

Celebrate Fruit and Vegetable Month



June is Fruit and Vegetable Month. This also corresponds to the time of year when the produce section of the store is filled with a multitude of fresh selections – corn, tomatoes, melons, berries and more.

There is no better time than now to start enjoying more fruits and vegetables. Here are ways to get ready for the celebration.

Get cleaned up

Make room for fruits and vegetables in your kitchen.

- Clean out your refrigerator so you will have room for more fruits and vegetables.
- Convert the deli drawer for fruit storage.
- Use one of the bottom produce drawers for salad and the other for vegetables in season.

Dress up with color

Did you know that there are 5 color groups for fruits and vegetables?

- 1) White/brown
- 2) Yellow/orange
- 3) Purple/blue
- 4) Green
- 5) Red

Try to keep a variety of colors on hand so you can benefit from all of the nutrients and phytochemicals (beneficial plant chemicals) these color groups provide.

Prepare the feast

Prepare fruits and vegetables so they are ready for round-the-clock snacking.

- Cube melons and place them in a covered dish in the refrigerator.
- Wash berries and place them in bowls ready to put on cereal and yogurt.
- Make a big tossed salad. Tossed salad lasts in a bowl for up to 2 days when it is not dressed.
- Bananas, peaches, plums and tomatoes can be placed on the counter in a bowl (refrigerate when ripe).
- Shuck corn and wrap in plastic. All you have to do is microwave for 2-3 minutes per ear.
- Keep potatoes, along with fat-free sour cream and light margarine on hand for snacks and meals.

Fruit and Vegetable Quiz

Provide the answers to these questions:

- 1) 8 of these berries have more vitamin C than one orange
- 2) The _____ is a variety of the peach. They are smooth while the peaches are fuzzy. Both are high in vitamin A.
- 3) This vegetable is also a grain.
- 4) This fruit has been used in civilization for a long time and is classified for table, wine or raisins. The red variety has received attention in the press for its heart-beneficial phytochemicals.
- 5) This sweet, delicious red melon can be served sliced or cubed for snacks and desserts; best of all, it contains just 80 calories per 2 cups!

- Answers:
- 1) Strawberries
 - 2) Nectarines
 - 3) Corn
 - 4) Grapes
 - 5) Watermelon