



SUMMER / FALL

**APPLE**

*(Malus domestica)*

# APPLES

grow on trees and ripen in LATE SUMMER to FALL (late August-November). 100 varieties are grown in PA. Apples can be red, green, yellow, sweet, tart, crunchy.

## CHOOSE FIRM, COLORFUL FRUIT

Select firm apples, free of bruises, decay, broken, or wrinkled skin. Refrigerate in a perforated plastic bag and wash before eating. Ripe apples have dark brown seeds.

## AN APPLE A DAY KEEPS THE DOCTOR AWAY!

Apples are a rich source of antioxidants, flavonoids, and dietary fiber! Quercetin, one of the antioxidants found in apples, helped to reduce neural inflammation. Researchers have also found apples to be helpful for lowering bad cholesterol and improving digestive health!



# EASY WAYS TO ENJOY THIS FRUIT!

## APPLE CINNAMON OATMEAL

In a saucepan, combine 1 cup water, 1/4 cup apple juice, and 1 apple cored and chopped. Bring to a boil over high heat and stir in 2/3 cup rolled oats, and 1 tsp. ground cinnamon. Reduce heat to low. Simmer 3 minutes. Add 1 cup milk, and enjoy!



## APPLE CHEDDAR QUESADILLAS

Sprinkle 2-3 TB. of shredded cheddar cheese over one half of a whole wheat tortilla. Place several apple slices inside on top of the cheese, then sprinkle 2 more TB. of cheese on top of apples. Fold the tortilla in half and toast in an oiled, medium-high heat skillet until melted.





SPRING / FALL

# STRAWBERRY

*(Fragaria x ananassa)*

# STRAWBERRIES

grow close to the ground and fruit in LATE SPRING (May-June). Some varieties fruit again in EARLY FALL (August - September).

## PICK FRUIT WHEN RIPE & RED

Choose fruit that is fully red and tender to the touch. To harvest, cut the stem just above the fruit. Store fruit in the fridge or prepare into a jam, jelly, or preserve.

## STRAWBERRIES ARE HIGH IN VITAMIN C!

This world-wide popular berry is among the highest in vitamin C! A 1 cup serving provides 113% of the daily intake of vitamin C.

Strawberries help strengthen the heart, blood vessels, and capillaries!



# EASY WAYS TO ENJOY THIS FRUIT!

## SWEET & TANGY STRAWBERRY SALAD

Per serving, select 4-5 medium size strawberries, Slice and top with 1 tsp. of balsamic vinegar. Mix into 1 cup of salad greens, top with 1 TB. mixed chopped nuts, and your choice of low fat cheese (goat, feta).



## 5-INGREDIENT STRAWBERRY SALSA

Finely dice 1 pint strawberries. Add 1/2 small red onion (about 1/2 cup) peeled and finely diced, 2/3 cup finely-chopped fresh cilantro, loosely packed, 1 jalapeno, stem and seeds removed, finely diced, juice of 1 lime (about 2 TB.) and pinch of salt & pepper. Mix well.





SUMMER/FALL

**RASPBERRY**

*(Rubus idaeus)*

# RASPBERRIES

grow on canes and ripen in SUMMER (July-August) & again in FALL (September-October) for some varieties. Ripe berries will slip off the stem with a gentle pull.

## PICK BRIGHT, FIRM BERRIES

Select bright red raspberries that are fully colored. They should be uniform in color and firm. Avoid overly soft fruit with dark spots. Refrigerate unwashed fruit in a shallow container.

## RASPBERRIES HELP FIGHT HEART DISEASE!

Raspberries are packed with cancer-fighting antioxidants. They have 10 times as many antioxidants as tomatoes! They contain ellagic acid that lowers inflammation in the body and interferes with the formation of cancer cells. Potassium supports healthy heart beat and pressure!



# EASY WAYS TO ENJOY THIS FRUIT!

## 3-INGREDIENT RASPBERRY SORBET

In a food processor, blend 3 cups of frozen raspberries, 2 TB. raw honey or maple syrup, and 1 tsp. lemon juice. Blend until smooth. Eat right away or transfer into a freezer-safe container to freeze for 3-4 hours until firm.



## RASPBERRY-CHIPOTLE BLACK BEAN DIP

In a food processor, blend 1 cup raspberries, 3 chipotle peppers plus 4 TB. adobo sauce from jar, 1 jalapeno, and 1/2 tsp. salt. Set aside. Blend 1 can black beans, 3 oz. cream cheese, and 1/3 cup of raspberry chipotle sauce. Serve immediately with chips or sliced vegetables, or warmed in an oven-safe dish, cooked 5-7 min in a 400F oven.





SUMMER

**P E A C H**

*(Prunus persica)*

# PEACHES

grow on trees and ripen in LATE SUMMER (July-August). The fruit continues to ripen after being picked from the tree.

## PICK FRUIT WHEN RIPE & TENDER

Choose fruit that is tender to the touch. To harvest, hold the branch to steady it and pluck the fruit from the tree. Store fruit in the fridge or slice and can to preserve the fruit.

## PEACHES ARE A GOOD SOURCE OF VITAMIN A!

Peaches are low in calories (100 g provide just 39 calories) and are a moderate source of vitamin C, A, and beta-carotene. Beta-carotene is found commonly in yellow and orange fruits and vegetables and converts into vitamin A -- essential for night vision & healthy skin!



## EASY WAYS TO ENJOY THIS FRUIT!

### PEACH & CARROT SMOOTHIE

Combine 1 medium peeled banana (fresh or frozen), 1 cup of frozen carrots, and 1-(15 oz.) can of undrained peaches into a food processor or blender. Blend until smooth! Syrup can be replaced by 3/4 cup of water or other juice.



### PEACH-GINGER HUMMUS

In a food processor, combine 1-(15 oz.) can of no salt-added garbanzo beans, 1/2-(15 oz) can of drained peaches, 2 TB. of olive oil, 3 TB. water, 1 tsp. grated ginger, 1 clove garlic, 2 TB. fresh lemon juice, and 1/2 tsp .cumin. Blend until smooth. Top with chopped 1/2 can peaches. Serve with sliced veggies.





SUMMER

**ASIAN PEAR**

*(Pyrus pyrifolia)*

## ASIAN PEARS

grow on trees and ripen in SUMMER (July-September). They need no after-ripening storage period. They have a mild sweet flavor and crisp texture.

## PICK FRUIT WHEN SKIN YELLOWS

Asian pears are ready for harvest when they come away easily from the spur or branch when they are lifted and twisted slightly. Skin can bruise easily. Store in the fridge.

## ASIAN PEARS ARE GOOD SOURCE OF FIBER

One large Asian pear provides between 26.1 and 39.6% of one's daily intake of fiber -- essential for digestive health. Asian pears also provide vitamin K, which is important for bone health and the blood's ability to clot, and copper, essential to energy production, red blood cells, and collagen.



## EASY WAYS TO ENJOY THIS FRUIT!

### BAESUK: HONEY-STEAMED ASIAN PEARS

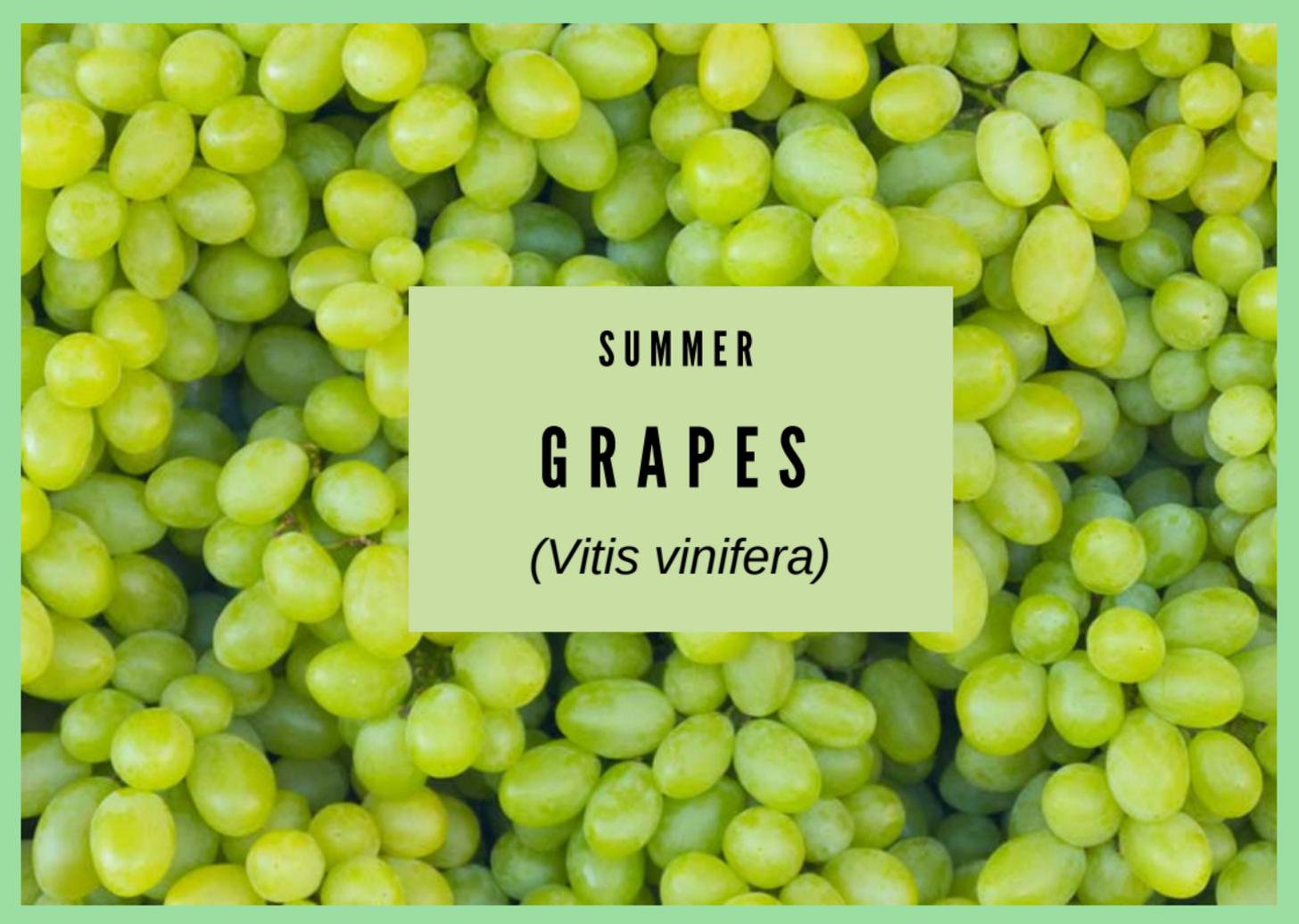
Slice 1 inch off the top of an Asian pear for a lid, scoop out the core and seeds with a small spoon. Fill with 2 tsp. honey, 1/2 tsp. ginger, 1/4 tsp. cinnamon powder, 1 TB. raisins. Put in a ceramic bowl in a soup pot filled with water. Cover & steam 1 hour until tender over medium-high heat.



### ASIAN PEAR-CELERY SLAW

Cut 2 firm Asian pears and 2 celery ribs into 1/4 inch-thick matchsticks. For dressing, mix together 3 TB. fresh lime juice, 2 TB. rice vinegar, 1 tsp. finely grated ginger, 2 scallions thinly sliced, 1/2 tsp. finely chopped hot red chili or chili flakes, and 1/4 cup fresh cilantro, chopped. Let stand 15 mins. before serving.





SUMMER

**GRAPES**

*(Vitis vinifera)*

# GRAPES

grow on vines and ripen in LATE SUMMER (late August-September). The fruit comes in red and green varieties and does not continue ripening once picked from the vine.

## PICK FULL RICH-COLORED FRUIT

Pick grapes when they are plump, rich in color, full-flavored, and easily crushed but not shriveled. To keep fresh, refrigerate 1-2 weeks unwashed in a plastic bag.

## GRAPES HELP STRENGTHEN THE EYES!

Grapes contain antioxidants lutein and zeaxanthin which can help maintain eye health! Laboratory tests have suggested resveratrol may protect against eye problems like glaucoma and cataracts. Grapes also have vitamins, minerals, and fiber, making them a sweet healthy treat!



# EASY WAYS TO ENJOY THIS FRUIT!

## GREEN GRAPE JUICE

In a blender, combine 2 cups green grapes, 1 tsp. lemon juice, and optionally: 1 tsp. grated ginger, and a pinch of salt. Blend until smooth. Strain through a strainer placed over a bowl and serve over ice and garnished with mint leaves.



## CHICKPEA SALAD WITH GRAPES & PECANS

In a mixing bowl, add 1-(15 oz) can of chickpeas, 4 TB. mayonnaise, 1/4 tsp. salt, 1/2 tsp. black pepper, and juice from 1/2 lemon. Mash together. Fold in 1/3 cup chopped grapes, 1/4 cup chopped pecans, 2 TB. chopped red onion, 1 tsp. chopped chives, and 1-1/2 TB. chopped parsley. Eat as sandwich filling, or salad.





SUMMER / FALL

**PEAR**

*(Pyrus communis)*

# PEARS

grow on trees and ripen off the tree in **SUMMER** (late July-August). 10 varieties are grown in the U.S. Pears can be red, green, yellow, brown.



## PICK FIRM FRUIT, CHECK THE NECK

Select firm pears. Apply gentle pressure to the stem end with your thumb. When it bends -- it's ready! Store unripe fruit in a paper bag on the counter. Refrigerate ripe fruit.

## PEARS PROVIDE FLAVONOIDS & FIBER!

One medium pear provides 12% of the daily recommended value of vitamin C. Pears also contain 10% daily vitamin needs of vitamin K, potassium, calcium, and iron. Pears support the immune system, heart health, and help regulate the body's fluid levels.



# EASY WAYS TO ENJOY THIS FRUIT!

## PEPPERED-BUTTER PEAR TOAST

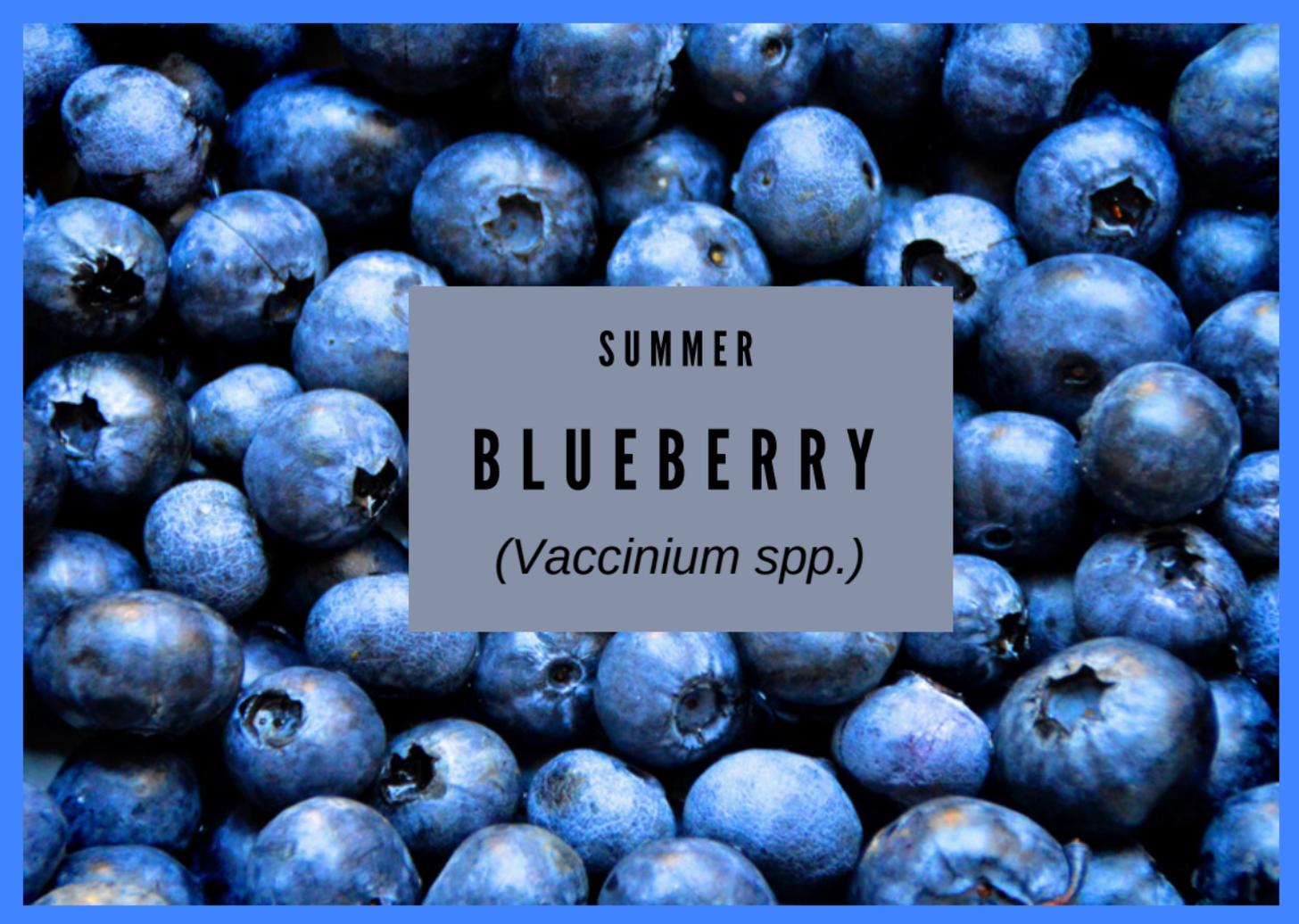
Toast thick-cut slices of bread (pumpernickel, rye) in the toaster or oven. Slather with butter, thinly sliced pear, drizzle of honey, salt, and pepper.



## RED PEPPER AND PEAR SOUP RECIPE

Roast 3 large red bell peppers under oven broiler until charred black. Cool, then rub off charred skin, remove core and seeds. In a medium-high heat soup pot, sauté 1 TB. olive oil, 1 leek, 3 chopped garlic cloves for 5 minutes. Add peppers, 1 chopped pear, and 1/2 tsp. thyme. Cook 10-15 min. Add 2-(14 oz.) cans of broth. Blend.





SUMMER

**BLUEBERRY**

*(Vaccinium spp.)*

# BLUEBERRIES

grow on bushes and ripen in SUMMER (July-August). The shrubs need acidic soil to thrive! Blueberry plants can be planted in large containers with good drainage.

## PICK FRUIT WHEN RIPE & TENDER

Choose berries that are plump and dark blue. To harvest, hold the branch steady and pluck the fruit from the shrub. Store fruit in the fridge or freezer.

## BLUEBERRIES ARE HIGH IN ANTIOXIDANTS

Blueberries contain iron, phosphorous, calcium, magnesium, manganese, zinc, and vitamin K -- all vitamins and minerals that help build and maintain bone and joint strength and elasticity! Blueberries also provide 24% the daily recommended value of vitamin C -- helping with skin health!



## EASY WAYS TO ENJOY THIS FRUIT!

### BLUEBERRY GREEK-YOGURT POPSICLES

Puree 1 pint of blueberries in a food processor or blender until smooth. Add 1 cup plain Greek yogurt, 1/2 cup half-and-half, 3 TB. sugar, and 1 tsp. vanilla extract. Pour into popsicle moulds or paper cups. Freeze 4 hours or overnight.



### BLUEBERRY-BANANA OVERNIGHT OATS

Combine 1/2 cup unsweetened coconut milk beverage, 1/2 cup of old fashioned oats, 1/2 mashed banana, 1 tsp. maple syrup or other sweetener, and pinch of salt in (4) pint-size jars, and stir. Top with 1/2 cup fresh blueberries and 1 TB. of flaked coconut. Cover and refrigerate overnight.





SUMMER

**PLUM**

*(Prunus spp.)*

# PLUMS

ripen on trees in LATE SUMMER (late August-September) and can produce lots of fruit! The fruit is soft, sour, and sweet, and delicious fresh, pickled, or made into jams.

## PICK FRUIT WHEN FLESH IS SOFT

Pick the fruit when the flesh feels soft in your hand. Lightly grasp the fruit and twist from the stem. Look for fruit that has unmarked skin and somewhat firm texture. Refrigerate.

## PLUMS SUPPORT HEALTHY DIGESTION!

Plums are high in a host of antioxidants, minerals, and nutrients! Vitamin B6 helps support the nervous system and the production of serotonin, which plays a role in sleep, appetite control, and concentration. Fiber, sorbitol, and isatin help relieve constipation.



# EASY WAYS TO ENJOY THIS FRUIT!

## 5-INGREDIENT PLUM CRISP

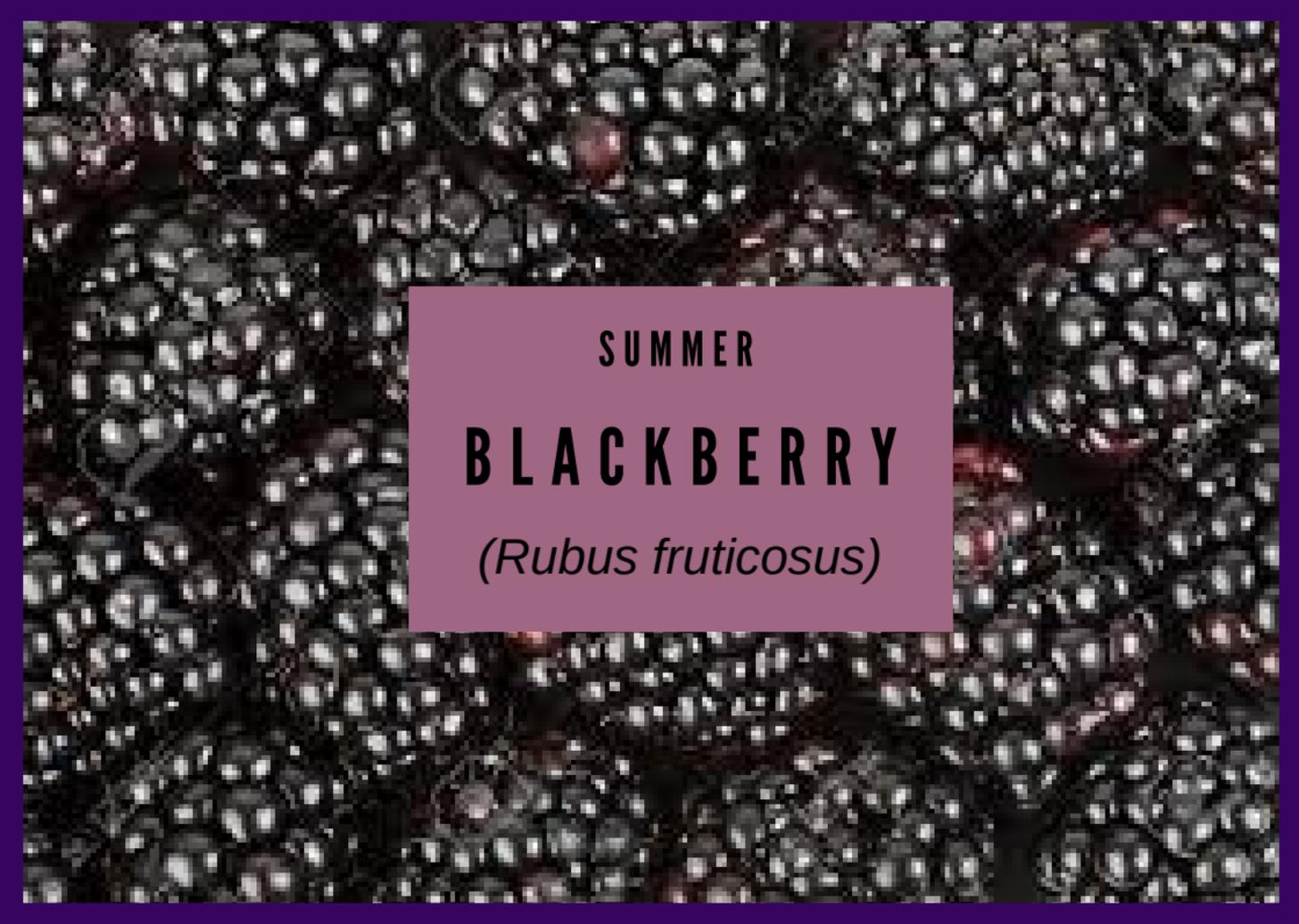
Wash, chop and de-stone 3 plums & add 1 tsp. of molasses, sugar, or honey to coat. Pre-heat the oven to 350F. Cut 1/3 cup cold butter into 1 cup rolled oats. Add in 1 TB. cinnamon. Layer plum mixture on bottom of 4 ramekins. Cover with oat topping. Bake 10-12 minutes.



## RIPE PLUM TABOULEH SALAD

In a bowl, cover 1 cup bulgar wheat with boiling water until covered. Set aside for 15 minutes. In a large bowl, add 6 chopped, ripe plums, 8 bushy sprigs of mint chopped, 8 bushy sprigs of parsley chopped, 1 chile, & 6 chopped scallions. Stir together chopped fruit, herbs, and bulgar wheat. Add juice of 1 lemon, 2 TB. olive oil, salt, pepper.





SUMMER

**BLACKBERRY**

*(Rubus fruticosus)*

## BLACKBERRIES

grow on brambles or canes and ripen in SUMMER (late July-September). The fruit is sour and sweet, and delicious fresh picked, or made into jams, jellies, cakes.



## PICK FIRM, SHINY BERRIES

Pick berries that are shiny and fully black that are not bruised or leaking. Refrigerate fruit for 3-6 days and store in a shallow container. Wash just before using.

## BLACKBERRIES BOOST BRAIN HEALTH!

Just one cup of blackberries has 30.2 milligrams of vitamin C -- that's half the daily recommended value. Vitamin C helps with collagen formation in bones, connective tissue and blood vessels. Blackberries also contain antioxidants that improve brain health and prevent memory loss!



## EASY WAYS TO ENJOY THIS FRUIT!

### PB&J SMOOTHIE

In a blender, combine 1 ripe banana, 1/4 cup creamy peanut butter, 1 cup unsweetened almond milk (or milk of your choosing), pinch of salt, and 1 cup of frozen blackberries. Blend until smooth. Enjoy this protein-packed smoothie!



### BLACKBERRY-BASIL RICOTTA PIZZA

Pre-heat oven to 500F. Spread 1 TB. olive oil over 14-16 inch unbaked pizza crust. Smash 1/2 cup of blackberries on the crust, along with 1 cup shredded parmesan, 1 cup mozzarella, 1 cup ricotta in spoonfuls. Scatter remaining berries. Bake 10-15 minutes. Add shredded basil.

