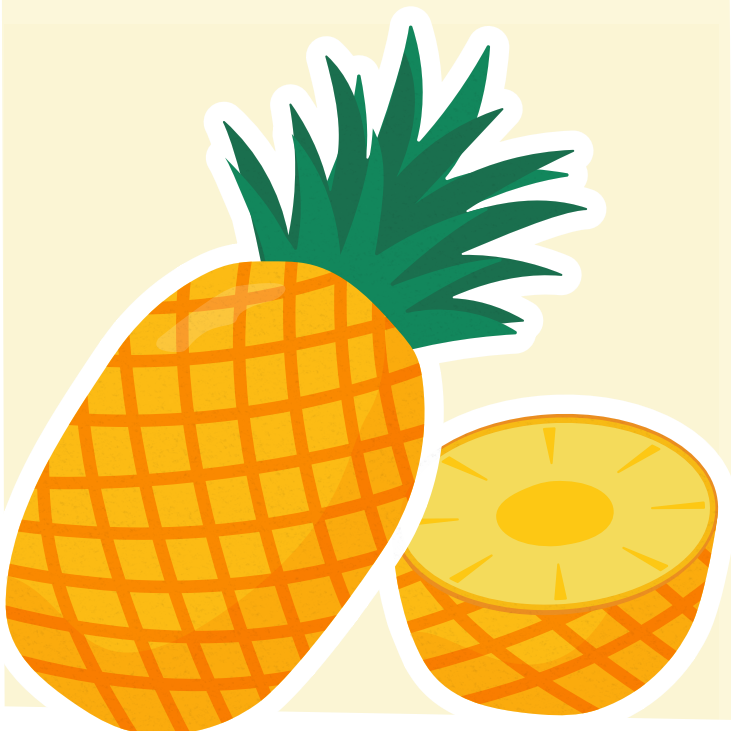


Pineapple

Did you know?

- 🍍 Pineapples contain an enzyme called *bromelain* which can break down proteins. This means you can use pineapple juice to tenderize meat.
- 🍍 Pineapples take about 18-20 months to become ready to harvest.
- 🍍 Pineapples are native to South America.
- 🍍 The top of a pineapple (after cleaning and drying) can be planted in soil and a new plant will grow.
- 🍍 Store a pineapple for a day or two at room temperature, out of direct sunlight. Pineapple tastes best and is juicier at room temperature.



Pineapple Banana Parfait

INGREDIENTS

500 mL (2 cups) pineapple chunks

2 ripe bananas

750 mL (3 cups) vanilla yogurt

500 mL (2 cups) whole grain cereal, crushed

DIRECTIONS

- 1** In a medium bowl, crush cereal using the flat part of a spoon.
- 2** Dice pineapple chunks into small pieces. Place pineapple in a separate bowl.
- 3** Peel and slice bananas. Place sliced bananas in a bowl.
- 4** Students can make their own parfait using the ingredients. Alternatively, scoop out servings into smaller bowls for single-servings.

PREPARATION TIME: 15 minutes

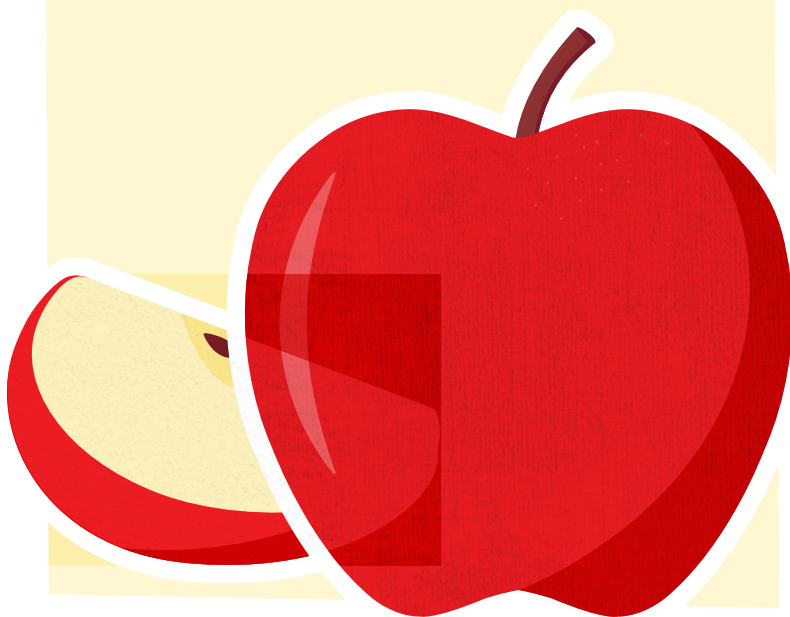
MAKES: 4 servings

Adapted from Recipes for Student Nutrition Programs

Apples

Did you know?

- Apples have existed as a wild fruit since prehistoric times and have been cultivated for more than 3,000 years.
- The top five apple varieties in Ontario (based on acreage planted) are McIntosh, Empire, Northern Spy, Red Delicious and Gala.
- On average, each Canadian eats 86 apples per year.
- Fresh apples float because 25% of their volume is air.
- It takes four apples to make a glass of pure apple juice.



Applesauce

INGREDIENTS

- 3 lb of apples (~6 large apples)
- ½ cup of water
- ¼ tsp of cinnamon

DIRECTIONS

- 1 Peel, core, and slice apples.
- 2 In saucepan, combine apples, water, and cinnamon; bring to boil.
- 3 Cover, reduce heat and simmer, stirring occasionally for 20 minutes. (Feel free to use a slow cooker for this process).
- 4 Put in food processor (or mash with potato masher).
- 5 If desired, sweeten with 2 tbsp granulated sugar.

MAKES: 4 cups

Strawberries

Did you know?

- ♥ In France, strawberries were cultivated in the 13th century for use as a medicinal herb. Strawberries are packed with vitamin C and fibre.
- ♥ More than 13 million pounds of strawberries are grown every year. That's 10 times more than the amount of raspberries grown.
- ♥ Strawberries are a member of the rose family.
- ♥ Strawberries are the only fruit with their seeds on the outside.
- ♥ Strawberries are grown in every province in Canada.



Strawberry Drink

INGREDIENTS

- 1 cup (250 mL) strawberries (approximately 15 berries)
- 4 cups (1 L) water
- Sugar or honey to taste
- Ice (optional)

DIRECTIONS

- 1 Rinse berries and remove the leaf tops.
- 2 Puree in food processor or use a knife to chop and crush to a smooth pulp.
- 3 Mix the crushed strawberries and water in a pitcher.
- 4 Put the mixture in the refrigerator to chill for 30 minutes or pour over ice.
- 6 Serve with sugar or honey on the side to be sweetened to personal taste.
- 7 Pour into ice filled glasses and garnish with a strawberry. Enjoy!

*From the Aboriginal Nutrition Network
Traditional Recipes Project*

Cantaloupe

Did you know?

- Cantaloupes are sometimes called *muskmelons*.
- Cantaloupe can be successfully grown in Northern Ontario! Be sure to watch out for them at farmers' markets around the end of summer.
- Cantaloupe are relatives of other melons, squash, cucumbers, pumpkins, and gourds.
- Cantaloupe is named after the town of Cantalupo di Sabina in Italy, where cantaloupe seeds arrived from Armenia and were planted in the Papal Gardens in the 16th century.
- It's easy to tell when a cantaloupe is ready for harvest. When a cantaloupe is mature, the stem naturally separates from the melon and 'slips' from its vine when light pressure is applied.



Zany Kabobs & Zingy Dip

INGREDIENTS

4 cups fresh fruit (e.g., strawberries, cantaloupe, honeydew melon, grapes, apples, bananas)

1/2 cup mayonnaise

1/2 cup plain yogurt

2 tbsp orange juice

1 tbsp liquid honey

1/4 tsp ground cinnamon

DIRECTIONS

- 1** Wash the fruit. Remove stems from strawberries or grapes.
- 2** Cut up fruit into bite sized pieces.
- 3** Spear fruit onto skewers.
- 4** To make dip put the mayonnaise, yogurt, orange juice, honey and cinnamon in a medium size bowl. Mix together thoroughly with a spoon.
- 5** Place small amount of dip on plate and dip kabobs!

SERVES: 6

From Adventures in Cooking

N F V P
Northern Fruit & Vegetable Program

North Bay Parry Sound District
Health Unit

Bureau de santé
du district de North Bay-Parry Sound

Honeydew Melon

Did you know?

- Melons are fruit that belong to the gourd family and grow close to the ground. A common characteristic that all melons share is a hard skin or rind that surrounds a fleshy center.
- Honeydew is known as the sweetest variety of melon.
- The ancient Egyptians regarded the honeydew as sacred and it was only reserved for society's elite. Famous historical figures who loved the fruit include Cleopatra, Napoleon Bonaparte and Pope Paul II.
- Honeydew is the American name for the white Antibes, a variety of melon that was cultivated in southern France and Algeria centuries ago.
- Cavaillon, a town in Provence, France, considers itself the world capital of melons.



Avocado Melon Smoothie

INGREDIENTS

- 1 ripe avocado
- 1 cup honeydew melon chunks
- 1 ½ tsp lime juice
- 1 cup milk
- 1 cup plain or vanilla yogurt
- ½ cup apple juice or white grape juice

DIRECTIONS

- 1 Cut avocado in half, remove pit. Scoop out flesh, place in blender.
- 2 Add remaining ingredients; blend well. Serve cold.

From the Half Your Plate Recipe Collection

Broccoli

Did you know?

- 🌱 Broccoli was grown mainly in Italy since the Roman Empire until the 16th century when a royal marriage brought the vegetable to France.
- 🌱 Broccoli is related to the cabbage and cauliflower. Cool family tree! More than 70% of the broccoli grown in Ontario is a type called Paragon.
- 🌱 Broccoli is a member of the Brassicaceae family of plants, which also includes cauliflower, kale, cabbage, rutabaga, Brussels sprouts, and turnip.
- 🌱 Broccoli heads are actually groups of buds that are almost ready to flower; each group of buds is called a floret.
- 🌱 Broccoli contains a variety of nutrients, including folate, calcium, potassium, and vitamins A, K, and C.



Broccoli & Cheddar Mini Quiches

INGREDIENTS

- 1.5 L (6 cups) broccoli florets, chopped
- 1.25 L (5 cups) 2%, 1% or skim milk
- 10 large eggs
- 750 mL (3 cups) cheddar cheese
- 5 mL (1 tsp) black pepper

DIRECTIONS

- 1 Turn on oven to 350° F (190° C). Grease 24 muffin cups and set aside. Grate cheddar cheese.
- 2 While oven heats, cook chopped broccoli by steaming. Pour 1 inch of water into a large saucepan and put a steamer basket in. Place broccoli in steamer basket, cover pot, turn heat to high and let cook until broccoli is just tender, 5-6 minutes.
- 3 In a medium bowl, whisk together milk and eggs. Stir in cheese and pepper. Add cooked broccoli.
- 4 Ladle egg mixture into prepared muffin cups. Bake until cooked, approximately 20 minutes. Check the internal cooking temperature of the egg. Eggs are cooked when the internal temperature reaches 74° C (165° F).

PREPARATION TIME: 20 minutes

COOKING TIME: 20 minutes

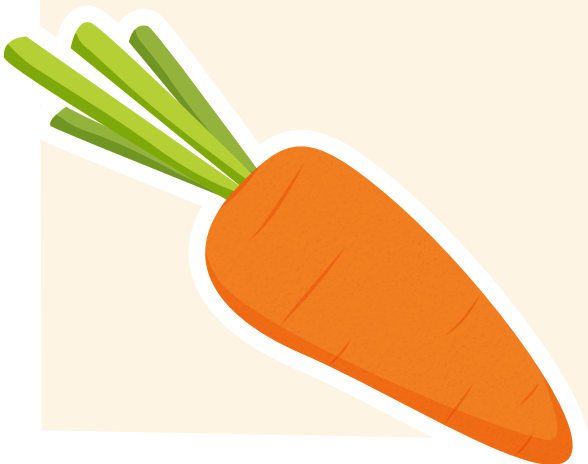
MAKES: 24 quiches

From Recipes for Student Nutrition Programs

Carrots

Did you know?

- 🥕 You can buy Ontario carrots all year round. Farmers produced more than 482 million pounds in 2011— that’s more than the weight of the concrete in the CN Tower.
- 🥕 Carrots have vitamin A to help you see well.
- 🥕 Did you know carrots are a root vegetable, meaning they grow underground? Most carrots are orange, but you can also find purple, red, white and yellow carrots!
- 🥕 The world’s largest carrot, weighing 19 pounds (8.6 kg), was grown in Palmer, Alaska in 1998.
- 🥕 Baby carrots come from a larger carrot that has been cut, peeled, and tumbled together with other carrots to become a short, round-ended baby carrot.



Carrot Bran Muffins

INGREDIENTS

- 1¼ cups whole grain wheat flour
- 1¼ cups high-fibre bran cereal
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp salt
- 2 eggs
- 1 cup grated carrots
- ¾ cup buttermilk
- 1/3 cup packed brown sugar
- ¼ cup vegetable oil
- ½ cup raisins

DIRECTIONS

- 1 Preheat oven to 400°F (200°C).
- 2 In a large bowl, combine flour, cereal, baking powder, baking soda, cinnamon, nutmeg and salt.
- 3 In a separate bowl, beat eggs thoroughly; blend in carrots, buttermilk, brown sugar and vegetable oil. Add to dry ingredients, stirring just until moistened. Stir in raisins.
- 4 Spoon batter into greased or paper-lined muffin cups, filling about three-quarters full. Bake in preheated oven for about 20 minutes or until tops of muffins spring back when lightly touched.

From Bake Better Bites

Cucumber

Did you know?

- Is a cucumber a fruit or vegetable? It is a fruit because it contains the seeds to reproduce, but typically cucumbers are grouped with vegetables due to their use in salads.
- Field cucumbers are grown in soil and are available in Ontario between June and October. Cucumbers that are available year-round are grown in greenhouses.
- Cucumbers are usually eaten fresh or pickled. Pickles are made by processing cucumbers with salt, vinegar, and spices. Some pickles are sour, while others are sweet.
- Ever wondered where the saying, "cool as a cucumber" came from? Turns out it isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20°C cooler than the outside air.
- The cucumber is native to India, where it has been grown for at least 3,000 years. Archaeological evidence suggests that it may have been cultivated as early as 9750 BC.

Yogurt Tzatziki Dip

INGREDIENTS

- 750 mL (3 cups) plain, 1% or 2% yogurt
- 2 English cucumbers, peeled
- 10 mL (2 tsp) minced garlic
- 125 mL (½ cup) lemon juice
- 20 mL (4 tsp) olive oil
- Salt and pepper to taste

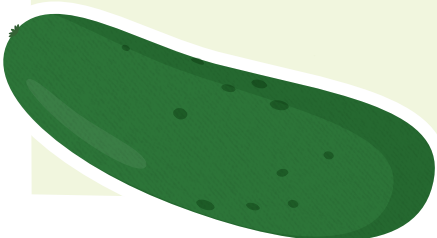
DIRECTIONS

- Slice cucumber in half and remove seeds. Grate the cucumber and toss it with a pinch of salt. Place it in a strainer and push down on it gently to drain.
- Let cucumber drain while mixing yogurt, garlic, lemon juice and oil in separate bowl.
- Pat the cucumbers dry with a paper towel and add them to yogurt mixture.
- Serve immediately or let sit in fridge overnight to let flavours mix.

PREPARATION TIME: 20 minutes

MAKES: 4 cups

From Recipes for Student Nutrition Programs



Celery

Did you know?

- ✎ Beat the heat with celery. Because celery is mostly made up of water, it's a great snack when you're thirsty.
- ✎ Celery is part of a veggie trio called *mirepoix*, along with onion and carrot. These vegetables are cooked together with oil at the beginning of many soups, stews and other dishes to add flavour!
- ✎ Foley artists, people who match live sound effects to the action of the picture in films, have been known to break stalks of celery into a microphone to simulate the sound of breaking bones.
- ✎ Celery is from the same family as carrots, parsley, fennel, and caraway.
- ✎ Did you know that if you put a stalk of celery in a glass with food colouring and water, the celery will change colour? Provide a variety of coloured-water samples or allow the students to mix their own colour in a jar. Cut one end of the celery, insert it in the jar and watch the leaves change colour.



Chunky Vegetable Soup

INGREDIENTS

- 1 tsp vegetable oil
- 1 large onion, chopped
- 6 cups chicken or vegetable broth
- 1 can (28 oz/796 mL) diced tomatoes
- 2 tbsp dried parsley
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 4 carrots, chopped
- 4 celery stalks, chopped
- 2 potatoes, diced
- 1 zucchini, diced
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- Salt and pepper

DIRECTIONS

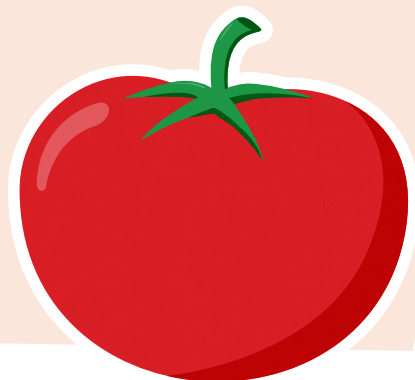
- 1 Heat oil in a large pot. Add chopped onion and cook until soft, about 5 minutes.
- 2 Add broth, tomatoes, parsley, basil, oregano, carrots, celery and potato. Turn stove up to high heat, and heat to boiling. Lower heat and simmer until potatoes are almost tender, about 15 to 20 minutes.
- 3 Stir in diced zucchini and kidney beans. Add salt and pepper to taste. Simmer until zucchini is tender, about 10 minutes.

From the Basic Shelf cookbook

Tomatoes

Did you know?

- Botanically, tomatoes are a fruit because the edible part of the plant contains the seeds.
- Tomatoes can be red, yellow, orange, green, purple, or brown in colour.
- Tomatoes are a good source of lycopene, a powerful antioxidant that can reduce the risk of some cancers.
- The tomato is in the same family as the potato, pepper, eggplant, and petunia.
- In North America, people used to grow tomatoes because they were pretty, not because they wanted to eat them! It wasn't until the 1900s that tomatoes started to become popular in cooking.
- It's best to store tomatoes at room temperature or in a cool place. Tomatoes can lose their flavour when stored in the fridge.



Black Bean Salsa

INGREDIENTS

- 19 oz (540 mL) can black beans, drained and rinsed
- 12 oz (341 mL) can corn, drained
- 1 cup tomatoes, diced
- 1 tbsp olive oil
- 2 tbsp lime juice
- 2 tbsp finely chopped parsley or 2 tsp dried parsley
- ½ tsp garlic, minced
- ¼ tsp black pepper

DIRECTIONS

- 1 Combine all ingredients in a medium bowl and gently toss together.

From the Cook up Some Fun! Cookbook

Sugar Snap Peas

Did you know?

- ✓ The pea is one of the oldest cultivated crops. It is native to western Asia, from the Mediterranean Sea to the Himalayas.
- ✓ Only five per cent of peas grown are sold fresh. Most are either frozen or canned.
- ✓ Peas belong to the vegetable family known as legumes, whose plants produce pods with enclosed seeds. Like most legumes, peas have special nodules on their roots that allow them to take nitrogen from the air and fix it in the soil. Peas improve the soil they grow in!
- ✓ Once picked, peas will immediately begin converting sugar to starch, which means they will be less sweet. Question: What other vegetable quickly begins to turn its sugar to starch? Answer: Corn.
- ✓ The average pea weighs between 0.1 and 0.36 grams.

Peas-to-Penne

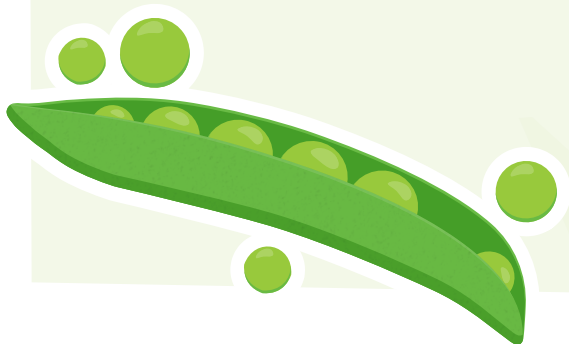
INGREDIENTS

- 1 lb penne pasta, whole-wheat
- 2 cups shelled peas, fresh or frozen
- 2 tbsp Parmesan cheese, grated
- 1/3 cup olive oil
- 1/4 cup fresh basil or 1 tbsp dried basil
- 1/2 tbsp lemon zest (wash the lemon well)
- 1/4 tsp salt
- Pepper, to taste
- 1/2 cup cheddar cheese, grated

DIRECTIONS

- 1 Preheat the oven to 350°F.
- 2 Prepare the pasta according to the directions on the package. Cook only to the al dente stage (firm but not hard) and drain, reserving 3/4 cup of the cooking water.
- 3 In a food processor, purée the peas with the Parmesan cheese, oil, basil, and lemon zest. The mixture should be coarsely chopped. Season with the salt and pepper. Transfer to a bowl.
- 4 Stir the reserved pasta cooking water into the pea mixture.
- 5 Place the cooked pasta in a 9" by 13" pan, add the pea mixture, and toss to combine.
- 6 Sprinkle the cheddar cheese over the pan. Bake for 30 minutes.

From Strive for Five at School!



Peppers

Did you know?

- In 2012, Ontario grew more than 68 million pounds of peppers.
- Did you know that green and red bell peppers come from the same plant? As bell peppers mature, their colour changes from green to red and become sweeter. That's why red peppers are sweeter than green peppers.
- Bell peppers are the only member of the pepper family that do not contain *capsaicin*, a compound that causes a hot taste when it comes in contact with your tongue.
- Paprika is a dried spice made from grinding the dried pods of bell peppers.
- Peppers come in many colours, including green, yellow, orange, red, and even brown and purple!



Easy Fajitas

INGREDIENTS

- 1 tbsp vegetable oil
- 1 bell pepper, sliced
- 1 onion, sliced
- 2 cups cooked leftover chicken, pork or beef sliced (to make vegetarian, use black beans instead)
- ½ tsp cumin
- ½ tsp chili powder
- 1 tomato, diced
- 1 cup cheese, grated
- 1 cup salsa
- 8 small whole wheat tortillas

DIRECTIONS

- 1 Heat oil in frying pan.
- 2 Stir fry the pepper, onion, leftover cooked meat, cumin and chili powder until heated through.
- 3 Place tomatoes, cheese, meat mixture and salsa in small bowls.
- 4 Each person can make their own fajitas, putting the ingredients that they like on to the centre of a tortilla.
- 5 Roll or fold the tortilla to contain the ingredients. It's ready to eat!

MAKES: 4 to 6 servings

From the Cook up Some Fun! Cookbook

Pears

Did you know?

- 🍏 You can't depend on colour to tell if a pear is ready to eat, as different varieties turn different colours. Instead, apply pressure near the base of the stem. If it gives slightly, it is ripe. If they're not ready yet, let them ripen at room temperature.
- 🍏 Which type of pear do Ontarians eat the most?
 - a Anjou
 - b Bosc
 - c Bartlett
 - d Clapp's Favourite
 - e Flemish Beauty

Answer: **c** Bartlett

- 🍏 Although bananas contain dietary fibre (2 grams), pears have over twice as much - 5 grams! Most of the fibre is found in the skin, so enjoy the skin for added flavour, texture, and nutrients.
- 🍏 Pear trees can live for 100 years, but they are usually replaced in orchards after 30 to 40 years.



Maple Granola Bartlett Pears

INGREDIENTS

- 4 large firm-fleshed fresh pears
- 2 tbsp non-hydrogenated margarine
- 1 cup granola
- ¼ cup maple syrup

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Wash the pears well. Cut each pear in half lengthwise. Remove the core and make a hollow large enough to fit 2 tbsp of granola.
- 3 Grease the pan with 1 tsp of the margarine.
- 4 Fill each pear hollow with about 2 tbsp of granola; press it gently into the pear flesh. Place the pear halves in the pan, flesh-side-up.
- 5 Heat the maple syrup with the remaining margarine. Spoon the mixture over the pears in the pan.
- 6 Bake for 30-45 minutes, until the flesh is soft. The cooking time will depend on the ripeness of the pears.
- 7 Remove the pear halves from the pan with a slotted spoon and serve them on a small plate.

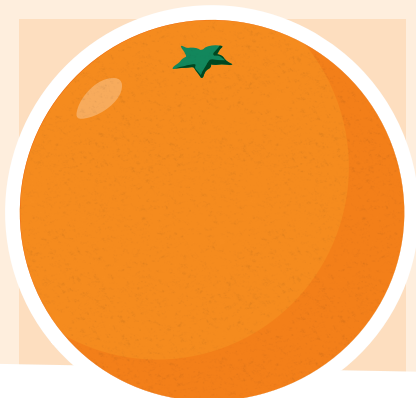
MAKES: 8 half pear servings

From Strive for Five at School!

Oranges

Did you know?

- The orange tree is considered an evergreen tree. Their foliage remains green throughout the year.
- A mandarin orange is a category of oranges. They tend to be smaller in size and very sweet, with loose skin. Clementines and tangerines are both types of mandarins.
- Brazil is the world's largest producer of oranges.
- 85% of globally produced oranges are made into orange juice.
- In the 18th century, British sailors took citrus fruits on their ships to prevent scurvy (a disease caused by a deficiency of vitamin C).



Orange Mint Flavoured Water

INGREDIENTS

- 3 large oranges, sliced
- 10 mint leaves
- 2 liters of water

DIRECTIONS

- 1 Place orange slices and mint in a pitcher and add water. Allow flavours to blend at least two hours in the refrigerator.
- 2 Pour into glasses over ice and serve, garnished with an orange slice and a sprig of mint.

From Sip Smart Ontario!