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FRUITS AND VEGETABLES GAZETTE

Volume 2, Issue 2

Did you know that...

years ago, fashionable high-society Chinese women used eggplant skins to stain their teeth black? The most common type of eggplant in the U.S. is the large, dark-purple Italian eggplant.

Selecting Fresh Eggplant:

- Look for eggplant that are 6 to 8 inches long and have a tender, glossy skin.
- Select eggplant with greenish and fresh-looking stems and caps.
- Look for eggplant that yield to pressure but the dent disappears.
- Avoid eggplant that have a dent that does not disappear when pressed. They are likely brown and spongy inside and taste bitter.



Handling and Preserving Eggplant:

- Refrigerate unwashed eggplant in a plastic bag for up to a week. Eggplant can develop a bitter taste during long storage in the refrigerator.
- *To freeze:* Rinse off dirt. Cut off ends. Peel if skin is tough. Slice into 1/3-inch thick rounds. Place in 1 gallon boiling water with 1/2 cup lemon juice for 2 to 4 minutes. Place in ice water for 2 to 4 minutes. Drain. Pack into freezer bags or freezer containers and seal.

Preparing Eggplant:

- Rinse off dirt. Cut off ends. Peel if skin is tough. Young tender eggplant may be cooked with the peel left on.
- Eggplant can be baked, microwaved, grilled, steamed or fried. Do not overcook.

From The Recipe Box

Italian Eggplant Casserole

Serves 4

1/2 medium onion, cut in half or quarters and sliced thinly

1/2 clove minced garlic

1/2 cup coarsely chopped tomatoes

2 teaspoons fresh (or 3/4 teaspoon dried) basil

2 teaspoons fresh (or 3/4 teaspoon dried) oregano

1 small eggplant, cut into 1/4" thick slices

1 large tomato, sliced very thin

1 cup (4 ounces) shredded part-skim mozzarella cheese

1. Wash your hands and work area.
2. Preheat oven to 425 degrees F.
3. In a medium skillet sprayed with non-stick cooking spray, cook onion over medium heat until tender, about 2-3 minutes.
4. Add garlic. Cook for 1 minute. Add chopped tomatoes, basil and oregano. Cook gently over low heat for 10 minutes.
5. Spread half of the mixture over the bottom of a 5 x 9 inch baking pan sprayed with non-stick cooking spray.
6. Add half of the eggplant slices then half of the tomato slices. Sprinkle half of the mozzarella cheese over the top.
7. Repeat layers.
8. Cover with aluminum foil. Bake 25 minutes or until vegetables are tender.
9. Uncover. Bake 10-15 minutes, or until cheese is light brown.
10. Cut into 4 servings. Serve hot.
11. 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: 2 1/2 inch slice

Calories: 110

Total fat: 5 grams

Cholesterol: 15 mg

Sodium: 220 mg

Total Carbohydrate: 7 grams

Protein: 7 grams

An excellent source of calcium and vitamin C.



Black, blue and purple-colored fruits and vegetables are rich in vitamin C, fiber and many healthful plant chemicals such as flavonoids, phenols and tannins. See if you can find these fruits and vegetables in the puzzle and at the grocery store or at farmers' markets.

- | | | | |
|-----------------|----------------|----------------|--------------|
| black beans | black currants | black grapes | blackberries |
| black eyed peas | blueberries | eggplant | elderberries |
| grape juice | plums | purple cabbage | purple figs |
| prunes | prune juice | raisins | |

"Black, Blue and Purple" Fruit and Vegetable Word Find

C	E	Q	K	V	Y	J	A	D	B	L	U	E	B	E	R	R	I	E	S	Y	F	W	W	T
B	G	C	E	H	D	K	P	I	B	L	O	X	V	F	K	Z	N	N	S	P	S	I	B	W
L	G	O	V	D	O	M	W	Y	O	L	Q	L	P	A	Q	R	G	F	U	K	F	D	J	Y
A	P	I	T	D	L	X	P	D	F	V	A	T	K	U	H	K	C	T	L	R	E	C	O	D
C	L	J	L	K	Q	Q	Z	I	B	O	C	C	F	W	U	T	Y	F	P	R	Q	W	L	K
K	A	Z	F	K	Q	H	Z	S	Q	J	L	N	K	Z	D	E	C	R	X	T	L	P	L	E
B	N	A	O	R	V	C	B	Q	K	B	I	H	V	G	V	G	U	G	L	Y	P	P	G	A
E	T	M	A	N	F	P	L	H	S	N	I	S	I	A	R	N	T	M	Q	C	L	A	V	C
R	F	A	U	O	X	N	A	Y	T	L	D	T	A	N	E	A	W	U	N	S	B	E	F	Y
R	E	Z	F	L	S	V	C	J	V	R	T	H	T	J	O	N	P	Y	P	B	S	C	T	D
I	E	O	S	J	M	U	K	M	D	L	T	Q	U	P	G	S	J	E	A	Z	C	Q	U	S
E	D	V	C	S	U	K	E	V	E	I	P	I	P	Y	G	D	C	C	S	C	D	A	F	D
S	V	R	K	D	L	D	Y	U	T	V	C	A	O	P	F	G	E	M	Q	H	C	E	H	R
C	P	F	X	M	P	N	E	P	P	E	U	Q	O	I	B	L	A	C	K	B	E	A	N	S
I	M	R	Q	Q	K	V	D	W	P	T	G	T	U	D	P	O	T	M	N	S	C	O	E	P
W	J	B	U	T	L	D	P	D	U	S	R	O	D	R	S	R	F	X	V	J	B	W	C	G
X	U	H	Q	N	E	A	E	I	R	K	W	U	U	S	O	F	V	N	W	M	C	S	I	K
A	M	P	D	H	E	X	A	Q	P	L	E	P	O	N	Q	X	O	F	V	H	A	Y	U	F
Q	N	I	H	R	D	S	S	E	L	D	E	R	B	E	R	R	I	E	S	O	P	A	J	N
H	M	D	X	L	X	Y	W	U	E	B	M	T	C	D	Q	W	R	C	U	G	Z	T	E	X
I	Z	R	G	R	E	K	S	D	F	N	C	T	X	H	M	S	C	Q	K	M	F	N	P	Y
K	T	V	O	E	J	I	A	O	I	C	B	E	G	W	A	A	G	J	O	C	Q	H	A	H
O	B	W	S	N	F	K	X	F	G	X	F	K	W	H	Q	O	M	H	B	U	W	Y	R	L
N	R	D	S	W	Y	A	D	I	S	L	H	S	Z	L	O	E	G	T	G	R	Z	M	G	L
H	Z	G	I	Q	C	G	K	B	L	A	C	K	C	U	R	R	A	N	T	S	S	R	Z	K

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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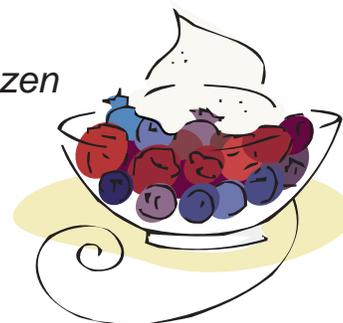
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Berry Sauce

Serves 3

Delicious when made with fresh or frozen blueberries or blackberries -- and full of beneficial nutrients!



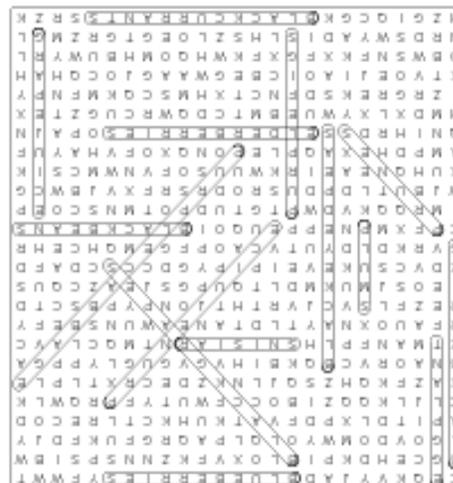
- 1 tablespoon sugar
- 2 teaspoons water
- 1 cup unsweetened berries (any kind), divided
- 1/2 teaspoon lemon juice

1. Wash your hands and work area.
2. Place sugar and water in a small saucepan. Stir and bring to a boil. Simmer until the sugar is completely dissolved.
3. Allow syrup mixture to cool completely, about 10 minutes. (Set pan in a shallow bowl of ice water to cool it faster.)
4. Place 1/2 cup berries in a blender. Add lemon juice and cooled syrup. Blenderize until smooth.
5. Pour mixture into a small serving bowl or pitcher.
6. Coarsely chop remaining fruit. Add to fruit mixture. Stir.
7. If desired, serve over sugar-free nonfat frozen yogurt, or warm pancakes or waffles.
8. Cover. 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: 1/4 cup sauce
 Calories: 40
 Total fat: 0 grams
 Cholesterol: 0 mg
 Sodium: 0 mg
 Total carbohydrate: 11 grams
 Protein: 0 grams



"Black, Blue and Purple" Word Find Key