



Extension

UNIVERSITY OF WISCONSIN-MADISON

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SHOPPING FOR FRUITS & VEGETABLES IN SEASON

There are many benefits to shopping for fruits and vegetables that are in season, or grown/available during a certain time of the year. Produce harvested and sold at the peak of ripeness have better flavor, last longer, have more nutrients, and are usually less expensive: <https://www.cias.wisc.edu/foodservtools/2-Get-started/wisconsin-produce-calendar.pdf>.

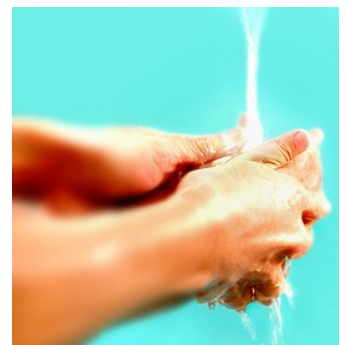
OCTOBER 2020



STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

TIPS FOR WASHING PRODUCE

- Always wash your hands with warm, soapy water for 20 seconds before and after handling food.
- Keep surfaces clean, including countertops, cutting boards, and utensils.
- Do not wash produce with any soaps or detergents. Simply use cool water.
- Gently scrub thick-skinned produce with a brush to remove any dirt or debris.
- Soak produce, like cauliflower, broccoli, or lettuce, for 1-2 minutes in cold, clean water.
- Never soak delicate produce, like raspberries.
- If prepackaged produce is labeled “ready to eat”, “washed”, or “triple washed”, do not wash.
- Wash or scrub produce that you are going to cut or peel, even if you do not eat the outer skin (examples: melons.) If left unwashed, bacteria from the outside of raw produce can be transferred to the inside when cut or peeled.
- Dry washed produce with a clean paper towel.
- Do not forget that even homegrown and farmers market produce need to be washed, not just grocery store produce.
- Any produce that is peeled and cut needs to be refrigerated at 40°F or below.
- To help fresh produce last longer, only wash the amounts needed immediately before eating.
- Some commercial rinses work better than others. These can be costly and cold, clean water is a great alternative.



AN APPLE A DAY

On October 8th at Noon, Wisconsin celebrated locally grown foods with the Great Lakes Apple Crunch. The Great Lakes Apple Crunch is an annual event that takes place in schools, workplaces, and hospitals across 6 states. Last year, 2 million people crunched into locally grown apples!



Apples are a delicious, healthy snack that are relatively inexpensive, especially in the fall.

- **Keeps the Doctor Away!** Apples are a good source of soluble and insoluble fiber. Soluble fiber (like pectin) helps prevent cholesterol buildup and prevents heart disease. Insoluble fiber is good for intestinal health.
- **Keep the Peels on!** It is a good idea to

eat the apples with their skin. Almost half of the vitamin C is under the skin, as well as insoluble fiber content. The skin also gives much of an apple its aroma and flavor.

- **A Good Variety!** 2,500 varieties are grown in the U.S., but there are 7,500 varieties of apples grown throughout the world. 100 varieties are grown commercially in the U.S. The most popular are Red Delicious and Granny Smith.

TUNA APPLE SALAD SANDWICH RECIPE

<https://www.choosemyplate.gov/recipes/myplate-cnpp/tuna-apple-salad-sandwich>

Sources: Apples and More, University of Illinois Extension, 2020; Seasonal Availability of Wisconsin Fruits and Vegetables, University of Wisconsin-Madison Center for Integrated Agricultural Systems, unknown; Best Way to Wash Fruits and Vegetables, University of Maine Extension, 2020.

Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.



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