

## When Shopping for Fruit:

- ❖ Select small-sized fruit, they usually cost less, they are a single-size serving and are just as nutritious as the larger fruits.
- ❖ Do not buy bruised or damaged fruit. Mold will grow quickly on bruises and cuts. Cutting away a brown spot is a waste of fruit and a waste of money.
- ❖ Buy locally grown, in season fruit when possible. Imported fruits can be expensive
- ❖ Buy fruit in season, they are fresher, cheaper and more nutritious.



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# FARMERS' MARKET NUTRITION PROGRAM

## Shopping For Fruit



**Ripen these fruits at home:**

- Avocados
- Papayas
- Bananas
- Persimmons
- Cantaloupe
- Honeydew melons
- Mangos
- Nectarines
- Peaches
- Pears
- Plums
- Pineapples

1. Speed up the ripening by placing fruit in a large paper bag.
2. Punch several holes in the paper bag.
3. Make sure the fruit is in a single layer. Do not stack pieces of fruit on top of each other.
4. Fold the top of the bag over.
5. Leave the bag on the counter top while the fruit ripens.
6. Check the fruit every day to see if it is ready to eat.
7. When it is ready, eat what you like and refrigerate the rest.

**Refrigerate** the fruits listed below. They do not ripen after they have been picked.

**Refrigerate these fruits for freshness:**

- |              |              |
|--------------|--------------|
| Apples       | Blueberries  |
| Cherries     | Cranberries  |
| Grapes       | Pomegranates |
| Raspberries  | Strawberries |
| Tangerines   | Watermelons  |
| Oranges      | Lemons       |
| Limes        | Blackberries |
| Gooseberries |              |



**No Special Treatment For Bananas**

Bananas are picked when they are green. They do not need any special care to ripen. They go from green to yellow in a few days.

The brown speckles on bananas are called “honey spots.” When a banana has honey spots, it is very sweet and ready to eat.

Bananas can be stored in the refrigerator after they ripen. The skin will turn dark brown or black but the banana inside will be fresh.

**Melon Berry Salad Serves 6**

- 1 cantaloupe, cut into small pieces
- 2 apples, cut into small pieces
- 1 cup blueberries
- 2 Tablespoons honey
- 2 Tablespoons lemon juice

1. Combine cantaloupe, apples and blueberries in a large bowl.
2. In a small bowl combine honey and lemon juice. Pour over fruit and stir.
3. Cover fruit and refrigerate for one hour before serving.

Nutrition Facts (per serving): Calories 90 ~ fat 0 g ~ calories from fat 0 ~ sodium 20 mg ~ total carbohydrate 25 g ~ fiber 2 g

**Baked Pears Serves 1**

- 1 pear, cored and thinly sliced
- 2 teaspoons soft margarine
- 1 teaspoon sugar
- Dash ground nutmeg

1. Place pear slices in an 2-cup baking dish. Dot with butter; sprinkle with sugar and nutmeg.
2. Cover and bake at 350°F for 30 minutes or until tender.

\*Note this recipe may be prepared in a microwave oven; cover and cook on high for 3-4 minutes or until pear is tender.

Nutrition Facts (per serving): Calories 180 ~ fat 8 g ~ calories from fat 70 ~ sodium 70 mg ~ total carbohydrate 30 g ~ fiber 5 g