



FRUIT & VEGETABLE OF THE MONTH

MAY 2015 NEWSLETTER

CORN

- ❖ There are over 200 varieties of corn
- ❖ The average ear of corn has about 800 kernels arranged in 16 rows!
- ❖ One medium ear of corn provides about 80 calories and is a good source of Vitamin C, thiamin and folate.
- ❖ Cooking corn increases its antioxidant power!
- ❖ Americans consume about 25 pounds of corn per person annually, most of which is frozen or canned.
- ❖ How to Select: Choose ears of corn with green husks, tightly packed rows of kernels.
- ❖ How to Store: Refrigerate corn with husks on, for use as soon as possible or within 1-2 days Wash thoroughly before eating or cutting.



WATERMELON

- ❖ Watermelon is packed with lycopene, an antioxidant, which helps to prevent cell damage
- ❖ Americans eat over 17 pounds of watermelon each year
- ❖ Watermelon is 92% water and 8% sugar
- ❖ A ½ cup serving is only 25 calories
- ❖ Choose a watermelon that is that is firm and symmetrical, has a healthy sheen, and a yellow underside. It should have a melon-like smell and should heavy for its size
- ❖ Watermelons can be kept up to 2 weeks uncut at room temperature. Cut watermelon should be stored in the refrigerator in plastic containers



This month's fruit and veggie activity: *Fruit and Vegetable Matching Game*
See if you can match the correct fruit or vegetable picture to their description

RECIPE CARD: **Corn Salad** Makes 6 servings

Ingredients

3 cups canned corn or thawed frozen corn
2 Tbsp. olive oil
1 cup minced red onion
2 tsp. chili powder
1 tsp. cumin

1 green bell pepper, seeded, and diced
1 red bell pepper, seeded and diced
1-1/2 cups tomatoes, seeded and diced
4 Tbsp. chopped fresh cilantro
3 Tbsp. cider vinegar
salt and pepper to taste

Directions: In a small sauté pan, warm olive oil over medium heat. Add onion and sauté for a few minutes. Add chili powder and cumin and sauté for 1 minute longer. In a serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix. Add cilantro and vinegar. Toss well to combine. Season to taste with salt and pepper, and toss again. This recipe is best served at room temperature.

Source : www.fruitsandveggiesmatter.gov

Sources: fruitsandveggiesmatter.gov and dole.com

 Maschio's Food Services, Inc.

SERVING SIZE

1 cup of fruit =
1 cup watermelon,
diced

1 cup of vegetables=
1 cup or 1 large ear of
corn (8"-9" long)

TIPS

Puree Watermelon
and mix with
seltzer to make a
refreshing
beverage!