

Fruits and Vegetables: How To's

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Goals and Objectives



- Learn how to prepare and market for meals that are nutritious and budget-friendly.
- 2. Develop cooking skills while preparing a nutritious, fresh produce-based meal together with their instructors.

Overview

- Complete Pre-Test
- Opening Activity
- Educational Session
 - Choosing and storing fresh produce
 - Healthy cooking methods
 - Reducing food waste and repurposing food
 - ✓ Preparing food for sale

- Cooking: Sofrito and Picadillo Recipe
- Post Test and Evaluation



Opening Discussion:

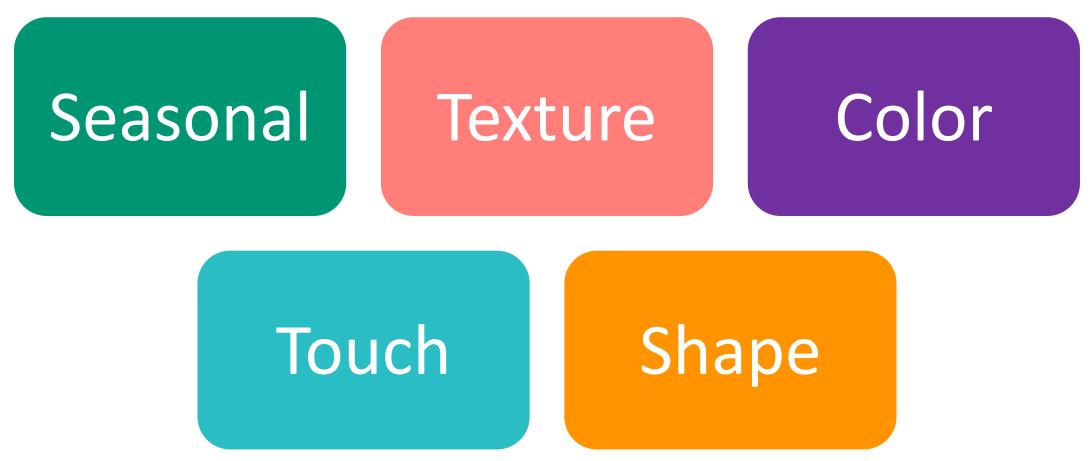
How many ways could you cook carrots?

Choosing and Storing Fresh Produce

Choosing Fresh Produce

Choosing Fresh Produce





Seasonal

American Heart Association. Healthy for Good[®]

SEASONS OF EATING

SPRING

Artichokes Asparagus Carrots Chives Fava Beans

SUMMER

Berries Corn Cucumbers Eggplant Figs Garlic Grapes

FALL

Apples Brussels Sprouts Dates

WINTER

Bok Choy Broccoli Cauliflower Celery Green Onions Leeks Lettuce Parsnips Peas

Green Beans Melons Peppers (sweet and hot) Stone Fruit (apricots, cherries, nectarines, peaches, plums)

Hard Squash (acorn, butternut, spaghetti)

Citrus Fruit (clementines, grapefruit, lemons, limes, oranges, tangerines) Endive Pears Pumpkins Sweet Potatoes

Leafy Greens (collards, kale, mustard greens, spinach) Root Vegetables (beets, turnips)

Rhubarb Swiss Chard

Radishes

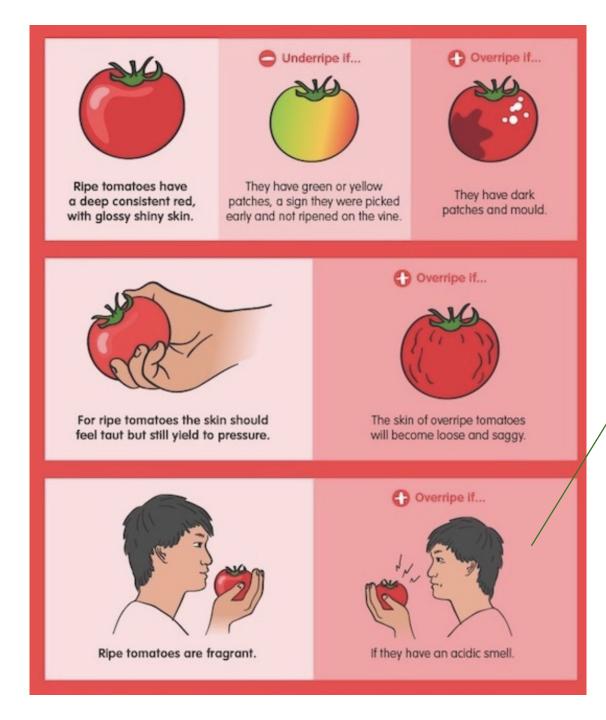
Summer Squash Tomatoes Zucchini

Choosing Fresh Produce



Texture	Avoid moldy, bruised, injured, slimy or mushy, or show sign of insect damage.
Color	Bright, vibrant colors, unwrinkled skin
Touch	Should feel crisp and firm but yield when gently pressed
Shape	Don't worry about the shape

Example #1 Tomatoes



PRO TIP: Overripe tomatoes with loose skin are still perfectly fine for sauces.

theveganatlas.com

Example #2 Blueberries

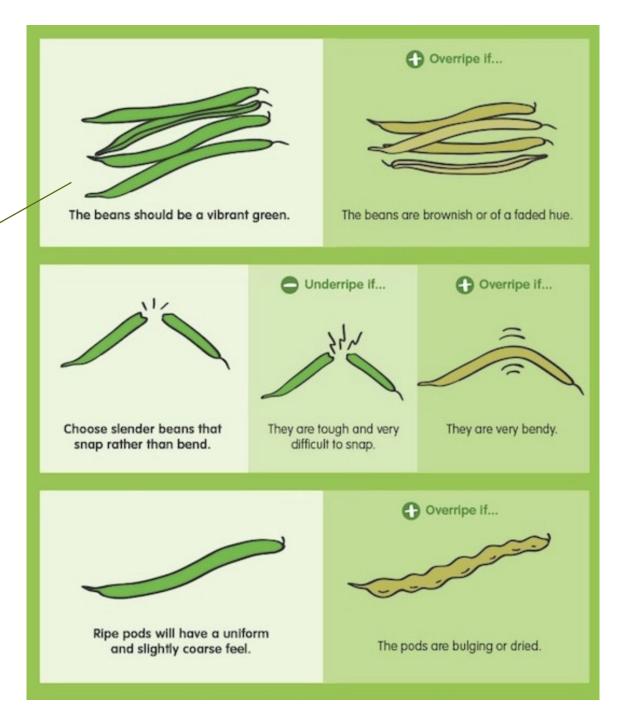


PRO TIP: Hard, slightly underripe blueberries are good for making into a jam.

theveganatlas.com

Example #3 Green Beans

PRO TIP: Ripe green beans will stay fresh for up to one week if placed in a perforated plastic bag inside a fridge.



theveganatlas.com

Storing Fresh Produce

Where would you store...



Countertop

Ripen at room temperature, before placing in the fridge:







ORANGES

PEACHES

This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!



To speed up the ripening process, place the fruit in a paper bag with a ripe banana. Check on the fruit every day to ensure the best possible ripeness.

TOMATOES

Pantry

Store the following in a cool, dry, and dark place:



TIP:





GARLIC ONIONS in a mesh bag

POTATOES in a paper bag



MELONS

Keep onions away from other vegetables, as onions release a gas which could spoil other produce.



For more produce tips, visit HalfYourPlate.ca or follow us on: 🔽 🗿 🚹 @halfyourplate 🛛 👩 @halfyourplatecanada

Fridge



A crisper drawer will keep the right moisture to maintain freshness for longer.

BERRIES

in a container.

with tiny vents

Store the following fruits and veggies in the fridge, as soon as you bring them home:



APPLES

in a glass of cold

water, stalks upright







GRAPES

LEMONS /LIMES



in a container

with tiny vents.





ASPARAGUS BEANS BEETS

BROCCOLI

BRUSSELS SPROUTS

CABBAGE, CARROTS, CAULIFLOWER, CELERY, CORN stored inside husks, CUCUMBERS, EGGPLANT, DELICATE HERBS (CILANTRO, PARSLEY, MINT) in a glass of water, covered loosely with a plastic bag, HARDIER HERBS (OREGANO, ROSEMARY, THYME) rolled in a damp paper towel, LEAFY GREENS in a dishtowel in a sealed container in crisper, MUSHROOMS in a paper bag, PEAS, PEPPERS, ZUCCHINIS

CHERRIES

in a container

with tiny vents



Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.







in a bag

CARROT, cut and placed ONION. CELERY SCRAPS

MAKE YOUR OWN VEGGIE BROTH by using frozen veggie scraps







MANGO

FROZEN FROZEN PIECES OF GRAPES





BROCCOLI,

Cooking Fresh Produce

Cooking Methods





Baking

Roasting

Sautéing



Steaming

Food Waste in America

30–40% of the food supply goes to waste

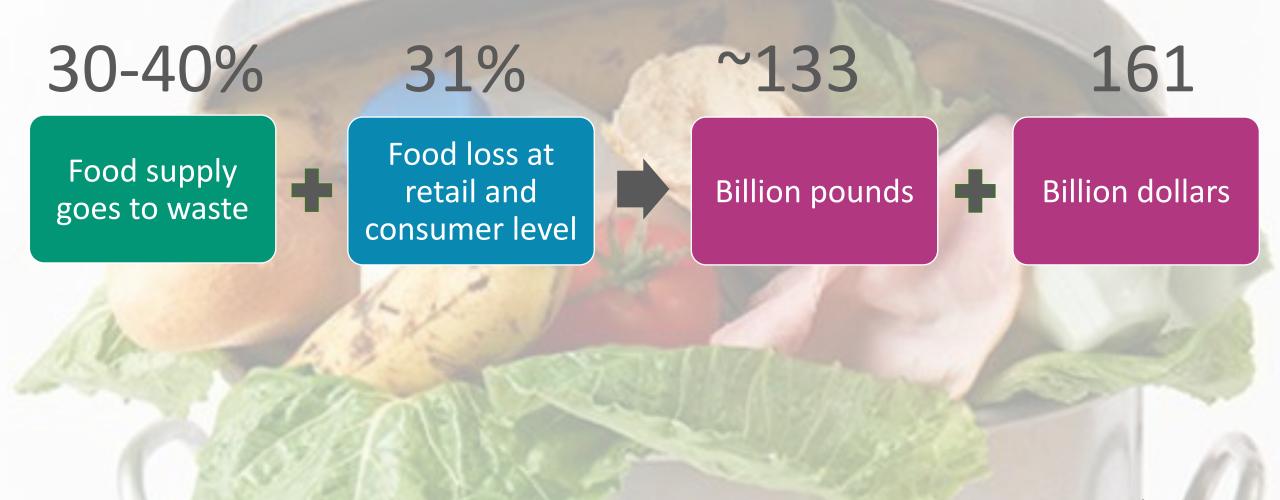
31% food loss at the retail and consumer levels

~133 billion pounds and \$161 billion worth of food in 2010.



USDA Economic Research Service, 2010

Food Waste in America



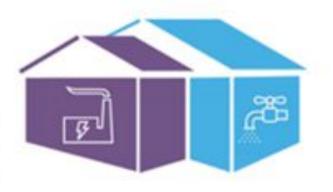
USDA Economic Research Service, 2010

Environmental Impacts of U.S. Food Waste: SEPA

*excluding impacts of waste management, such as landfill methane emissions



Greenhouse gas emissions of more than 42 coal-fired power plants Enough water and energy to supply more than 50 million homes

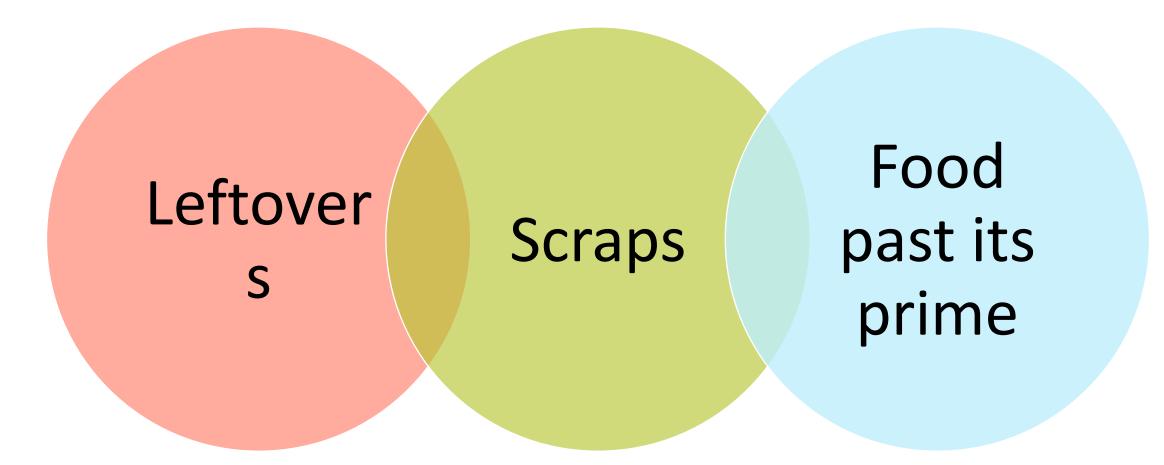




The **amount of fertilizer** used in the U.S. to grow all plantbased foods for U.S. human consumption

An **area of agricultural land** equal to California and New York





Leftovers

Sauté extra veggies with a protein -

- Burritos
- Bowls
- Casseroles
- Stir-fry
- Quesadilla
- Pizza
- Grilled cheese
- Egg dishes
- Add some greens and dressing to make a salad



- Make stock
- Last bits of jam can be used to make salad dressing
- Add veggies to a jar of leftover pickle juice to make marinated veggies.
- Fruit trim to make flavored water

Food past its prime

- Submerge wilted veggies in cold water
- Add wilted veggies to smoothie or soups
- Cut and bake stale bread for croutons or breadcrumbs
- Expired milk can be used like buttermilk for baking

Activity: From Scraps to Supper

• Pretend you have the following foods at home:

Cooked beef/chicken	Chopped celery/onion	½ jar pasta sauce
Cooked mixed veggies	Cooked rice	Day old bread
Spinach starting to wilt	Overripe fruit	

Preparing Food for Sale

Preparing Food for Sale in New Jersey

- Food must be prepared in a commercial kitchen, licensed and inspected.
- If you are producing an acidified or low acid canned food, you must:
 Register your facility and your recipe/process with the FDA.
 Process also needs to be evaluated by an approved food laboratory.



Preparing Food for Sale in New Jersey

- Containers must be intact, clean and free of dents or defects.
- Product should be labeled "Keep Refrigerated".
- Product Label should contain three elements:
 - 1) Name and address of seller or processor;
 - 2) Name of product;
 - 3) Ingredient list in descending order; and the net weight of the product.



Marketing Activity

- In teams of 2 Design an ad to sell your product:
 - Salsa
 - Sofrito



- The ad can be designed for social media, print, billboards, flyers, etc.
- The goal is to convince consumers to buy and consume your product
- Incorporate nutrition concepts you learned from our two classes



Let's Get Cooking: Sofrito and Picadillo

Post-Test and Evaluation

Resources

- <u>https://www.wicstrong.com/wp-content/uploads/2015/05/Fruit-and-Vegetables-Ripeness.pdf</u>
- <u>https://theveganatlas.com/how-to-choose-perfectly-ripe-fresh-fruits-and-vegetables-every-time/</u>
- <u>https://www.epa.gov/recycle/preventing-wasted-food-home</u>