

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



# Fruits from A to Z

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### Fruit Slush

2 2/3 cups coarsely chopped watermelon or cantaloupe  
1 2/3 cups coarsely chopped kiwi  
2 tablespoons sugar  
2 tablespoons lime juice  
2 cups water  
Ice

Wash hands and work area before cooking. In a blender, puree fruit with sugar and lime juice until smooth. Combine fruit mixture and water in a large pitcher. If desired, pour through a strainer to remove pulp. Cover and refrigerate for up to a week. To serve, stir well and pour into tall glasses over ice.

Preparation Time: 20 minutes, Cook Time: 0 minutes, Yield: 4 servings

Nutrition Facts: Calories: 60, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 20 mg, Total Carbohydrate: 16 g, Protein: 1 g



**MyPlate suggests  
making half your plate  
fruits and vegetables.**

<http://www.choosemyplate.gov/>

#### Fun Fact!

**Apple production is most successful in the High Plains region  
close to Lubbock.**

#### FIGHTBAC!

**Clean: Wash hands and  
Surfaces Often**

**Separate: Don't Cross-  
Contaminate**

**Cook: Cook to Proper  
Temperatures**

**Chill: Refrigerate  
Promptly**

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## Apples

#### Did you know?

- October is National Apple Month!
- One medium apple contains only 70 calories and is a good source of fiber and Vitamin C!
- The peel of an apple contains a good source of fiber and antioxidants.

#### What am I looking for?

- Look for apples that are firm without damage.
- Store apples in the refrigerator for up to six weeks.
- Wash apples well before use.
- Avoid apples that lack color or have shriveled skin.



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### Fun Fact!

**Apricots were first discovered growing wild on a mountain slope in China!**

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

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## Apricots

### Did you know?

- Apricots are at their best in July.
- Three medium apricots contain 70 calories and are an excellent source of Vitamin A.
- Apricots are available fresh, canned, dried, or frozen.

### What am I looking for?

- Look for apricots that are plump and juicy with a golden-orange color.
- Store apricots at room temperature until ripe then in the refrigerator for 3-5 days.
- Wash apricots well before use.
- Avoid dull-looking, soft, or pale-colored apricots.

### Fabulous Fruit Muffins

1 1/4 cups flour  
1/4 cup sugar  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
3/4 cups low-fat buttermilk  
2 tablespoons margarine, melted  
1 egg, slightly beaten  
1/2 teaspoon vanilla extract  
1 cup coarsely chopped fresh or frozen strawberries

Wash your hands and work area. Heat the oven to 400 degrees. Spray muffin tin with non-stick cooking spray. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients. Using a large spoon, gently stir ingredients just until moist (do not overmix). Add fruit and stir gently (do not overmix). Spoon batter evenly into 9 muffin cups. Bake 20-25 minutes or until golden brown. Serve hot or cold.

Preparation Time: 10 minutes, Cook Time: 20-25 minutes, Serves: 9

Nutrition Facts: Calories: 130, Total Fat: 3.5 g, Cholesterol: 20 mg, Sodium: 105 mg, Total Carbohydrate: 22 g, Protein: 3 g

### Ambrosia

20-ounce can pineapple chunks, in 100% juice, drained  
11-ounce can tangerine or mandarin orange, drained  
1 banana, peeled and sliced  
1 1/2 cups seedless grape  
3/4 cup miniature marshmallows  
1/3 cup flaked coconut  
8-ounce carton low-fat vanilla yogurt

Wash hands and work area before cooking. Drain pineapple and oranges. Use reserved juice as a beverage if desired. Combine fruit with marshmallows and coconut. Fold in yogurt. Chill. Serve.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 8

Nutrition Facts: Calories: 150, Total Fat: 1.5 g, Cholesterol: 0 mg, Sodium: 35 mg, Total Carbohydrate: 33 g, Protein: 3 g

### Light Pumpkin Pie

1 cup ginger snaps  
15 ounce can pumpkin  
½ cup egg whites (about 4)  
½ cup sugar  
2 teaspoons pumpkin pie spice  
12 ounce can evaporated skim milk

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Grind cookies in a food processor. Lightly spray 9 inch pie plate with cooking spray. Pat cookie crumbs into the pan evenly. Mix pumpkin, egg whites, sugar, pumpkin pie spice, and evaporated milk. Pour into crust. Bake about 45 minutes or until knife inserted in center comes out clean. Allow to cool before slicing.

Preparation Time: 10 minutes, Cook Time: 45 minutes, Yield: 12 servings

Nutrition Facts: Calories: 240, Total Fat: 5 g, Cholesterol: 0 mg, Sodium: 180 mg, Total Carbohydrate: 42 g, Protein: 7 g

### Raspberry Grape Salad

6 1/2 ounces vanilla low-fat yogurt  
13 ounces fresh raspberries  
1/2 tablespoon dried mint  
20 ounces red grapes, seedless  
20 ounces green grapes, seedless

Wash hands and work area before cooking. Combine yogurt and raspberries in large bowl. Add mint to yogurt mixture and mix well. Add green and red grapes to the yogurt mixture and toss lightly to coat. Chill well before serving. Serve ¾ cup as a serving.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 10

Nutrition Facts: Calories: 80, Total Fat: 3 g, Cholesterol: 0 mg, Sodium: 15 mg, Total Carbohydrate: 19 g, Protein: 2 g



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#### Fun Fact!

Banana trees are not actually trees. They are a giant herb.

#### FIGHTBAC!

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## Bananas

#### Did you know?

- On average, an American eats 28 pounds of bananas each year!
- Bananas were brought to America by Spanish explorers in the 1500's.
- Bananas are a good source of potassium which helps with muscle function.

#### What am I looking for?

- Look for bananas that are bright yellow with brown specks for the best eating quality.
- Store ripe bananas in the refrigerator for up to two weeks.
- Avoid bananas that are bruised.
- Bananas that are mainly green are not yet ripe, but will ripen within a few days.



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## Blackberries

### Did you know?

- Blackberries are an excellent source of vitamin C and fiber.
- The blackberry is an aggregate fruit that is composed of many smaller fruits called drupes.
- Blackberry season typically lasts from late summer through fall.

### Fun Fact!

The leaves of blackberries were once used to dye hair black.

### FIGHTBAC!

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Promptly

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### What am I looking for?

- Choose blackberries that are shiny and not bruised or leaking.
- Refrigerate blackberries for 3-6 days.
- Wash blackberries before using or eating.
- Look for black and shiny blackberries to ensure ripeness.

### Pocket Fruit Pies

4 flour tortillas (8 inch)  
2 medium peaches, pears, or apples  
1/4 teaspoon ground cinnamon  
2 tablespoons brown sugar  
1/8 teaspoon ground nutmeg  
2 tablespoons milk  
Sugar (optional)

Wash hands and work area before cooking. Warm tortillas in microwave or oven to make them easier to handle. Peel and chop fruit into pieces. Place 1/4 of the fruit on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon, and nutmeg. Sprinkle over fruit. Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small holes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake at 350 degrees in oven for 8-12 minutes or until lightly brown. Serve warm or cool.

Preparation Time: 15 minutes, Cook Time: 8-12 minutes, Yield: 4 servings

Nutrition Facts: Calories: 200, Total Fat: 3.5 g, Cholesterol: 0 mg, Sodium: 340 mg, Total Carbohydrate: 39 g, Protein: 4 g

### Pineapple Orange Frozen Yogurt

1 cup non-fat vanilla yogurt  
1/2 cup orange juice  
1 cup fresh or canned pineapple chunks

Place yogurt and fruit in large plastic bag, flatten, and freeze overnight. Combine fruit, yogurt, and juice in a food processor or blender and blend until smooth. Serve immediately or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

Preparation Time: 2 days, Cook Time: 0 minutes, Serves: 3

Nutrition Facts: Calories: 130, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 60 mg, Total Carbohydrate: 28 g, Protein: 5 g

### Mango Shake

2 cups low-fat (1%) milk  
4 tablespoons mango juice or 1 pitted frozen mango  
1 small banana  
2 ice cubes

Wash hands and work area before cooking. Put all ingredients in blender. Blend until foamy. Serve immediately.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 4

Nutrition Facts: Calories: 80, Total Fat: 1.5 g, Cholesterol: 5 mg, Sodium: 55 mg, Total Carbohydrate: 14 g, Protein: 4 g

### Hot Fruit Compote

16 ounce can pineapple chunks, drained  
8 ounce can mandarin oranges, drained  
16 ounce can sliced peaches, drained  
1 small jar Maraschino cherries, rinsed and drained  
2 teaspoons cinnamon

Wash hands and work area before cooking. Combine pineapples, oranges, and peaches together, stirring gently to blend in a pan. Stir in cherries; add cinnamon. Stir gently. Heat over moderate heat for approximately 10 to 15 minutes. Do not boil. Serve warm.

Preparation Time: 15 minutes, Cook Time: 10-15 minutes, Yield: ½ cup per serving

Nutrition Facts: Calories: 47, Total Fat: .1g, Cholesterol: 0 mg, Sodium: 18 mg, Total Carbohydrate: 12 g, Protein: .4 g

### Roasted Peach Sunday

3 ripe peaches, halved and pitted  
1 tablespoon brown sugar  
2 teaspoons lemon juice  
3 cups nonfat vanilla frozen yogurt  
6 gingersnaps, crumbled (optional)

Preheat oven to 425 degrees F. Coat a baking sheet with cooking spray. Toss peach halves with brown sugar and lemon juice, and place them cut-side-up on the prepared baking sheet. Roast until the peaches are tender, 20-30 minutes. If the juice on the pan begins to burn, add a little water and loosely cover the fruit with foil. Top each peach half with a ½ cup scoop of frozen yogurt and a sprinkle of crumbled gingersnaps. Serve immediately.

Preparation Time: 5 minutes, Cook Time: 25-30 minutes, Serves: 6

Nutrition Facts: Calories: 138, Total Fat: 0 g, Cholesterol: 2 mg, Sodium: 64 mg, Total Carbohydrate: 30 g, Protein: 5 g



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#### Fun Fact!

Blueberries grow on bushes that can grow to 12 feet tall!

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## Blueberries

#### Did you know?

- Blueberries are high in vitamin C, dietary fiber, and antioxidants.
- Blueberries are best grown in East Texas.
- Blueberries are available year-round.

#### What am I looking for?

- Choose firm, plump, dry blueberries with dusty blue color and uniform in size.
- Store blueberries in the refrigerator for 10-14 days.
- Avoid blueberries that are soft, shriveled or have signs of mold.
- When buying frozen blueberries, they should feel loose in the bag.



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### Fun Fact!

Texas ranks third in cantaloupe production in the United States.

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# Cantaloupe

## Did you know?

- Cantaloupes are high in vitamin A and vitamin C.
- Cantaloupe is the most popular melon in the United States!
- The cantaloupe arrived in America with Christopher Columbus during his expedition.

## What am I looking for?

- Choose cantaloupes that are symmetrical and have no visible bruising.
- Pick cantaloupes that have a strong, sweet smell.
- Look for cantaloupes with noticeable ridges on the outside.
- Select cantaloupes that are free of bruising.

## Easy Lemon Cheesecake

1 whole graham cracker, crushed or 2 Tablespoons graham cracker crumbs, divided  
1 package (4-serving size) lemon sugar free gelatin  
2/3 cups boiling water  
1 cup 1% low-fat cottage cheese  
1 – 8 ounce package low-fat cream cheese  
2 cups thawed lite whipped topping  
1 cup reduced-calorie pie filling  
Lemon zest for garnishing

Wash hands and work area before cooking. Spray 8 or 9 inch spring form pan or 9 inch pie plate lightly with cooking spray. Sprinkle side with half of the graham cracker crumbs; reserve remaining crumbs for garnish. (If desired, omit graham cracker crumb garnish-sprinkle the bottom of the pan with remaining cookie crumbs.) Completely dissolve gelatin in boiling water; pour into blender container. Add cottage cheese and cream cheese; cover. Blend at medium speed and scraping down sides occasionally for about 2 minutes, or until mixture is completely smooth and creamy. Pour into a large bowl. Gently stir in whipped topping. Pour into prepared pan; smooth top. Sprinkle with reserved crumbs around outside edge. Chill until set, about 4 hours. When ready, Remove sides of pan. Top cheesecake with pie filling. Garnish with lemon zest.

Preparation Time: 0 minutes, Cook Time: 15 minutes, Serves: 12

Nutrition Facts: Calories: 80, Total Fat: 4 g, Cholesterol: 0 mg, Sodium: 100 mg, Total Carbohydrate: 8 g, Protein: 4 g

## Key Lime Tarts

24 Key Lime Cooler cookies  
8 ounces cream cheese  
1 egg  
1/2 cup sugar  
2 tablespoons lime juice  
1 teaspoon lime zest  
Whipped cream  
Lime zest for garnish

Preheat oven to 350 degrees F. Fill mini muffin tins with paper cups and spray cups with cooking spray. Place one cookie in the bottom of each cup, flat side down. Prepare filling-beat together cream cheese, egg, sugar, lime juice, and zest until well blended. Fill cups to top. Bake for 10 to 12 minutes. Remove tarts to cool. When completely cooled, top each tart with whipped cream. Garnish with slivers of lime zest.

Preparation Time: 5 minutes, Cook Time: 12 minutes, Serves: 24

Nutrition Facts: Calories: 81, Total Fat: 4.8 g, Cholesterol: 8.5 mg, Sodium: 2.8 mg, Total Carbohydrate: 8.5 g, Protein: 1.3 g



### Fruit Dippers

1/2 cup low-fat vanilla yogurt  
2 tablespoons chopped peanuts  
2 cups fruit (grapes, banana slices, apple wedges, strawberries)

Wash hands and work area before cooking. Combine yogurt and peanuts. Mix with a spoon. Place a toothpick in the center of each fruit. Dip fruit into the yogurt peanut mixture.

Preparation Time: 10 minutes, Cook Time: 0 minutes, Serves: 4

Nutrition Facts: Calories: 100, Total Fat: 3 g, Cholesterol: 0 mg, Sodium: 40 mg, Total Carbohydrate: 17 g, Protein: 3 g

### Melon Salsa

2 cups chopped fresh honeydew  
1 cup chopped cucumber  
1/4 cup onion, red or white (chopped)  
2 teaspoons chopped fresh cilantro or mint (optional)  
1 seeded and finely chopped jalapeno (or to taste)  
1/4 cup lime juice or lemon juice  
1 tablespoon white or brown sugar

Wash hands and work area before cooking. In a medium sized bowl, stir together all ingredients. Taste and season with more lemon or lime juice, sugar if needed. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Preparation Time: 15 minutes, Cook Time: 30 minutes, Serves: 12

Nutrition Facts: Calories: 15, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 0 mg, Total Carbohydrate: 4 g, Protein: 0 g

### Fruit Salsa

1 cup strawberries, diced  
1 banana, diced  
1 kiwi, peeled and diced  
1 apple, cored and diced  
2 tablespoons lemon juice  
1/4 cup sugar  
1/4 teaspoon nutmeg  
1/4 teaspoon cinnamon

Wash hands and work area before cooking. Combine fruits in a medium bowl and add lemon juice. Stir in sugar, nutmeg, and cinnamon. Mix well. Refrigerate until serving time.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 4

Nutrition Facts: Calories: 120, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 0 mg, Total Carbohydrate: 31 g, Protein: 1 g



**MyPlate suggests  
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fruits and vegetables.**

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### Fun Fact!

**Traverse City, Michigan is the cherry capital of the world.**

### FIGHTBAC!

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## Cherries

### Did you know?

- Cherries are grouped according to taste into sweet and sour types.
- Cherries are available mid-June to mid-August with a peak season nationally in June.
- Cherries are good sources of vitamins A and C, potassium, manganese, and copper.

### What am I looking for?

- A dark color is the best indicator of good flavor and maturity.
- Cherry skin should be firm and not bruised.
- Fresh looking stems designate healthy cherries.
- Soft appearing and brown discoloration are signs of decay.



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### Fun Fact!

Early settlers referred to the tiny red berry as a "craneberry" because the flower and its stem resembled the neck, head and bill of a crane!

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## Cranberries

### Did you know?

- Cranberries are used as ingredients in over 1,000 food and beverage products.
- Cranberries contain good sources of vitamins A and C.
- Cranberries are healthy for the heart.

### What am I looking for?

- Cranberries that are ripe will bounce.
- Look for cranberries that are shiny and firm.
- Avoid those that are shriveled or have brown spots.
- Refrigerate cranberries for up to 2 months or freeze for future use.

### Apple Cranberry Salad Toss

1 head of lettuce  
2 medium apples, sliced  
1/2 cup chopped walnuts  
1 cup dried cranberries  
1/2 cup sliced green onion  
3/4 cups vinaigrette dressing

Toss lettuce, apple, walnuts, cranberries, and onions in a large bowl. Add dressing; toss to coat. Serve immediately.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 8

Nutrition Facts: Calories: 140, Total Fat: 5 g, Cholesterol: 0 mg, Sodium: 10 mg, Total Carbohydrate: 24 g, Protein: 2 g

### Citrus Salad

For salad:

1 grapefruit, peeled  
1 orange, peeled  
10 cups fresh greens (lettuce)  
1 small red onion, sliced thin

For dressing:

2 tablespoons cider vinegar  
1 tablespoon lime juice  
1 tablespoon vegetable oil  
1 tablespoon water  
1/4 teaspoon black pepper  
1/4 teaspoon cumin

Wash hands and work area before cooking. Cut fruit into bite size pieces. Toss lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 8

Nutrition Facts per serving: Calories: 60, Total Fat: 2 g, Cholesterol: 0 mg, Sodium: 25 mg, Total Carbohydrate: 10 g, Protein: 1 g

### Dessert Fruit Kabobs

1 cup plain low-fat yogurt  
1 tablespoon fresh lime juice  
1 tablespoon honey  
1 teaspoon chopped fresh cilantro  
2 cups strawberries  
1 1/2 cups cubed cantaloupe  
1 1/2 cups cubed honeydew  
8 metal skewers or bamboo skewers soaked in water

Wash your hands and clean your cooking area. In a small mixing bowl, stir the yogurt, lime juice, honey, and cilantro together. Transfer the yogurt mixture to a small serving dish. Add fruit to skewers and cover and refrigerate until ready to serve.

Preparation Time: 10 minutes, Cook Time: 10 minutes, Serves: 4

Nutrition Facts per serving: Calories: 130, Total Fat: 1 g, Cholesterol: 5 mg, Sodium: 70 mg, Total Carbohydrate: 27 g, Protein: 5 g

### Cherry Pineapple Delight

2 cups boiling water  
1 package gelatin (8 serving size, cherry, sugar-free)  
1/2 teaspoon cinnamon  
22 ounce can pineapple chunks, in juice, not drained  
22 ounce can mandarin orange, in juice, drained  
16 large ice cubes

Wash hands and work area before cooking. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 1/2 cups. Add the gelatin mixture and stir until the ice is completely melted. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeat-  
en egg white). Reserve 1/4 cup each of the pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 1/2 quart serving bowl. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.

Preparation Time: 5 1/2 hours, Serves: 12

Nutrition Facts: Calories: 45, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 50 mg, Total Carbo-  
hydrate: 10 g, Protein: 1 g



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#### Fun Fact!

Jamaicans coined the term grapefruit because they  
grew in bunches like grapes.

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## Grapefruit

#### Did you know?

- Grapefruit is one of the highest fiber fruits with 6 grams per serving.
- Grapefruit is best grown in the Rio Grande Valley area.
- Half of a grapefruit has the total amount of vitamin C your body needs in one day.

#### What am I looking for?

- Firm, symmetrically shaped grapefruits have the best flavor.
- Choose grapefruits with thin, smooth skin.
- Soft, discolored areas indicate decay which affects flavor.
- Store grapefruits at room temperature for one week or under refrigeration for two to three weeks.



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### Fun Fact!

Grapes are often referred to as "nature's candy"  
because of their sweetness.

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## Grapes

### Did you know?

- Grapes are one of the oldest fruits grown. Their existence traces back as far as biblical times.
- Grapes are a good source of potassium, fiber, and vitamin C.
- Grapes come in more than 50 varieties with the most popular being American and European.

### What am I looking for?

- Choose grapes that are firm and securely attached to the stem.
- Avoid soft or wrinkled grapes.
- Grapes leaking a brownish fluid are signs of decay.
- Look for green stems that are flexible as they will better hold grapes.

### Fruit Skewers with Yogurt Dip

1 cup strawberries, rinsed, stems removed, and cut in half  
1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)  
1/2 cup blackberries  
1 tangerine or clementine, peeled and cut into 8 segments  
8 6-inch wooden skewers

#### For dip:

1 cup strawberries, rinsed, stems removed, and cut in half  
1/4 cup fat-free plain yogurt  
1/8 Teaspoon vanilla extract  
1 tablespoon honey

Wash hands and work area before cooking. Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer. To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well. Serve two skewers with yogurt dip on the side.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Yield: 4 servings

Nutrition Facts: Calories: 71, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 10 mg, Total Carbohydrates: 18 g, Protein: 1 g

### Fresh Blueberry Cobbler

1/2 cup sugar  
1 tablespoon sugar  
2 tablespoons cornstarch  
1 1/2 teaspoons baking powder  
3 cups fresh blueberries  
3 tablespoons vegetable oil  
1 teaspoon lemon juice  
1/2 cup low-fat milk  
1 cup flour

Wash hands and work area before cooking. Coat a 9"x9" glass baking dish with non-stick cooking spray. In a medium saucepan combine 1/2 cup sugar, cornstarch, blueberries, and lemon juice. Bring mixture to a boil, stirring continuously for one minute. Pour blueberry mixture into the 9x9 baking dish, cover with foil to keep warm and set aside. Combine flour, remaining 1 Tablespoon of sugar and baking powder in a medium mixing bowl. Add oil and milk and blend together until a dough forms. Evenly drop 9 spoonful's of dough onto the fruit mixture. Bake at 400 degrees F for 25 to 35 minutes or until biscuit topping is golden brown. Serve warm.

Preparation Time: 20 minutes, Cook Time: 30 minutes, Serves: 9 portions (3"x3" piece each)

Nutrition Facts: Calories: 176, Total Fat: 5 g, Cholesterol: 1 mg, Sodium: 9 mg, Total Carbohydrate: 31 g, Protein: 2 g

### Peach Apple Crisp

20 ounces canned, sliced peaches, packed in light syrup, drained  
2 apples, peeled, sliced  
1/2 teaspoon vanilla  
1/4 teaspoon ground cinnamon  
1/2 cup flour  
1/4 cup brown sugar, packed  
3 tablespoons soft margarine, chilled

Wash hands and work area before cooking. Preheat oven to 350 degrees. Spray large casserole dish with cooking spray. Combine peaches, apples, vanilla, and cinnamon in a bowl. Mix and spread evenly in large casserole dish. Next, combine flour and sugar in a small bowl. Cut in margarine until the mixture looks like coarse meal. Sprinkle flour mixture evenly over fruit. Bake until lightly browned and bubbly, about 30 minutes.

Preparation Time: 15 minutes, Cook Time: 30 minutes, Serves: 8

Nutrition Facts per serving: Calories: 164, Total Fat: 3 g, Cholesterol: 0 mg, Sodium: 47 mg, Total Carbohydrate: 33 g, Protein: 2 g

### Savory Fresh Apricot Bites

4 ounces softened cream cheese  
12 fresh apricots, halved  
1/2 cup finely chopped pistachios

Wash hands and work area before cooking. Stir cream cheese until smooth; pipe or spoon into apricot halves. Sprinkle tops with pistachios. Serve as an appetizer, snack, or dessert.

Preparation Time: 15 minutes, Cook Time: 0 minutes

Nutrition Facts: Calories: 81, Total Fat: 6 g, Cholesterol: 10 mg, Sodium: 27 mg, Total Carbohydrate: 6 g, Protein: 2 g

### Monkey Snacks

6 cups bananas, peeled, sliced  
1 cup water  
2 tablespoons soft margarine  
1/4 teaspoon nutmeg  
1 tablespoon cinnamon

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Bring water to boil. Remove from heat and stir in margarine, nutmeg, and cinnamon. Peel and slice bananas. Place in casserole dish. Drizzle sauce over bananas. Bake in oven 12 minutes. Serve warm with graham crackers.

Preparation Time: 10 minutes, Cook Time: 12 minutes, Serves: 12, Yield: 1/2 cup per serving

Nutrition Facts: Calories: 86, Total Fat: 2 g, Cholesterol: 0 mg, Sodium: 26 mg, Total Carbohydrate: 18 g, Protein: 1 g



**MyPlate suggests  
making half your plate  
fruits and vegetables.**

<http://www.choosemyplate.gov/>

#### Fun Fact!

**Honeydews are mostly grown in the Lower Valley region near Brownsville.**

#### FIGHTBAC!

**Clean: Wash hands and  
Surfaces Often**

**Separate: Don't Cross-  
Contaminate**

**Cook: Cook to Proper  
Temperatures**

**Chill: Refrigerate  
Promptly**

<http://www.fightbac.org/>

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Honeydew

#### Did you know?

- Honeydews taste better if left unrefrigerated for a few days.
- Honeydews are high in vitamin C.
- Honeydew and cantaloupe are extremely close in nutritional benefits.

#### What am I looking for?

- Choose honeydews that are spherical.
- Look for a waxy surface on honeydews.
- Avoid honeydews with bruises or dents.
- Honeydews should be heavy for their size.



MyPlate suggests making half your plate fruits and vegetables.

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#### Fun Fact!

The kiwifruit originated in China over 700 years ago where it was called "Yangtao."

#### FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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TEXAS A&M  
AGRI LIFE  
EXTENSION

## Kiwi

#### Did you know?

- Kiwi has twice the vitamin C of an orange, and it is also high in vitamin E.
- Kiwi is the most nutrient dense fruit.
- Kiwi can be used as a natural meat tenderizer.

#### What am I looking for?

- Kiwi is ripe when it yields to gentle pressure.
- Choose kiwi that has a rough, fuzzy skin.
- Avoid kiwi that has dents or bruises.
- Store un-ripened kiwi in plastic bags in the refrigerator for up to 6 weeks.



## Recipes to Enjoy!

MyPlate suggests making half your plate fruits and vegetables!

<http://www.choosemyplate.gov>





MyPlate suggests making half your plate fruits and vegetables.

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#### Fun Fact!

Watermelon is grown in over half the counties in Texas!

#### FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Watermelon

#### Did you know?

- China is the world's number one producer of watermelons.
- Watermelon is composed of 92% water!
- Watermelon has excellent levels of vitamins A, B<sub>6</sub>, and C.

#### What am I looking for?

- Look for a symmetrical watermelon that is symmetrical.
- Avoid purchasing watermelons with cuts or dents.
- Watermelon should be heavy for its size.
- The underside of a watermelon should be a yellow cream color from where it was sitting on the ground.



MyPlate suggests making half your plate fruits and vegetables.

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#### Fun Fact!

Lemon was added as a color to the Crayola crayon box in 1949.

#### FIGHTBAC!

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Chill: Refrigerate Promptly

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TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Lemons

#### Did you know?

- Lemon trees can grow for 150 years!
- Lemons are a good source for vitamin C.
- As with most citrus fruit grown in Texas, Lemons are produced in the Rio Grande Valley.

#### What am I looking for?

- Choose lemons with firm, thin, and smooth skin.
- A pale or greenish yellow color means the fruit is very fresh with a higher acidity.
- Signs of decay are shown by a dull color, hardening or shriveling of the skin, and soft spots.
- Refrigerate lemons for up to 2 weeks.

## Limes



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Limes are more acidic and fragrant than lemons.
- Lime juice is often used to season fish, chicken, or pork.
- Like all citrus fruits, limes are high in vitamin C.

### Fun Fact!

The vitamin C in limes can help keep cut fruit from turning brown.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Look for limes with a glossy skin and heavy weight for their size.
- Limes that show signs of aging and loss of flavor have fully dry skin.
- Soft spots, mold, and dents indicate signs of decay.
- Refrigerate limes for up to 2 weeks.

## Tangerines



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Tangerines are a type of mandarin.
- Tangerines are mainly grown in southeast Texas.
- Tangerines are high in vitamin C and fiber.

### Fun Fact!

When tangerines are crossed with grapefruit, the resulting fruit is a tangelo.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Deep yellow or orange color with a bright luster indicate good flavor.
- Avoid pale yellow-green tangerines.
- Cuts and bruises are signs of decay.
- Refrigerate tangerines for up to 2 weeks.



## Strawberries



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- There are roughly 200 tiny seeds on every strawberry.
- Strawberries are the only fruit that has seeds on its outside.
- Strawberries are an excellent source of folate.

### Fun Fact!

If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Choose shiny, firm strawberries with a bright red color.
- Caps should be fresh, green, and intact.
- Avoid shriveled, mushy or leaky berries.
- Wait to wash strawberries until ready to eat.

## Mango



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Mangos are the most widely consumed fruit worldwide.
- Mangos are an excellent source of vitamins A and C.
- Mango trees can grow to be as tall as 100 feet!

### Fun Fact!

Mangos are called the "king of fruit" because their flavor is a mix of oranges, peaches, and pineapples.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Choose slightly firm mangos with a sweet aroma.
- Avoid mangos with sap on the skin.
- Store ripe mangos in the refrigerator for 1-2 days.
- To speed up ripening, place mango in a plastic bag at room temperature.

## Oranges



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Oranges are the primary source of vitamin C for most Americans.
- Sweet oranges are grown in the Southern portion of Texas.
- Orange peels contain oils that are used for making some cosmetics.

### Fun Fact!

Oranges picked higher on the tree are sweeter than oranges picked closer to the ground.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Look for firm and heavy oranges.
- Avoid dented or discolored oranges.
- Lightweight oranges usually lack juice and are lower quality.
- Dull, dry skin indicates aging.

## Raspberries



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Raspberries are a good source of iron and folate, which is good for the blood.
- Raspberries can be red, black, purple, and golden in color.
- Raspberries have hollow cores, making them delicate.

### Fun Fact!

There are over 200 species of raspberries!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### What am I looking for?

- Choose dry, plump, and firm raspberries.
- Avoid raspberries that have mushy individual cells.
- Avoid wet or moldy raspberries as those are showing signs of decay.
- Do not wash raspberries until ready to eat and refrigerate for use within 1-2 days.

## Pumpkin

### Did you know?

- Pumpkins can vary in color from white to yellow to orange.
- Pumpkins are a good source of vitamin A and potassium.
- Most pumpkin production is in the west Texas region.

### Fun Fact!

The largest pumpkins can weigh over 1,000 pounds!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Look for pumpkins that are firm and heavy for their size.
- Store pumpkins in a cool, dark place for up to two months.
- Select pumpkins that are symmetrical.
- Look for a pumpkin with 1 to 2 inches of stem to ensure it is not decaying.



MyPlate suggests making half your plate fruits and vegetables.

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## Peaches

### Did you know?

- Peaches originated in China.
- Peaches are the leading deciduous fruit crop grown in Texas.
- Peaches are available from April through August.

### Fun Fact!

Peaches are a symbol of immortality and friendship.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### What am I looking for?

- Look for peaches with firm, fuzzy skin.
- Store ripe peaches at room temperature for use within one to two days.
- Avoid very soft peaches as they are overripe.
- Avoid bruises when looking for quality.

## Pears



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Pears have been cultivated for nearly four thousand years.
- Pears can be grown in all areas of Texas depending on the variety.
- Pears are excellent sources of dietary fiber and vitamin C.

### Fun Fact!

There are over 3000 types of pears in the world!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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### What am I looking for?

- Check the neck for ripeness by applying pressure with your thumb. If it yields to pressure, it is ripe.
- Refrigerate ripe pears to maintain freshness.
- Avoid pears that are dented or bruised.
- Wash pears before eating.

## Pineapples



MyPlate suggests making half your plate fruits and vegetables.

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### Did you know?

- Pineapples can weigh up to 20 pounds!
- The pineapple plant is actually an herb that is high in vitamin C.
- The pineapple originated in Brazil and Paraguay.

### Fun Fact!

In Texas, pineapples are mostly grown in greenhouses or the Rio Grande Valley.

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### What am I looking for?

- Choose pineapples with dark green leaves and are heavy for their size.
- Pineapples with a fragrant odor and lively color are most ripe.
- Avoid pineapples with a dull, yellow-green color and dried appearance.
- Avoid bruised pineapple as they are more prone to decaying.