
- ½ medium red bell pepper, cut into strips
- ½ medium green bell pepper, cut into strips
- 1 medium sliced zucchini
- 2 tablespoons oil
- 2 large ears sweet corn kernels, cut from cob
- Dash of garlic salt
- ¼ teaspoon Italian seasoning

In large skillet, cook peppers, zucchini and corn in hot oil until crisp-tender, about 5 minutes. Add garlic salt and seasonings; cook until thoroughly heated. Serves 3; 150 Cal; 10 g fat.

Tomatoed Corn

- 2 ears fresh corn
- 2 tablespoons margarine or butter
- ½ small onion, chopped
- ¼ small green bell pepper, chopped
- 1 teaspoon sugar
- ¼ teaspoon salt
- teaspoon ground cumin
- 1 small tomato, cut up

Remove husk and silk. Cut enough kernels from corn to measure 1 cup. Cook and stir all ingredients except tomato over medium heat until margarine is melted. Cover and cook over low heat 10 minutes. Stir in tomato. Cover and cook 5 minutes longer. Serves 2; 210 Cal; 0.5 g fat.



IT'S TOMATO TIME

GARDENING SEASON

Mid-July to October

CHOOSING TIPS

Look for well-formed tomatoes that are smooth and reasonably free from blemishes. A perfectly ripe tomato will be completely red, have a sweet subtle aroma and be firm but not hard. Use imperfect tomatoes in cooking, but check carefully and cut off:

- ⌚ Bruised areas
- ⌚ Green or yellow areas
- ⌚ Growth cracks
- ⌚ Water-soaked spots

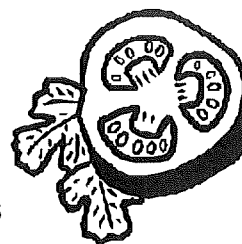
STORAGE

Keep tomatoes at room temperature, away from dust and sunlight. Refrigerate only when overripe if you cannot use them immediately. Green tomatoes can be ripened by holding at room temperature, away from sunlight. To ripen more quickly, put them into a paper bag.

PREPARATION

Wash tomatoes in cold water and then cut out stem ends (do not cut out stem of cherry tomatoes). Tomatoes can be peeled if desired. The most common way of slicing tomatoes is crosswise. However, slicing vertically from the stem end to the blossom end also makes nice slices, with less loss of seeds and juice.

To Peel: Cut shallow crosses in the blossom ends. Lower tomatoes into boiling water for 15 to 30 seconds. Remove from hot water, and cool in cold water. The skin should peel off easily from the cut area using a knife.



SERVING IDEAS

Tomatoes are delicious served fresh in salads, on sandwiches, or eaten "as is." They can be stuffed, stewed, fried, baked and used in sauces, casseroles and soups.

KEY NUTRIENTS

- ⌚ Vitamin C for healthy gums, skin and blood.
- ⌚ Potassium to help maintain normal blood pressure.
- ⌚ Antioxidant lycopene which may prevent certain types of cancer.

RECIPES

Stuffed Tomato Salad

- 1 tomato
- 1 rounded tablespoon low-fat cottage cheese
- 1 tablespoon green bell pepper, chopped

Cut off top of tomato (stem end) and remove seeds. Cut from top halfway down as if making wedges. Chop green peppers and mix with cottage cheese. Place mixture in tomato. Chill and serve. Serves 1; 40 Cal; 0.5 g fat.

Salsa

- 2 medium tomatoes, chopped
- 4 ounce can green chiles, chopped
- 1 cup corn
- ½ cup onion, chopped
- ½ teaspoon each: chili powder and sugar
- ¼ teaspoon each: oregano and salt
- teaspoon cayenne pepper

Combine all ingredients. Cover tightly. Cook on stovetop (about 20 minutes) until boiling. Refrigerate at least 4 hours before serving. Serves 10; 25 Cal; <1 g fat.

MOUTHWATERING WATERMELON

GARDENING SEASON

August to October

CHOOSING TIPS

Choose watermelon that is symmetrical and firm. Watermelon should be heavy for its size and emit a deep pitch when slapped with the palm of your hand. Watermelon with soft spots, pale green or white coloring, dents, or bruises should be avoided. A musky odor indicates that the watermelon is overripe.

STORAGE

Uncut watermelon can be stored on the countertop for up to 2 weeks. Cut watermelon should be wrapped and placed in the refrigerator. Watermelon that has been cut into chunks must be stored in a sealed plastic container. Do not freeze watermelon or it will become soft and mushy.

PREPARATION

Wash in water before slicing. Watermelon may be eaten alone, in a salad or as part of a fruit platter. Watermelon may also be pureed and used in blended drinks.

To remove seeds:

Cut the melon into quarters, cut each quarter into 3 or 4 wedges and cut each lengthwise along the seed. Lift the piece off and scrape away the seeds with a fork.

KEY NUTRIENTS

- Antioxidant lycopene which may prevent certain types of cancer.
- Potassium to help maintain normal blood pressure.

RECIPES

Watermelon Cooler

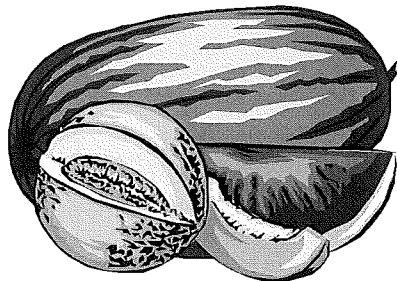
3 cups watermelon
Juice of 1/2 lemon
3 scoops lemon sherbet

Remove the seeds from the watermelon and slice into chunks. Place on a cookie sheet and freeze. Put the frozen chunks into a blender. Add the sherbet and lemon juice and blend until smooth. Pour into cups and serve. Serves 3; 145 Cal; 2 g fat.

Watermelon Ice

4 cups watermelon, cubed and seeded
1/3 cup granulated sugar
1/2 cup water
2 tablespoons fresh lime juice

In a small saucepan, combine sugar and water; bring to a boil and cook until sugar is dissolved (2 minutes). Let cool. Puree the watermelon in a food processor or mash with a potato masher; place in a bowl along with sugar syrup and lime juice. Pour into an 8-inch square-baking dish. Freeze until nearly solid, about 2 hours. Scoop mixture into a food processor or blender and beat until mixture is smooth, but not melted. Spoon into dishes and serve immediately. Serves 4; 115 Cal; 0.5 g fat.



LOVE THAT WINTER SQUASH

GARDENING SEASON

September to October

Types of winter squash include acorn, butternut, buttercup, Hubbard, and spaghetti.

CHOOSING TIPS

Choose squash that are firm, have a hard, tough skin, free of cracks or soft spots. The skin of winter squash should be dull. Squash that have a shiny skin are immature and not sweet. The size you pick depends on your needs. There is no such thing as an over-sized winter squash. One pound serves 2.

STORAGE

Winter squash can be stored uncut in a cool, dry place. Do not store in a refrigerator. They can keep up to three months.

PREPARATION

Scrub and wash dirt off skin with cold water. Some types of winter squash can be difficult to cut. When cutting squash use a heavy knife, cut in half (lengthwise), and scoop out seeds. For squash that are impossible to cut before cooking, cook them whole.

KEY NUTRIENTS

- ✧ Vitamin A for vision, healthy skin, and resistance to infection.
- ✧ Carbohydrates for energy.

SERVING SUGGESTIONS

Steam or bake squash, then cool, peel, and puree; you can mash the squash with a potato masher, fork or food processor. Serve steamed or baked squash as a side dish or add to soups or stews.

RECIPES

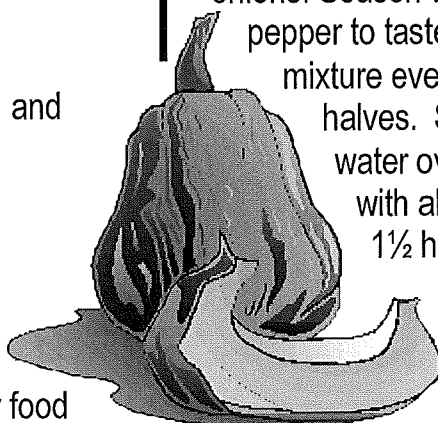
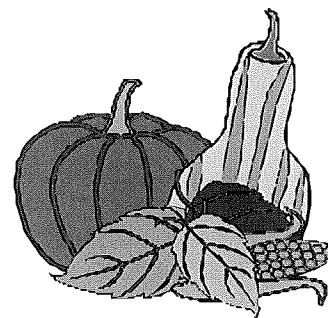
Baked Squash

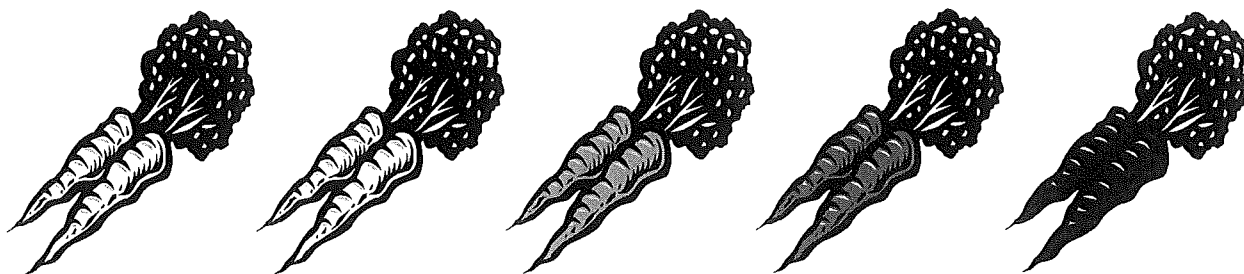
Preheat oven to 350°F. Cut squash in half lengthwise and scoop out the seeds and strings. For larger squash, cut into serving size pieces. Place the squash cut side down, pour $\frac{1}{4}$ inch of water into pan, cover and bake until squash feels tender when pierced with a knife. For squash that is difficult to cut, pierce squash several times with a fork and cook until tender (judged by piercing with a fork). $\frac{1}{2}$ cup serving; 40 Cal; no fat.

Cheddar Stuffed Acorn Squash

- 1 acorn squash, halved and seeded
- $\frac{3}{4}$ cup chopped ripe tomato
- 2 scallions, or green onions thinly sliced
- $\frac{1}{4}$ teaspoon dried sage
- Salt and black pepper to taste
- 2 tablespoons water
- $\frac{1}{2}$ cup cheddar cheese cut into small cubes

Preheat the oven to 400°F. Place the squash halves in a roasting pan, cut side up. Add about an inch of water to the bottom of the pan. Combine tomatoes and scallions or onions. Season with sage and salt and pepper to taste; mix well and divide the mixture evenly among the squash halves. Spoon 1 tablespoon of water over each and cover loosely with aluminum foil. Cook for 1 to $1\frac{1}{2}$ hours, or until squash is tender when pierced by a fork. Divide cheese cubes evenly on top of squash halves, cook 5 more minutes (until cheese is melted), and serve. Serves 4; 115 Cal; 5.5 g fat.





CARROTS AREN'T JUST ORANGE ANYMORE!

Carrots are a familiar orange vegetable to most Americans. The compounds that give carrots their bright-orange color are α - and β -carotene. They are the most important source of vitamin A for people in the United States, Africa and Asia. Carrots have had an increasing popularity for Americans because of "baby" carrots. Because of their importance in the American diet, carrots are a long-standing classical "functional food."

Orange carrots originated in the seventeenth century. Interestingly, purple and yellow carrots came before orange carrots while red and white were developed around the same time in different parts of the world. Thus, this array of unusually colored carrots occurred naturally throughout time.

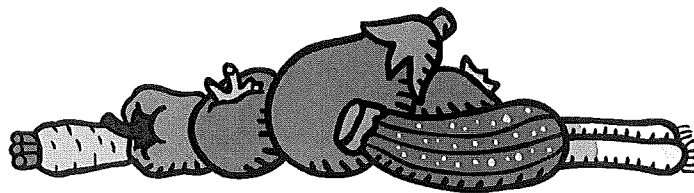
The purple carrots are highly colored because of "anthocyanins" that are also responsible for the colors of red potatoes, apples and cranberries. Anthocyanins are very potent "antioxidants." Antioxidants are able to trap "bad" compounds formed in our body so that they do not damage cells.

The yellow carrots contain lutein, which is another compound in the carotenoid family. Lutein, also an antioxidant, is found in the back of the eye. Thus, lutein might be an important compound in the prevention of macular degeneration, the leading cause of blindness in the elderly. Lutein is also found in green leafy vegetables.

Another of these beautiful carrots is red. The carotenoids that give this carrot its deep, rich color are lycopene and β -carotene. Lycopene might prevent prostate and other cancers. In the U.S. diet, tomatoes provide about 85% of dietary lycopene. Thus, the availability of carrots with lycopene could increase consumption of lycopene and reduce certain forms of cancer.

Although the white carrots do not have any color and therefore are not a significant source of carotenoids, they are a good source of fiber. Can you imagine a salad made with white, yellow, orange, red and purple carrots? The possibilities are endless!

What's in Season This Month?



	June	July	Aug	Sept	Oct
Rhubarb					
Strawberries					
Peas					
New Potatoes					
Green Beans					
Greens					
Spinach					
Summer Squash					
Raspberries					
Cucumbers					
Sweet Corn					
Tomatoes					
Herbs					
Beets					
Broccoli					
Garlic/Onion					
Cauliflower					
Eggplant					
Melons					
Apples					
Carrots					
Peppers					
Cabbage					
Cranberries					
Parsnip					
Potatoes					
Rutabaga					
Turnip					
Winter Squash					

Resources used and for more information: www.aboutproduce.com, www.koolrabi.com, www.produceoasis.com, www.rhubarbinfo.com, www.watermelon.org and materials from the Wisconsin WIC Program, Department of Health and Family Services.

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