

Baby Granny Smith Apples

Nutritional Facts

Granny Smith apples are a good source of soluble fiber, which has been proven to help lower cholesterol, control weight, and regulate blood sugar. Granny Smith apples contain vitamins A and C.

Description/Taste

Granny Smith apples have a bright green skin that is often speckled with faint white spots. Medium to large in size and round in shape, they are a firm and juicy apple with thick skin. Their flesh is bright white and crisp in texture with a tart, sweet flavor.

Where do they grow?

Today Granny Smith apples grow in Australia, Europe, New Zealand, South America, and the United States. Granny Smith apples grow in colder climates. Most apples change colors when ripe; however granny smith apples maintain their green when both immature and ripe.

☺ Did you know Granny smith Apples first varieties of apples widely available supermarkets.

Baby Kiwi

What is a Baby kiwi? Are small berries, similar in shape to a grape. It has a razor thin fuzz-free smooth skin. The inside of the fruit is more exciting than a common kiwi fruit, the color of muted green with hints of purple and brown.

How do they grow? They grow on extremely frost tolerant vines. They have large spreading leaves. To grow the vine needs to frost free for 120 days. They are harvest in the fall.

Where do they grow? Baby kiwis are suited for the northern climates. The crop originates in Asia but is commercially grown New Zealand and Oregon.

How to eat? They can be eaten like berries. You can eat them raw or cooked. You can serve them with fruit salads, or in pies, jams, and jellies. Their seeds are edible.

Nutritional Facts! Baby Kiwi is an excellent source of vitamin C.

Nutrition Facts	
Serving Size 6 oz (170g) Amounts per Serving Calories 130 Calories from Fat 9.0	
	% Daily Value
Total Fat 1g	1 %
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugar 13g	
Protein 2g	4%

Pineapple

Our skin is rough, with scale-like segments. Our skin color varies from Creamy-green to yellow-orange with our flesh color pale yellow to golden yellow. Inside, we contain juicy, slightly fibrous segments, formed from each of our small fruits, attached to a firm central core.

Where do we grow?

- In humid tropical places, such as Hawaii, Costa Rica, Thailand, Philippines, and Brazil.
- They don't grow on trees. They grow in the middle of a plant that is more like a spiky bush, which grows in clusters.
- After planting we take up to 2 years to be ready for harvesting. After we have been cut from the plant another fruit will start to develop. This can continue to occur for up to 50 years.

Why Pineapples are good to Eat

- We're a good source of vitamin C.
- We a good source of dietary fiber.
- We're a source of mineral called manganese. We don't hear a lot about manganese, but it's needed by our bones and for the cartilage in joints as well as the brain.

Availability:

- We're generally available all year round with our best value being from November to February.

Fun ways to eat:

- Fresh, frozen, cooked
- **Pineapple Crush**
Mix 2 cups pureed pineapple with 1 cup apple or pineapple juice. Chill. Stir in 1 cup coconut milk and serve with crushed ice and mint sprigs.
- **Frozen Pineapple Pieces**
Peel and cut pineapple into bite-size pieces. Put on a toothpick and freeze for a refreshingly cool real fruit ice block. For variation roll in toasted coconut before freezing.

Persimmon Fuyu

What is a Persimmon Fuyu?

Fuyu has apricot and cinnamon flavors that are appealing to children. It is easy to prepare and does not brown quickly.

How Do Persimmons Grow?

The persimmon is a deciduous tree, adaptable to a wide range of soils and climates.. Although the trees can withstand temperatures as low, they do not produce well in high summer heat or desert regions. The trees may reach heights of up to 25 feet; trees bear fruit about two to three years after grafting and have a life span of about 10 years.

Reasons to Eat Persimmons

One medium persimmon provides:

- An excellent source of fiber, most in the form of soluble fiber.
- An excellent source of Vitamins A and C and the mineral manganese.
- A source of Vitamin B6 and potassium.

Just the Facts

- The persimmon is Japan's national fruit.
- Persimmon trees are also cultivated for timber (used in golf clubs, textile weaving and furniture), wildlife (flowers produce nectar for honeybees), and beautification.

Nutrition Facts

Serving Size: 1 medium persimmon (168g)

Calories 118 Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 31g 10%

Dietary Fiber 6g 24%

Sugars 21g

Protein 1g

Vitamin A 55% Vitamin C 21% Calcium 1% Iron 1%

Organic Strawberries

What does organic farming mean? Organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, or genetically modified organisms.

Availability? Organic strawberries are available year-round. The strawberries grow in Central and Southern California, Florida, and Central Mexico.

Nutritional Facts:

- The organic strawberries had higher antioxidant content.
- Antioxidants are important in helping the body repair itself from natural and man-made free radical damage.
- Organic strawberries had more dry matter than conventional strawberries, meaning they were firmer and meatier.
- A particularly surprising finding was that the organic strawberries had the longest shelf life based on water loss and mold growth.

Nutrition Facts	
Serving Size 6 oz (170g) Amounts per Serving Calories 130 Calories from Fat 9.0	
	% Daily Value
Total Fat 1g	1 %
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugar 13g	
Protein 2g	4%

Pixie Tangerines

How do they grow?

Like all citrus, Pixie tangerines require a frost-free environment in which to grow. Pixies grow best in areas with mild winters and hot summers. All citrus should be grown in areas of full sun. Pixie tangerine fruit stays on the tree during the winter months and is therefore quite susceptible to damage by cold weather.

How to eat?

Pixies last at least several weeks from the time at which they are picked from the tree. They do not need to be refrigerated, but should be kept cool.

Availability?

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
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Nutritional facts!

We have found that Ojai Pixies are one of the easiest ways for adults and kids to fulfill their consumption of 5 daily fruits and vegetables that the USDA recommends in order to stay healthy.

Tangerines are an excellent source of potassium and are of course packed with vitamin C as well as some calcium and iron.

Did you know?!

- A pixie tangerine does not have a seed.

How to peel?!

1. Start at the top
2. Push your thumb under the skin at the top of the fruit, then rotate it as you gently spiral the skin off the Pixie.
3. Then Eat ;]

Nutrition Facts

Serving Size 1 cup (sections - 195g)

Amount Per Serving

Calories 103 **Calories from Fat:** 5

% Daily Value*

Cholesterol 0mg 0%

Fiber 4g 14%

Protein 2g 0%

Saturated Fat 0g 0%

Sodium 4mg 0%

Sugars 21g 0%

Total Carbohydrate 26g 9%

Total Fat 1g 1%

Calcium 7% • Iron 2%

Vitamin A 27% • Vitamin C 87%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Pomegrante

How do they grow?

- The tree grows to about five and eight meters tall.
- Completely grown-up tree bears numerous spherical, bright red, purple, or orange-yellow colored fruits depending on the cultivar types.
- Each fruit measures about 6-10 cm in diameter and weighs about 200 gm.

Description?

- Its outer skin or rind is tough and features leathery texture.
- The size of a ripe pomegranate can be as small as an orange or as big as a grapefruit.
- It has a rounded hexagonal shape, with thick yellowish to reddish outer layer.

Nurtitional facts!

- The fruit is moderate in calories; 100 g provides 83 calories, slightly more than that in the apples. It contains no cholesterol or saturated fats.
- The fruit is an also good source of antioxidant vitamin-C, Consumption of fruits rich in vitamin C helps the body develop resistance against infectious agents by boosting immunity.
- Pomegranates have very high anti-oxidant component found to be responsible for its superior health benefits.
- They are also a good source of vitamin, vitamin C, calcium and phosphorus. These combination and other minerals in pomegranates cause a powerful synergy that prevents and reverses many diseases.

Did you know!

- Pomegranate is one of the most extensively cultivated fruits for food, juice, flavor, and color, making it a common ingredient in new functional foods often called "super fruits."

Dragon Beans

What is a Dragon Bean? a legume picked when young. Bean also refers to the entire fruit: the pod and the seed.

Description? The bean has a cream color with vivid violet variegations throughout its string-less pod. The bean measures to an average of six inches in length. The pods are crisp and succulent and bear four to six plump bone white seeds with pink to purple stripes that turn tan with age.

How to eat? The tender pod of this bean is entirely edible. fresh seeds are firm, slightly starchy, nutty and sweet. The entire bean can be eaten raw or cooked.

Availability: Dragon Tongue beans are available mid summer into fall.

Nurition Fact		DragonBeans	
Serving Size: 1 Cup			
Calories	34	Sodium	7mg
Total Fat	0g	Potassium	230mg
Saturated	0g	Total Carbs	8g
Polyunsaturated	0g	Dietary Fiber	4g
Monounsaturated	0g	Sugars	0g
Trans	0g	Protein	2g
Cholesterol	0mg		
Vitamin A	15%	Calcium	4%
Vitamin C	30%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Ambrosia Apple

Availability?

Ambrosia apples are available in the fall.

Description:

The Ambrosia apple is a bi-colored apple with pink blush against a field of creamy yellow.

Taste:

The flesh is tender and juicy, with a very fine, crisp texture .

How do they grow?

Ambrosia tree tends to grow very upright and spurry. It develops feathers, spurs and some strong branches.

Did you know!

- Ambrosia apples are to be known as the Fruit of the gods.
- When they're sliced, they do not turn brown as quickly as other varieties.

Nutrition Facts

Serving Size: 1 medium apple (154g)

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 5g

Sugars 17g

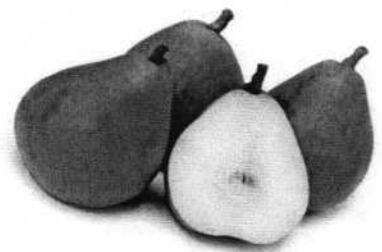
Protein 0g

Vitamin A 2% Vitamin C 20%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Source: PMA's Labeling Fact

Taylor Gold Pears



Taste

Cinnamon-colored Taylor's Gold pears have a smooth uniform russet skin. Delicately perfumed, creamy, juicy and very tender, this special pear's flesh offers an extraordinary rich, sweet flavor.

Where do they grow?

- Prefer cooler climates.
- Very short seasons; typically making their debut during the summer months

Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
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Availability

How to eat?

These juicy pears can be ate fresh or slice and add to a variety of salads. Bake, pickle, can, freeze, make fresh baby food or jams, jellies and sauces. Cook into an all-fruit conserve; spread on toast, waffles or pancakes. Ripen fruit in a paper bag at room temperature. Refrigerate ripe fruit for only a day or two.

Nutritional Facts!

They are low in sodium, fat and calories, fresh pears have no cholesterol and provide a source of dietary fiber, and vitamin C.

Blackberries

How do they grow?

- They grow on shrubs known as brambles.
- The berry is an aggregate fruit consisting of small drupelets.
- Each drupelet composes of juicy pulp with single tiny seed.
- The berry measures about 3-4 cm in length containing about 80-100 drupelets.

Where do they grow?

They grow in the wild and are cultivated in mainly northern US states.

How to eat?

- Fresh, dried, and frozen

Availability?

Northwest blackberries are available from late July to late August. Blackberries are available from California from May to October.

Nutritional facts!

- They are packed with numerous nutrients such as vitamins, minerals, anti-oxidants, and dietary fibers that are essential for optimum health.
- The berries are very low in calories. 100 g provide just 43 calories.
- Fresh berries are an excellent source of vitamin C

Did you know?!

- Unripe berries will not ripen once picked.

How to store: To store, place them in the refrigerator, they stay fresh for up to 4-5 days.

Golden Raspberries

How do they grow?

Golden raspberry plants are somewhat cold hardy, such as the common Red raspberry. They exist primarily as erect, upright bushes.

Taste:

Golden Raspberries are extremely sweet with just a subtle hint of tartness.

Description:

Gold raspberry is similar in characteristics to the Red raspberry in all aspects except that it is gold in color with pink hues. It is an aggregate fruit with individual drupelets that are held together by very fine, nearly invisible hairs. When picked, the stem and the receptacle of the raspberry stay on the plant, leaving a hollow center within the fruit. The Gold raspberry is fuzzy, fragile.

Availability:

Gold raspberries are available spring, summer and early fall.

Nutritional Facts:

One serving (1 cup) of raspberries can have 45% of a day's supply of vitamin C, 32% or 9 grams of fiber, 190mg of Potassium, plus 10% of folic acid and a variety of other vitamins and minerals. All of that with no fat, no cholesterol and no sodium.

Mini Sweet Peppers

:Nearly seedless peppers in a mix of tangerine, red and yellow.

They keep well and maintain their crunch.

How We Grow Them:

Using only the best sweet mini pepper seed on the market today, we grow these both in greenhouses and in the fields. Rich green leafed plants grow up to 6 feet tall. The peppers are grown throughout the year.

Availability

Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov	Dec
X	X	X				X	X	X	X	X	X

Nuritional facts

They're naturally fat free, high in vitamin C and a great source of fiber.

Nutrition Facts
Serving Size 1/2 cup
Amount Per Serving
Calories 15
Calories from Fat 0
% Daily Value*
Total Fat 0.0 g 0 %
Saturated Fat 0 g 0 %
Sodium 0 mg 0 %
Total Carbohydrate 4 g 1 %
Dietary Fiber 1 g 4 %
Protein < 1 g 1 %
Vitamin A 3 %
Vitamin C 75 %
Calcium 0 %
Iron 1 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.