

# Gooseberries

**How do they Grow?** Gooseberries are shrubs, fast growing under best conditions to 3 feet tall and 6 feet wide. The roots are superficial, fine and easily damaged. The buds perk up early in the spring, dotting the stems with green when most other plants are still yellow. The leaves are alternate, single, deeply lobed, and pale to gray-green. Stems are thin, becoming woody. The fruit, borne singly or in pairs at the axils, is a berry with many minute seeds at the center.

**Description:** A gooseberry may be green, white (gray-green), yellow, or shades of red from pink to purple to almost black.

**Taste:** The fruit has a flavor all its own, the best dessert cultivars as luscious as the best apple, strawberry or grape.

**How to eat:** Remove leaves and eat raw. Green gooseberries may also be used in desserts as well as savory dishes. Top fresh berry tarts, cheesecakes and cakes with gooseberries.

**Nutritional Facts:** Gooseberries are a good source of vitamin C and dietary fiber.

# White Nectarines

**How to eat:** White nectarines are best suited for fresh eating, yet they can also be poached, grilled, or made into a syrup and jelly.

**Growing Environment:** Their growing regions are regulated by the seasons. Only in late spring and summer will fruit become ripe. Nectarine trees need cold weather during the winter in order for the buds to develop properly and a hot dry spring and summer for fruit to ripen.

**Taste:** A ripe White nectarine's texture is tender firm with a melting quality, its flavors rich and decadently sweet with baking spice nuances.

The fruit will remain at that stage of ripeness and can be refrigerated for up to seven days.

**Description:** Fruits are rounded and slightly heart-shaped with a single central groove. Their skin is paper thin, smooth and blushed. A ripe White nectarine's texture is tender firm with a melting quality, its flavors rich.

## Nutrition Facts

Calories in White Nectarine

Serving Size: 1 serving

Amount Per Serving	
Calories	70.0
Total Fat	0.0 g
Saturated Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0.0 mg
Sodium	0.0 mg
Potassium	0.0 mg
Total Carbohydrate	16.0 g
Dietary Fiber	2.0 g
Sugars	12.0 g
Protein	1.0 g

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

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# Tangerines

Tangerines are a variety of Mandarin Oranges that are less tart and smaller than most Oranges. They are also easy to peel and split into segments.

- They are easier to peel compared to other citrus fruits and are sometimes called “easy peelers”.
- Tangerines are bright orange in color and have a distinctive sweet flavor.
  - China produces more tangerines than any other country. Most of the tangerines produced in the United States come from Florida and California.
  - Tangerines grow on trees. Tangerine trees grow best in subtropical environments where the nights are cool.
  - A mature tree is usually between 15 and 20 feet tall.
    - Tangerines are packed full of vitamin C and fiber.
    - One tangerine has half the vitamin C you need for a whole day.

<b>Nutrition Facts</b>	
Serving Size: 1 medium Tangerine (88g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 47	Calories from Fat 2
<b>% Daily Value*</b>	
<b>Total Fat</b> 0	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2mg	0%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 2g	6%
Sugars 9g	
<b>Protein</b> 1g	
Vitamin A 12%	Vitamin C 39%
Calcium 3%	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.  
Source: FIMA's Labeling Facts

# Apples and Grape Mixed Buddies

This is a perfect healthy on the go snack.  
They are 100% natural and ready to eat.  
It has seedless grapes and apple slices.

## Nutrition Facts

Serving Size 1 package (65g)

Amount Per Serving

Calories 40                      Calories from Fat 0

% Daily Values\*

Total Fat 0g                      0%

    Saturated Fat 0g              0%

    Trans Fat 0g

Cholesterol 0mg                0%

Sodium 0mg                      0%

Potassium 95mg

Total Carbohydrate 10g        3%

    Dietary Fiber 2g              8%

    Sugars 8g

Protein 0g

Vitamin A -                      • Vitamin C 8%

Calcium -                        • Iron 4%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Golden Delicious Apple

**Availability:** Golden Delicious Apples are available year round.

**Description:** Golden Delicious apples are pale green to golden yellow in color and speckled with small spot.

**Taste:** It has a sweet-tart flavor that can be enjoyed fresh. Raw apple may also be added to salads.

**Nutrition Facts:** They are low in calories and also contain vitamins A and C.

## Fun Facts:

- Today the Golden Delicious is grown in apple growing regions around the world including in its place of origin in West Virginia where it is honored as the official State fruit.
- Red Delicious, Golden Delicious, Granny Smith, Gala and Fuji are the five most commonly consumed apples in the U.S.

<b>Nutrition Facts</b>	
Serving Size 1 Medium Apple (102.0 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 82	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrates</b> 22.4g	<b>7%</b>
Dietary Fiber 5.1g	<b>20%</b>
Sugars 17.3g	
<b>Protein</b> 0.0g	
Vitamin A 0%	Vitamin C 34%
Calcium 0%	Iron 11%
* Based on a 2000 calorie diet	

# Dragon Fruit

Also called Pitaya or strawberry pear

**Availability:** Dragon fruit is typically available in the fall through the winter months.

**Description:** It is oval with hot pink or reddish skin with greenish scales. The inner flesh is white, pink, or red with numerous small black seeds.

**How to eat:** Dragon fruit is eaten raw. The fruit is cut in half.

**Taste:** it has been compared to the flavor of watermelon. The skin is not edible. The pulp of dragon fruit contains small dark seeds which are eaten with the pulp. They have a nutty flavor. Its texture is a cross between a kiwi and a firm pear.

**Nutritional facts:** Dragon fruit is rich in carbohydrates, protein, calcium, iron and phosphorus.

**Growing Facts:** It grows on what is known as a climbing cactus. It grows in the subtropical and tropical regions of Central Mexico, Central America, South America, and Southeast Asia. Each stem segment of the plant can grow up to 20 feet long. Flowering occurs during warm months taking approximately 45 to 150 days for fruit to develop. The fruit varies in size between 0.5 to 3 pounds.

# Baby Finger Bananas

**Availability:** Baby bananas are available year round.

**Description:** Baby bananas have the bright yellow signature peel, but it is much thinner than the common banana. They come about four to six fruits to a bunch and are often referred to as "fingers" of the bunch. Averaging three to four inches in length, which is a perfect portion size for young children.

**Taste:** The Baby banana has a very dense creamy texture and offers a rich sweet flavor.

**Where do they grow?** Bananas grow best in wet tropical conditions and establish themselves quickly. There are smaller baby banana crops in California and Florida. These fruits are available year-round.

**Nutritional Facts:** Baby bananas are low in calories, and an excellent source of certain nutrients, much like standard bananas.

**Fun facts:** You might be surprised to learn that there are 30 different varieties of bananas in existence!



# Edamame:

a shell bean, is also called an immature green soybean

**Availability:** Edamame is rarely sold fresh, but is available frozen all year.

**How they grow:** The pods grow in clusters on bushy plants. While the edamame pods are still tender and green, you can pick them directly from the plant.

**Nutritional facts:** Edamame is an excellent source of protein, providing about 12 grams of protein in each 100-gram serving of beans. One serving of edamame provides as much calcium as half a glass of milk

## **Serving Suggestions**

- Snack on, cold or hot, any time of day.
- Add to stir fry or salads.
- Add to rice and pasta dishes.
- Use in place of garbanzo beans in hummus recipes.
- Use in place of peas in recipes

**Fun Facts:** The name edamame literally means "beans on branches"