

FRESH FRUITS AND VEGETABLES THAT ARE IN SEASON ARE USUALLY THE BEST BUY!

SPRING

| | |
|--------------|--------------|
| Apricots | Artichokes |
| Asparagus | Beets |
| Carrots | Cauliflower |
| Cherries | Green onions |
| Lettuce | Peas |
| Radishes | Rhubarb |
| Strawberries | Spinach |

Tips...

-  Buy discounted/ripened fruit to use in baking or cooking.
-  Clip coupons for money off on produce you like.

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FALL

| | |
|--------------|--------------------|
| Apples | Beans for shelling |
| Broccoli | Brussels sprouts |
| Cranberries | Grapes |
| Leeks | Mushrooms |
| Pears | Persimmons |
| Pomegranates | Peppers |
| Pumpkins | Sweet potatoes |

Tips...

-  Check with your local county extension office to find out how to sign up for Heartland Share.
-  Save on 100% juice by buying frozen juice concentrate.

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SUMMER

| | |
|-------------|---------------|
| Avocados | Berries |
| Carrots | Corn |
| Cucumbers | Eggplant |
| Figs | Garlic |
| Green beans | Okra |
| Onions | Melons |
| Nectarines | Peaches |
| Peppers | Plums |
| Potatoes | Summer squash |
| Tomatoes | |

Tips...

-  Handle fresh fruits and vegetables gently! Bruising and damage cause quick spoiling.
-  Turn your produce shopping into a family outing - visit a farmers' market.

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WINTER

| | |
|-------------|---------------|
| Broccoli | Cabbage |
| Cauliflower | Celery |
| Endive | Grapefruit |
| Lemons | Oranges |
| Parsnips | Rutabagas |
| Turnips | Winter squash |

Tips...

-  Stock up on canned fruit and vegetables especially when they are on sale.
-  Watch local grocery ads for reduced prices on frozen vegetables and fruits.

Pocket Fruit Pies

Makes 4 servings

Ingredients:

- 4 (8 inch) flour tortillas
- 1 large apple or 2 medium peaches or pears
- 1/4 teaspoon ground cinnamon
- 2 tablespoons brown sugar
- 1/8 teaspoon ground nutmeg
- 2 tablespoons milk
- sugar (optional)

Directions:

1. Warm tortillas in microwave or oven
2. Peel and chop fruit into small pieces.
3. Place 1/4 the fruit on each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit. Roll up the tortillas.
5. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
6. Bake in a 350 degree oven for 8 to 12 minutes or until lightly brown. Serve warm or cold.

Nutrition Information:

One serving provides 300 calories, 5 g total fat, 0 mg cholesterol, 350 mg sodium, 55 g total carbohydrate, 4 g dietary fiber, 7 g protein.

Breakfast Banana Split

Makes 1 serving

Ingredients:

- 1 small banana
- 1/4 cup crunchy nugget cereal
- 1/2 cup lowfat fruit-flavored yogurt or cottage cheese
- 1/2 teaspoon honey
- 1/4 cup pineapple tidbits
- Maraschino cherries, optional

Directions:

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate your dish with reserved cereal, pineapple and cherries.

Nutrition Information:

One serving provides 480 calories, 3 g total fat, 10 mg cholesterol, 430 mg sodium, 107 g total carbohydrate, 9 g dietary fiber, 13 g protein.

Creamy Dip for Veggies

Makes 4 - 1/4 cup servings

Ingredients:

- 1/2 cup lowfat sour cream
- 1/2 cup lowfat ranch dressing
- Pepper to taste

Directions:

1. In a small bowl combine sour cream and ranch dressing. Add pepper to taste.

Nutrition Information:

One 1/4 cup serving provides 100 calories, 4 g total fat, 15 mg cholesterol, 370 mg sodium, 13 g total carbohydrate, 0 g dietary fiber, 2 g protein.

Tropical Fruit Dip

Makes 6 - 1/2 cup servings

Ingredients:

- 2 cups fat free sour cream
- 1 cup fruit flavored yogurt
- 1/2 of 3.5 ounce package vanilla instant pudding (about 4 T.)

Directions:

1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.
2. Mix well and chill.

Nutrition Information:

One cup serving provides 150 calories, 1.5 g total fat, 10 mg cholesterol, 200 mg sodium, 28 g total carbohydrate, 0 g dietary fiber, 6 g protein.