

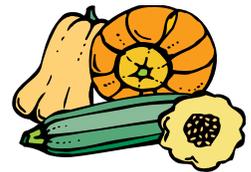


FRUITS AND VEGETABLES GAZETTE

Volume 2, Issue 1

Did you know that . . .

yellow crookneck, yellow straightneck, Italian marrow, cocozelle, and patty pan (also called white scallop or scallopini) are names of the many kinds of summer squash?



Newsletter developed by Kimberly Shafer, PhD, RD, and Mary Meck Higgins, PhD, RD, LD, CDE, K-State Research and Extension, Department of Human Nutrition.

Selecting Fresh Summer Squash:

- Straightneck squash has a cylindrical shape with a creamy yellow rind. Choose small, shiny, tender squash with rinds that can easily be broken.
- Look for slim, elongated straightneck squash that are up to 2 inches in diameter and up to 8 inches long.
- Avoid squash with a hard, injured or dull rind and squash that are large, seedy, or have stringy, spongy flesh.

Handling and Preserving Summer Squash:

- Handle gently. Rinds are thin and susceptible to damage. Refrigerate unwashed squash up to 5 days in plastic bag.
- Summer squash should not be canned, but it freezes well. *To freeze:* Rinse. Cut off ends. Do not peel. Cut into 1/2-inch slices or cubes. Place up to 6 cups at a time into 1 gallon boiling water. Boil 3 minutes. Cool immediately for 3 minutes in ice water. Drain. Pack into freezer bags and seal, or into freezer containers. Leave 1/2 inch of air space before sealing. **Or:** Grate squash. Pack 1 to 2 cups into freezer bags or small containers.

Preparing Summer Squash:

- Rinse squash to remove dirt. Cut off ends. Do not peel. Grill, bake, steam, microwave, boil, pan-fry or stir-fry as desired. Sliced summer squash cooks in less than 10 minutes if boiled or pan-fried.

From The Recipe Box

Pineapple 'mallow sweet potatoes

Serves 2

2 small fresh sweet potatoes or yams

1/2 cup (about 6 ounces) pineapple tidbits or crushed pineapple, in juice, drained

1/2 teaspoon ground cinnamon

1 teaspoon margarine, divided into 2 parts

1 1/2 tablespoons chopped pecans, if desired

1/2 cup miniature marshmallows, if desired

1. Wash your hands and work area.
2. Scrub sweet potatoes. Cut each into 4 pieces.
3. In a covered saucepan, boil sweet potatoes in just enough water to cover the pieces. When they are fork-tender, in about 15-20 minutes, drain. Remove skin and any bad spots.
4. Meanwhile, mix pineapple and cinnamon.
5. Preheat oven to 350 degrees F.
6. Spray a small oven-proof dish with non-stick cooking spray.
7. Put half of the pineapple mixture in the dish, then put half of the sweet potato pieces over pineapple. Place remaining pineapple over potatoes and the remaining sweet potatoes over pineapple. Place margarine on top of potatoes. Sprinkle nuts evenly over the top.
8. Bake for 35 minutes.
9. Sprinkle marshmallows evenly over top. Bake about 5 more minutes, until lightly browned. Serve hot. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving Size: 3/4 cup

Calories: 200

Total Fat: 6 grams

Cholesterol: 0 mg

Sodium: 45 mg

Total Carbohydrate: 37 grams

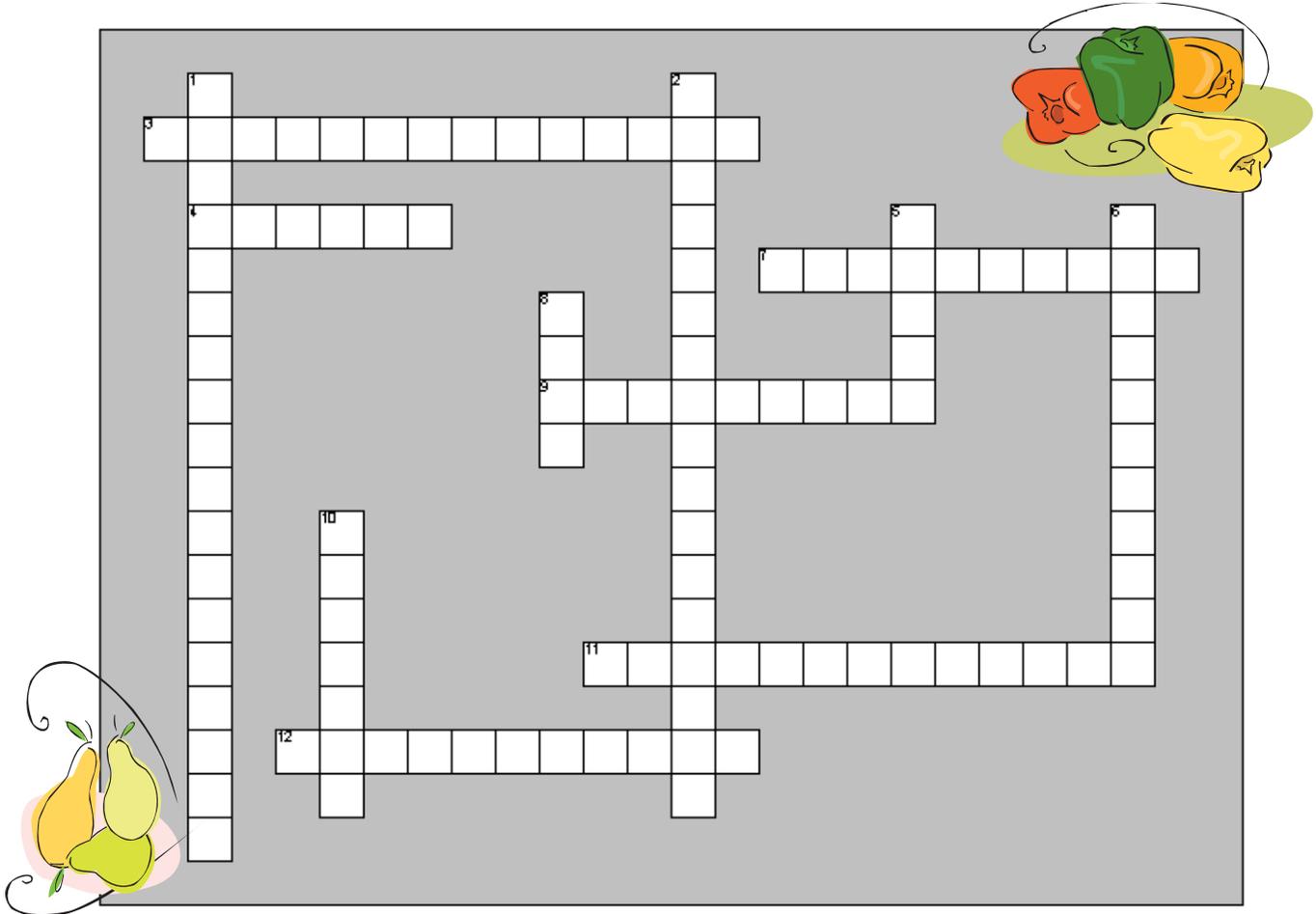
Protein: 2 grams

An excellent source of vitamins A and C.



Yellow fruits and vegetables are good sources of many beneficial nutrients and plant substances, including vitamin A, vitamin C, carotene, fiber, lutein, zeaxanthin, potassium and folate. Use the clues below to discover these nutrient-rich fruits and vegetables.

"Yellow" Fruits and Vegetables Crossword Puzzle



Across

3. Lighter colored relative to the red cherry and Roma varieties.
4. A sour citrus fruit that makes a delicious summer 'ade'.
7. Hawaiian fruit found in upside down cakes.
9. Root vegetable that is a cross between a Swedish turnip and cabbage.
11. A "bell" vegetable with red and green relatives.
12. Lighter colored relative of the green bean.

Down

1. Crookneck and straightneck.
2. Lighter colored version to its pink melon relative. Also a member of the cucumber and squash family.
5. Bartlett, Anjou, and Bosc.
6. Lighter colored relative of the red beet.
8. On the cob.
10. A tropical fruit that rhymes with 'tango.'

The Food Assistance Program can help people with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

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K-State Research and Extension is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

This healthy hot side dish is low in fat and sodium and is an excellent source of vitamin C.

Broccoli and Corn Casserole

Serves 3

3/4 cup coarsely chopped broccoli

3/4 cup whole kernel corn,
without added salt

1 tablespoon chopped onion

2 tablespoons shredded
(1/2 ounce) Swiss cheese

1 tablespoon milk

1/8 teaspoon ground black pepper

2 tablespoons crushed saltine crackers



1. Wash your hands and work area.
2. In a covered saucepan, boil broccoli, corn and onion in a small amount of water until just tender. Drain. (Or cook covered in a microwave without water.)
3. Stir in cheese, milk and pepper. Using low heat, cook until cheese melts, stirring occasionally.
4. Sprinkle crushed crackers over the top.
5. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving Size: 1/2 cup

Calories: 80

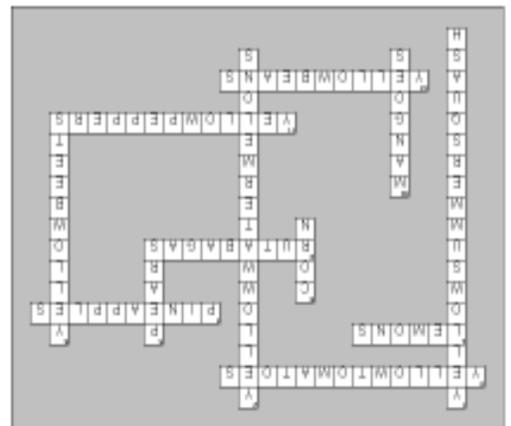
Total Fat: 2 grams

Cholesterol: 5 mg

Sodium: 60 mg

Total Carbohydrate: 13 grams

Protein: 4 grams



**"Yellow" Fruit and Vegetables
Crossword Key**