



# FRUITS AND VEGETABLES GAZETTE

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Newsletter developed  
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## ***Did you know that. . .***

tomatoes, one of the top five  
favorite vegetables, used to



be called love apples? In 1893, the U.S.

Supreme Court ruled that tomatoes are a

vegetable. Ripe tomatoes can be red, yellow or orange, and  
can be full-, cherry- or grape size.

## ***Selecting Fresh Tomatoes:***

- Look for tomatoes with bright, shiny skins and firm flesh.
- Avoid tomatoes with blemishes, cracks or soft spots, or that are lacking in color.
- Roma & plum tomatoes are fleshy, with less juice and fewer seeds than other tomatoes.

## ***Ripening and Preserving:***

- Store tomatoes on counter away from sunlight for up to 3 days.
- *To ripen tomatoes:* Place in a paper bag with several holes in it and fold the top over. Refrigerate tomatoes, uncovered, to keep them from ripening further.
- *To freeze tomatoes for use in cooked dishes:* Wash tomatoes and drop a few into 1 gallon boiling water for 30 seconds. Remove. Cool in ice water. Skin should pull away easily. Core and cut into pieces. Cook on a stovetop or in a microwave oven until tender. Pour into a shallow container; place in ice water until tomatoes are cool. Pack cooked tomatoes into freezer containers.

# From The Recipe Box

## Fresh Salsa with Black Beans

Serves 8

- 1/2 cup corn, fresh cut off the cob or frozen
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup diced fresh tomatoes
- 1/2 cup diced onion
- 1/2 cup diced green sweet bell pepper
- 2 tablespoons lime juice
- 2 cloves finely chopped garlic
- 1/2 cup picante sauce

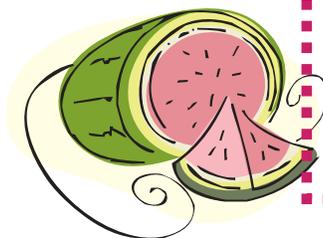


1. Wash your hands and work area.
2. If using fresh corn, cook it as desired. If using frozen corn, let it thaw.
3. Combine all ingredients in a large bowl. Stir.
4. Cover and refrigerate for 2 hours or more to allow flavors to blend.
5. Serve cold with low fat baked tortilla chips or with baked potatoes or baked meat, fish or chicken.
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](http://www.oznet.ksu.edu/humannutrition/recipebook.pdf)

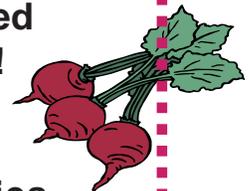
## Nutrition Facts

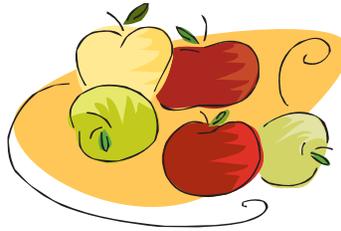
Serving size: 1/2 cup  
Calories: 80  
Total fat: 0 grams  
Cholesterol: 0 mg  
Sodium: 160 mg  
Total carbohydrate: 15 grams  
Protein: 4 grams



### Try these other nutrient-rich red and pink fruits and vegetables!

- Apples
- Cherries
- Kidney beans
- Papayas
- Pomegranates
- Raspberries
- Red cabbage
- Red peppers
- Strawberries
- Beets
- Cranberries
- Mullberries
- Pink grapefruit
- Radishes
- Red grapes
- Red onions
- Rhubarb
- Watermelon





**Red** and **pink** fruits and vegetables are rich in many nutrients and antioxidants important for good health. Use the clues and the "telephone numbers" to help you identify what these beneficial nutrients are. The numbers provided correspond to the letters on the telephone keypad below. Leave a **blank space** whenever a '1' is provided in the phone number. Some letters are provided to help you identify the nutrients.

1. **848-264-6121** \_ \_ \_ - \_ \_ \_ - \_ \_ \_ \_

**Clue:** I am ascorbic acid, a vitamin that helps you maintain a healthy immune system. I am found in strawberries, cranberries and tomatoes.

2. **592-673-6311** \_ \_ **c** - \_ **p** \_ - \_ \_ \_ \_

**Clue:** I am a natural plant pigment found in tomatoes, watermelon and pink grapefruit. I help give fruits and vegetables their red and pink color. I may help reduce the risk of getting some cancers, such as prostate cancer. I start with the letter "L".

3. **An 846-292-6461** **An**\_ \_ \_ - **cy**\_ - \_ \_ \_ \_

**Clue:** I am a natural plant pigment that helps give fruits and vegetables their red color. I also can help keep your heart healthy. I start with the letters "An".

4. **342-371-1111** \_ \_ \_ - \_ \_ \_ - \_ \_ \_ \_

**Clue:** I am found in all fresh fruits and vegetables. I help keep your bowels regular and keep you feeling full.

5. **848-264-6121** \_ \_ \_ - \_ \_ \_ - \_ \_ \_ \_

**Clue:** I am a vitamin found in tomatoes. I am also found in many yellow and orange fruits and vegetables, such as carrots. I help keep your eyes and skin healthy.



**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.**

This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

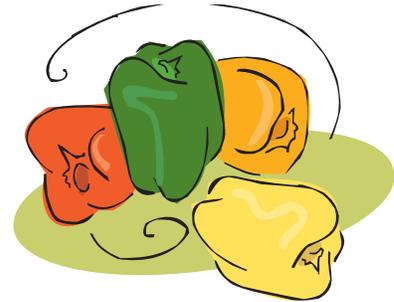
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## **Red and Yellow Pepper Dressing**

Serves 6

- 1 small finely chopped yellow sweet bell pepper (about 1/2 cup)
- 1 small finely chopped red sweet bell pepper, (about 1/2 cup)
- 3 tablespoons vinegar
- 2 tablespoons salad oil
- 2 teaspoons warm water
- 1/2 teaspoon sugar
- dash of salt
- ground black pepper to taste



- 1. Wash your hands and work area.
- 2. In a jar with tight-fitting lid, combine ingredients. Shake well.
- 3. Serve over fresh salad greens, baked fish or chicken.
- 4. Cover and refrigerate leftovers within 2 hours.

*Recipe from Fix It Fresh! Fruits and Vegetables Recipes series,  
[www.oznet.ksu.edu/humannutrition/recipebook.pdf](http://www.oznet.ksu.edu/humannutrition/recipebook.pdf)*

### **Nutrition Facts**

Serving size: 2 tablespoons

Calories: 50

Total fat: 4.5 grams

Cholesterol: 0 mg

Sodium: 25 mg

Total carbohydrate: 2 grams

Protein: 0 grams

**"Telephone Number Key"**  
1. Vitamin C  
2. Lycopene  
3. Anthocyanin  
4. Fiber  
5. Vitamin A