

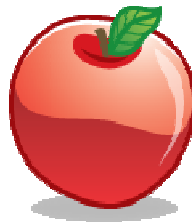


Eat Well, Play Hard ~ Wayne County

Enjoy the Bounty from Wayne County!

www.eatwellplayhardwayne.org

Apples



- New York is the second largest apple producing state in the United States. Apples taste delicious and are healthy for you too.
- NY apples are a great source of dietary fiber and Vitamin C. Fiber helps to keep you regular, controls blood sugar, and may lower cholesterol. Vitamin C supports healthy skin and blood.
- Eat apples with the skin on! The skin is part of the fiber found in apples and almost half of the Vitamin C content is just underneath the skin.
- Choose apples that are firm and free from any blemishes, soft spots or wrinkled skin. Apples will keep much longer if stored in the refrigerator. It is best to use apples within 2 weeks.
- Most apples are good for baking, cooking, and freezing. A few varieties are best eaten out-of-hand and include Gala and McIntosh.

Try Something NEW! A Microwave, Baked Apple

1 apple

1 tablespoon brown sugar

1/2 teaspoon nutmeg, 1/2 teaspoon cinnamon

1 teaspoon butter or margarine

Core apple, & leave bottom intact. In a bowl, mix sugar, nutmeg and cinnamon.

Spoon sugar mixture into the apple and set butter on top. Place in a microwavable dish and cover.

Cook for 3 to 4 minutes or until tender.

Let apple rest for 2 minutes before serving.



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Broccoli



- Broccoli is a cruciferous vegetable. This family of vegetables reduces the risk for developing cancer. It includes cauliflower, kale, radishes, brussel sprouts and cabbage.
- Broccoli has been grown for more than 2000 years. The first commercially grown broccoli was grown and harvested in New York State in the 1920's.
- Key nutrients in broccoli include Vitamins A and C, folate (folic acid), and potassium. Vitamins A and C help build resistance to infection and Vitamin A is important for good vision and healthy skin. Folate helps support a healthy heart and blood. Potassium is important for a normal blood pressure.

Selection and Preparation

- Broccoli should have fresh looking light green stalks with compact dark green heads. Some even have an occasional purple tinge to them.
- Avoid broccoli with open, flowering, discolored or wet and wilted heads with tough, woody stems. Broccoli should be refrigerated and kept dry until used.
- Stems can be peeled and sliced for dipping in your favorite vegetable dip or cooked along with florets.
- Broccoli is easily steamed or stir-fried in 6-12 minutes. Avoid overcooking.

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Information provided by Jennifer Jones, Registered Dietitian



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Cabbage



- New York ranks number one in the country in production of fresh cabbage. There are three major types of cabbage: green, red and Savoy.
- Cabbage is a member of the cruciferous vegetable family. The phyto-(plant) nutrients found in this group of vegetables helps to reduce the risk of cancer.
- Cabbage is also a good source of Vitamin C, which promotes healthy skin and blood. They also have folate (folic acid) for a healthy heart and blood and potassium, which helps maintain normal blood pressure levels.

Selection and Preparation

- Choose firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.
- The leaves should be compact and smooth for green and red cabbage, but Savoy cabbage leaves should be crinkly and less compact.
- Cabbage should be kept in the refrigerator and used within 2 weeks.
- Wash well and remove wilted leaves before using.
- Green, red and Chinese cabbages are great chopped and added to salads.
- All cabbages are easily steamed, stir-fried or boiled. Slices or wedges cook in about 6-12 minutes. Chop or slice then add to soups and stews for flavor and bulk.

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Onions



- Onions can be divided into two categories: spring/summer fresh onions and fall/winter storage onions.
- The yellow globe onion (a fall/winter storage variety) is the most common type grown in New York State. Yellow onions are full-flavored and are a reliable standby for cooking almost anything. They turn a rich, dark brown when cooked.
- Two spring / summer onions are the red and the white. The red onion, with its wonderful color, is a good choice for fresh uses or in grilling and char-broiling. White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.
- Onions are a source of vitamin C, potassium, dietary fiber and folic acid. They also contain some calcium and iron. Onions are low in sodium and contain no fat.
- When choosing onions pick those that are heavy for their size with dry and papery skin. They should contain no soft or black spots.
- Onions can be stored up to two months in a cool, dry place. Chopped or sliced onions can be stored in a sealed container in your refrigerator for up to 7 days.
- Try freezing onions for up to 20 minutes prior to cutting them to reduce tears.



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Pears



- Pears have been grown for nearly 4,000 years and are one of the few fruits that do not ripen on the vine. Pears are plentiful in New York! Our state ranks fourth in the production of this delicious fruit.
- Pears taste good and are good for you. Their nutrition profile is low in calories, fat free, high fiber and a good source of Vitamin C, which keeps you healthy and helps any cuts to heal.
- A medium pear contains about 100 calories and 6 grams of dietary fiber! Fiber has many health benefits including lowering your risk of heart disease.
- When choosing pears, look for solid fruit that yields to gentle pressure. Avoid those with scars or bruises. Choose firm pears if intended for baking.
- Ripen pears in a paper bag or covered bowl (with slight ventilation) at room temperature for two to three days until fragrant and soft to the touch. Once ripe, pears will keep up to three days if refrigerated in a plastic bag.
- Wash pears before eating. Pear skin adds to the fruit's fiber content so there is no need to peel the fruit before eating. Pears are great as a snack-just slice and eat. Pears can be poached, baked, or microwaved in a variety of entree or dessert recipes.



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Winter Squash



- Squash are a delicious and nutritious vegetable. There are many varieties available to suit your taste. Some common varieties include acorn, buttercup, butternut, delicata, hubbard, and spaghetti squash.
- Key nutrients include Vitamin A for healthy skin, good vision and resistance to infection; fiber to help keep you regular, control blood sugar and lower blood cholesterol; Vitamin C for healthy gums, skin and blood; and potassium to maintain normal blood pressure.

Selection and Preparation

- Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Avoid squash that have sunken or moldy spots.
- Store in a cool dry place. Winter squash will keep for several months if stored correctly.
- To bake, wash and cut in half or quarters depending on the size. Scoop out the seeds with a spoon. Place cut side down on a shallow baking pan and bake at 375 degrees for about 40 - 50 minutes.
- To microwave, cut squash in half and remove seeds. Pierce the skin in several places on each half. Place the squash in a glass bowl with cut sides facing the sides of the bowl. Place in the microwave and cook on high for 10 to 20 minutes. Poke squash with a fork to check for desired tenderness.