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Vegetable Stir-Fry



Number of servings: 5

Ingredients:

1 pound lean meat
1 medium head (1 1/2 pounds)
Won Bok Cabbage

Sauce:

1 clove garlic
1 thumb size piece ginger
1 Tablespoon soy sauce
1 teaspoon cornstarch
1/2 teaspoon sugar

Directions:

1. SLICE meat into thin strips. SET aside.
2. CRUSH garlic & ginger for sauce.
3. In a small bowl, COMBINE sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar.
4. MARINATE meat in above sauce for about 15-20 minutes.
5. CUT cabbage into 1-2 inch lengths.
6. In a large pan or wok, STIR FRY meat.
7. ADD vegetables and STIR FRY for a few minutes.

Variations:

Other fresh or frozen vegetables may be used.



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Where do they come from? A relative to onions & leeks, this veggie was cultivated more than 2,500 years ago by the Greeks & Romans. They are the stem of the plant and are harvested green, white, or purple, though green is most common.

Peak Season: March - May



Shopping tips: Select those that are bright green with closed, compact, firm tips.

Storing tips: Wrap bottoms in a damp paper towel. Store in a plastic bag in the refrigerator for 3-4 days

Nutritional facts: Five medium spears provides an excellent source of vitamin K, A & folate. It is also a good source of vitamin C.

Serving ideas: They can be baked, grilled, boiled, roasted, or added to a stir-fry.

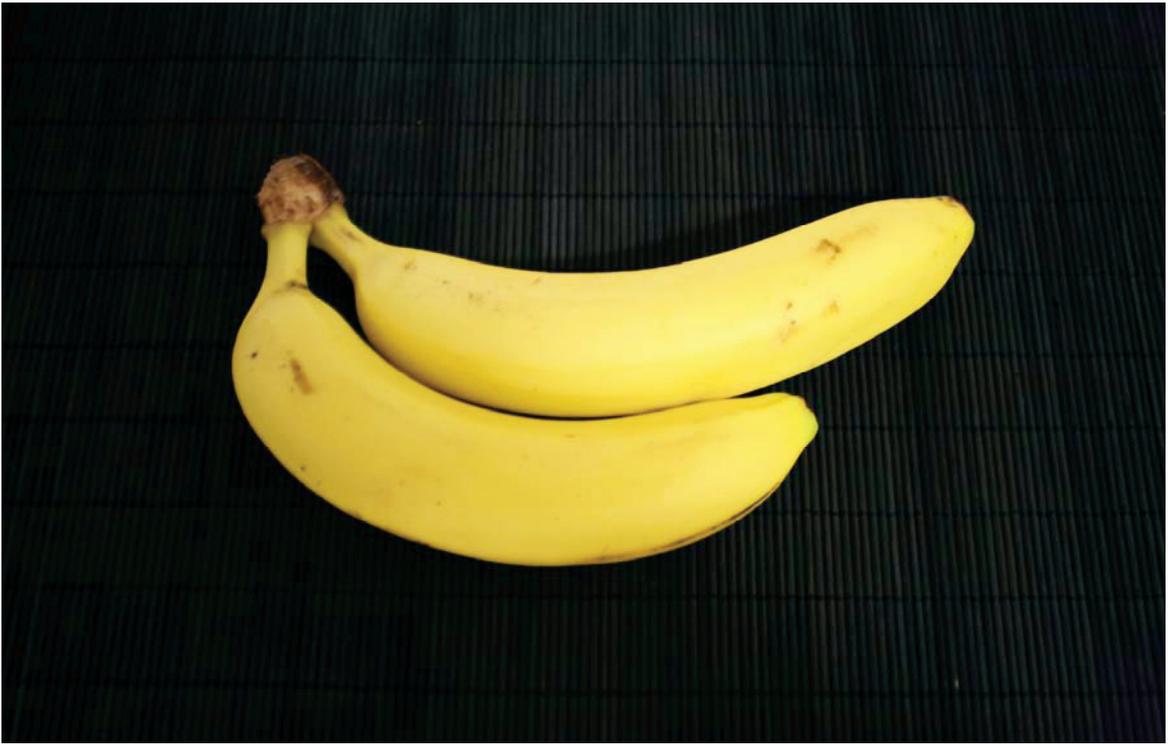
Fun fact: In proper conditions, they can grow as much as 1 inch per hour, with up to 12 inches per day.



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Milk Smoothie #1

Yields: 5 cups

Ingredients:

- 1 cup water
- 1 cup nonfat powdered milk
- 2 cups of fresh fruit
- 3 cups ice



Directions:

1. In a blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Fresh fruits may include: banana, mango, papaya, strawberry, etc.

Use frozen or canned fruits

The more ice used, the more frosty the drink becomes.

Liquid/fluid milk may be used (2 cups) in place of powdered milk and water.



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Where do they come from? Native to Southeast Asia, they are now grown in tropical areas around the world. They grow in bunches, called “hands” which consist of 10 to 25 fruits.

Peak Season in Hawaii: June - October



Shopping tips: Choose those that are firm and free of bruises.

Storing tips: They can ripen further if left at room temperature. They can also be stored in the refrigerator for a few days, however the skin will blacken.

Nutritional facts: Provides potassium.

Serving ideas: Peel and enjoy, or add to hot or cold cereal, peanut butter sandwiches, or blend in a smoothie.

Fun Fact: Commonly available as the yellow variety, they also come in red or green colors.



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Beef Tomato

Number of servings: 6

Ingredients:

1 pound lean beef
1 clove garlic
1 round onion
2 ribs celery
2 bell peppers
2 tomatoes

Marinade for beef:

3 tablespoons soy sauce
2 teaspoons cornstarch
1 teaspoon sugar

Gravy:

1/4 cup water
1 teaspoon sugar
2 teaspoons cornstarch
salt & pepper to taste



Directions:

1. SLICE beef into 1/8 inch thick slices.
2. In a small bowl, COMBINE marinade and ADD beef and SET aside. SOAK beef for 15 minutes.
3. CRUSH garlic. SET aside.
4. CHOP onion, celery, bell peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and bell peppers. STIR FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

Variations: Other meats and vegetables may be used.



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Where do they come from? Originating near Bolivia & Peru, they are warm season crops, sensitive to freezing. They are botanically fruits & come in sweet & hot varieties.

Peak Season in Hawaii: April - August



Shopping tips: Look for those that are firm, glossy, have smooth skin and that are heavy for its size.

Storing tips: Store in a sealed plastic bag in the refrigerator for up to a week.

Nutritional facts: A 1/2 cup serving is an excellent source of vitamin C.

Serving ideas: Slice and enjoy with dip or add to salads, soups, pasta sauce or stir fry dishes.

Fun fact: When ripened they mature from green to red, yellow, and orange with sweeter flavor profiles.



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Fruit Slush #2

Number of servings: 7 cups

Ingredients:

2 cups 100% frozen juice concentrate

2 cups of fresh fruits

3 cups of ice



Directions:

1. In a blender, PLACE frozen juice concentrate and fresh fruits.
2. To prevent spill-overs, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any caned or frozen fruits.

Use any 100% frozen juice concentrate.

If slush is too thick, add water.



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Where do they come from? Native to North America, these small pea-sized fruits grow on shrubs in shades from light blue to dark purple. These shrubs also exhibit white-pink flowers that are shaped like bells.

Peak Season: June - August



Shopping tips: Choose those that are plump, firm to the touch, and free of mold.

Storing tips: These berries are very fragile. Best if used immediately as they spoil quickly, but they can be refrigerated, unwashed for 1-2 days.

Nutritional facts: Provides vitamin C and dietary fiber.

Serving ideas: Wash briefly right before consumption. They can be eaten fresh or dried and added to cereals, yogurt, breads, muffins, pies, and pancakes.

Fun fact: These berries range in size from about 1/4 inch to about 3/4 inch in diameter.



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Carrot and Raisin Salad



Number of servings: 6

Ingredients:

- 4 small-medium sized carrots (about 2 cups grated)
- 3/4-1 cup raisins
- 1 tablespoon sugar
- 1 teaspoon vinegar

Directions:

1. GRATE carrots.
2. In a small bowl, MIX carrots, raisins, sugar, and vinegar together.
3. REFRIGERATE until ready to SERVE.



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Where do they come from? They are a root vegetable that was first domesticated in Central Asia & were originally purple in color. The traditional color actually arose from a mutant variety that lacked the purple pigment.

Peak Season: Year round



Shopping tips: Choose those that are firm and unwrinkled. Smaller ones tend to be sweeter.

Storing tips: Remove the leaves as they rob the root of nutrients. Store in the refrigerator for up to three weeks.

Nutritional facts: Provides beta-carotene, which is converted to Vitamin A in the body. Helps to maintain good vision.

Serving ideas: Eat on its own, with dip or dressing, or in salads, soups, stews, and sauces.

Fun fact: They are a biennial plant, meaning they have a two year life cycle.



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Thousand Island Dressing

Yield: approximately 1 1/2 cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 teaspoon pepper



Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.



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Where do they come from? As its name implies, this veggie is actually a flower. The edible portion is actually underdeveloped flower buds.

Peak Season: September - November



Shopping tips: Choose unbruised, firm and compact ones that are uniformly colored. The leaves should be bright green.

Storing tips: Store in perforated plastic bags in the refrigerator for several days.

Nutritional facts: A 1/2 cup serving is an excellent source of vitamin C.

Serving ideas: Can be eaten raw in salads or with dips. It can be slightly boiled, steamed or microwaved.

Fun fact: There are three varieties that exhibit different colors - white, purple, and green, with white being the most common variety. The green is actually a hybrid with a broccoli, called broccoflower.



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Tuna Sunshine Mix



Yield: approximately 1 1/2 cups

Ingredients:

1 (5-ounce) can tuna in water
1/2 carrot
1/2 cup nonfat powdered milk
1/4 cup mayonnaise
pepper to taste

Optional:

1/4 cup round onion
1/4 cup celery
2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery, and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.



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Where do they come from? Native to southern Europe, Asia, and Africa, this veggie was originally used as a seasoning & medicinal herb.

Peak Season in Hawaii: April - August



Shopping tips: Choose those that are shiny, light in color, with green leaves.

Storing tips: Refrigerate bunches in perforated plastic bags for 1-2 weeks.

Nutritional facts: More than 90% water, this vegetable provides Vitamin C & potassium.

Serving ideas: Eat this veggie raw, in salads or with dip, or cook in stews, or soups.

Fun fact: Its crisp texture is due to its high water content & firm cell walls.



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Corn Chowder

Number of servings: 8

Ingredients:

1 medium round onion
3 medium potatoes
3 slices bacon
Water to cover

2 (12 ounce) cans corn
3 cups milk
salt & pepper to taste

Thickening:

2 tablespoons cornstarch
1/4 cup water



Directions:

1. DICE onion and potatoes. SET aside.
2. SLICE bacon into 1/2 inch lengths.
3. In a large pot, FRY bacon until medium done.
4. POUR out excess fat.
5. ADD onion to bacon and COOK until transparent.
6. ADD potatoes and enough water to cover.
7. SIMMER until potatoes are tender.
8. ADD corn, milk, salt, pepper, and HEAT until hot.
9. In a small bowl, MIX thickening ingredients and ADD to soup.
10. STIR until slightly thickened.

Variations: Use cream style or whole corn. Use ham or clams.



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Where do they come from? Native to the Western Hemisphere, it is commonly served as a vegetable, but is actually a grain. The edible portion is the seed of the plant.

Peak Season in Hawaii: February - June; November - December



Shopping tips: Choose ears with green husks, fresh silks and tight rows of tender kernels.

Storing tips: The sweet variety should be eaten as soon as possible, or stored in its husk in a plastic bag in the refrigerator.

Nutritional facts: Provides carbohydrates, Vitamin C and fiber.

Serving ideas: Remove husks and silk and enjoy after boiling, steaming, or microwaving.

Fun fact: This plant is actually pollinated by the wind.



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Ranch Style Dip

Yields: Approximately 2 cups

Ingredients:

- 2 - 4 tablespoons water OR nonfat milk OR lowfat milk
- 1 (16 ounce) container lowfat cottage cheese
- 1 ounce package Ranch-style dressing mix



Directions:

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For a thinner consistency, ADD more water or milk.
3. POUR mixture into a medium jar. COVER and REFRIGERATE until ready to SERVE.

Variations:

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.



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Where do they come from? Believed to have originated in Northern India, they have many shapes & sizes and require warm temperatures to grow.

Peak Season in Hawaii: April - August



Shopping tips: Choose those that are heavy for its size, are firm, and have dark skin.

Storing tips: Refrigerate in a plastic bag for about 4-5 days.

Nutritional facts: They are mostly composed of water, but also provide some potassium & vitamin C.

Serving ideas: Cut into sticks and enjoy with dip, in salads, or sandwiches.

Fun facts: Commonly served as a vegetable, they are actually botanically a fruit.



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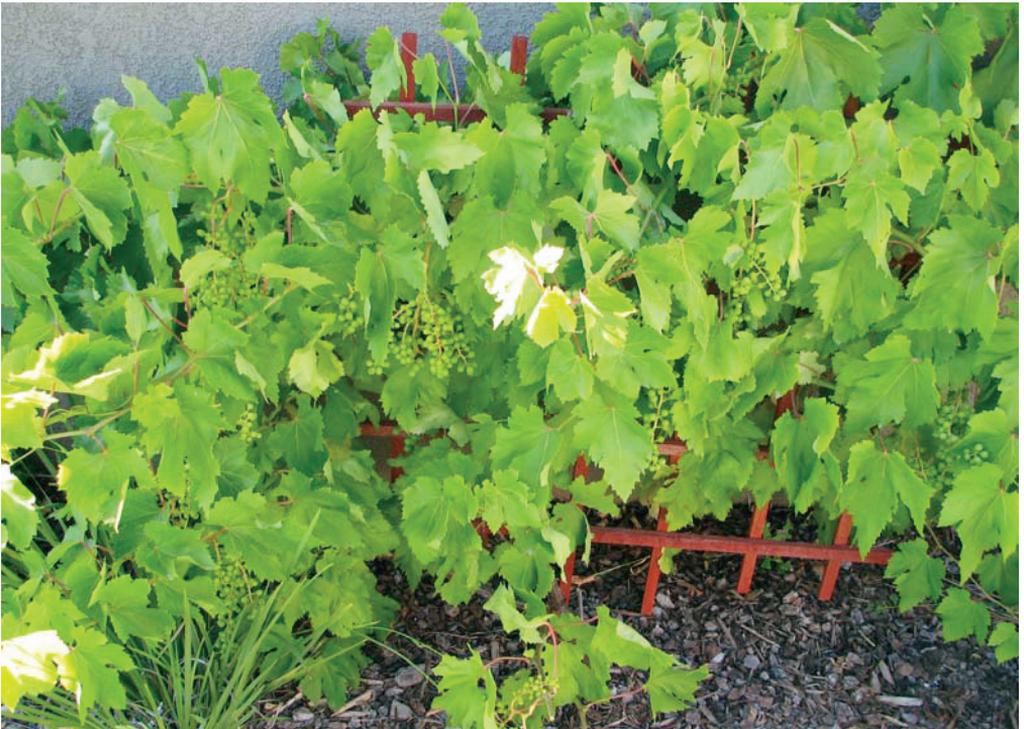
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Fruit Freezes

Yields: 1 tray

Ingredients:

Fresh bananas
Pineapple
Mango
Apple
Grapes
Strawberries



Directions:

1. PEEL and SLICE fruits.
2. PLACE fruit pieces on cookie sheet, flat shallow pan, or foil.
3. PLACE cookie sheet flat on freezer shelf. FREEZE overnight.
4. PLACE frozen fruit in individual plastic bags or WRAP in cellophane.

Variations:

Use canned fruit such as peaches, pears, apricots, etc.



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Where do they come from? They are one of the oldest cultivated fruits that grow in bunches on climbing woody vines.

Peak Season: June - November



Shopping tips: Look for firm, plump, brightly colored clusters of fruit.

Storing tips: Refrigerate in a covered container or plastic bag for up to ten days.

Nutritional facts: Provides Vitamin C.

Serving ideas: Rinse & enjoy on its own or toss into green salads or coleslaw or wraps. Freeze & enjoy for a cool refreshing treat.

Fun fact: They are actually berries with an average of one hundred per bunch.



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Oriental Chicken Salad



Number of servings: 8

Ingredients:

1 pound cooked chicken pieces
1 head iceberg lettuce
1 head Manoa lettuce
1 rib celery
1 medium carrot

Dressing:

3 tablespoons sugar
2 tablespoons water
1/4 cup vinegar
1 tablespoon sesame oil
salt and pepper to taste

Optional:

1 (3-ounce) package won ton strips/chips
1-2 leaves green onions
1 bunch Chinese parsley
1 tablespoon toasted sesame seeds

Directions:

1. SHRED chicken.
2. TEAR lettuce into bite-sized pieces.
3. SLICE celery and carrot.
4. In a medium jar, COMBINE the dressing: sugar, water, vinegar, sesame oil, salt and pepper. SHAKE well. COVER and REFRIGERATE until ready to use.
5. In a large bowl, COMBINE chicken, lettuce, celery, and carrots.
6. Optional: ADD CRUSHED won ton strips, toasted sesame seeds, and CUT green onions and Chinese parsley (cut into 1 1/2 inch lengths).
7. TOSS the salad and POUR dressing just before serving.

Variations:

Layer the vegetables and meat for a different effect.

Other lettuce options include Romaine, green leaf and red leaf.



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Where do they come from? Thought to have originated from the Mediterranean basin, there are many different varieties that vary in flavors.

Peak Season in Hawaii: Baby green: August - December
Romaine: June - September
Leaf: March - July



Shopping tips: Buy ones with crisp, dark, green leaves and without brown edges.

Storing tips: Wrap in damp paper towels, in a plastic bag & store in the refrigerator for up to 1 week.

Nutritional facts: They are mostly composed of water. Generally, the greener the leaves, the more nutrients they contain.

Serving ideas: Rinse and pat dry before use. Add to sandwiches, wraps, and serve a mixture of different varieties in salads.

Fun fact: Their crisp leaves are usually green but red ones can also be found.



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Pina Colada Sauce

Yield: approximately 3 cups

Ingredients:

3 (6-ounce) containers flavored lowfat vanilla yogurt
1 (12-ounce) can frozen 100% pineapple juice concentrate
Coconut extract flavoring to taste



Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.



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Where do they come from? This small fruit about 1 inch in diameter, is similar to lychee but with smooth, yellow-brown skin. It develops in clusters on tall trees that bear green-yellow flowers. Today, this fruit is cultivated in Asia, Central America and the U.S.- including Hawaii.

Peak Season in Hawaii: August - October



Shopping tips: Look for those with smooth, yellow-brown skin that are free of cracks and bruises.

Storing tips: Store in the refrigerator in a plastic or paper bag for up to 1-2 weeks. May be frozen for 6 months.

Nutritional facts: About 10 pieces provides an excellent source of vitamin C.

Serving ideas: Split the shell at the stem end and peel off to reveal the white flesh. After pitting, they may be enjoyed fresh or added to salads.

Fun fact: In China, this fruit is enjoyed fresh, dried and canned. The seeds are even used to make shampoo.



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Skillet Fruit



Number of servings: 16

Ingredients:

- 1 teaspoon lemon zest
- 3-4 cups of fruits (fresh OR canned)
- 1/4 cup fruit juice OR water
- 2 tablespoons brown sugar
- 2 tablespoons butter

Directions:

1. GRATE lemon zest. SET aside.
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:

Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used.

Use in place of syrup on French toast, pancakes or waffles.



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Where do they come from? These fruits grow on trees in tropical climates and are thought to be native to India. There are over 1,000 different varieties with varying shapes: round, oval, kidney-shaped.

Peak Season in Hawaii: March—November



Shopping tips: Look for firm, partly ripe fruit that shows some yellow or red. Some varieties remain green when ripe. They should have a sweet flowery fragrance.

Storing tips: Unripe fruit can be left at room temperature to ripen. When ripe, they can be kept in the refrigerator for up to a week.

Nutritional facts: Provides Vitamins A and C, and Potassium.

Serving ideas: Peel skin and eat on its own, in a fruit salad, with cereal, or yogurt, or blend in a smoothie.

Fun fact: This fruit bearing tree is actually related to the cashew & pistachio.



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Scrambled Tofu

Number of servings: 4

Ingredients:

- 1 (20 ounce) container tofu
- 1 tablespoon butter
- 1/2 (10 ounce) package bean sprouts
- 2 eggs
- Salt and pepper to taste

Optional:

- garlic
- watercress
- mushrooms
- cheese
- bell pepper
- green onions
- chop suey mix



Directions:

1. DRAIN tofu.
2. In a small bowl, DICE or MASH tofu.
3. Optional: CRUSH garlic
SLICE watercress, mushrooms, cheese, bell peppers, and green onions.
4. In a pan, MELT butter. ADD tofu.
5. ADD bean sprouts and optional ingredients. SAUTE over medium heat until lightly BROWNED.
6. Beat eggs and ADD to tofu mixture. COOK until firm.
7. SPRINKLE salt and pepper to taste.
8. STIR and COOK until firm.

Variations: Sauté one or more optional ingredients with tofu. Season to taste.



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Where do they come from? The first cultivators of these edible fleshy fungi are believed to be the Greeks & Romans but they are now grown on every continent.

Peak Season in Hawaii: Year round



Shopping tips: Choose those with firm texture, and those that are free from spots, slime and split caps.

Storing tips: Store unwashed in refrigerator for 2-3 days.

Nutritional facts: Composed mostly of water, they also provide some of the B vitamins & potassium.

Serving ideas: Rinse before use. Eat raw with dip or in salads. Cook with meats, sauces, stir fry dishes or omelets.

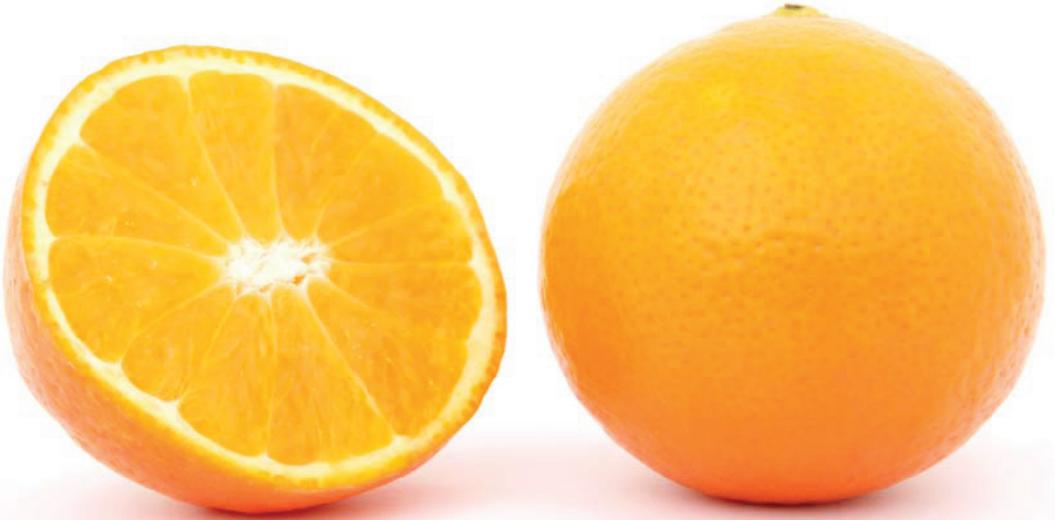
Fun facts: The varieties that are edible have caps that range in size from less than 1/2 inch to 1 foot.



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Creamy Fruit/Vegetable Salad

Number of servings: 6

Ingredients:

3 cups fresh, frozen, canned OR dried fruit OR 3 cups fresh or frozen vegetables
1 (6-ounce) container flavored low-fat yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to SERVE.



Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruits.
Chopped nuts may be added.



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Where do they come from? Originating in ancient times in Southeast Asia, this tree has green leaves, bears white fragrant flowers & fruits.

Peak Season in Hawaii: September - April



Shopping tips: Look for fruit with thick skin that is heavy for its size.

Storing tips: Can be stored at room temperature or in the refrigerator for 1 to 2 weeks.

Nutritional facts: Provides Vitamin C, fiber, and folate.

Serving ideas: Cut into wedges or use in fruit salads & enjoy.

Fun fact: "Navel" is one of the most popular varieties of this fruit. It got its name because the bottom looks like a belly button.



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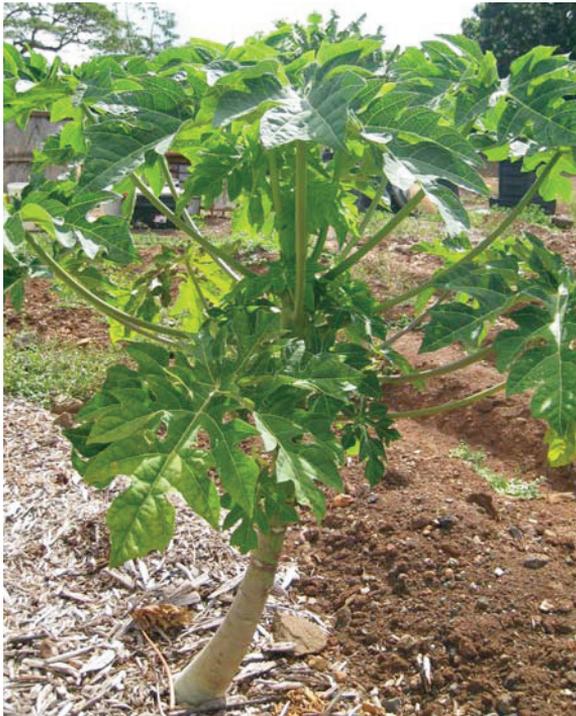
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Versatile Quick Bread

Yield: 1 loaf

Ingredients:

2 tablespoons baking powder	1/4 cup butter OR vegetable oil
1/2 tablespoon baking soda	1/2 cup sugar
2 cups whole wheat flour	1 egg
1 cup fruit (fresh, canned OR dried)	1/4 cup water, milk, OR fruit juice

Optional

1/2 cup
chopped nuts
1/2 cup raisins

Directions:

1. PREHEAT oven to 350° F.
2. GREASE 9" X 5" X 3" loaf pan
3. SIFT baking powder, and baking soda. MIX thoroughly with wheat flour.
4. In a small bowl, MASH fruit.
5. In a medium bowl, CREAM butter OR oil and sugar.
6. In a small bowl, BEAT egg then ADD to butter and sugar mixture. MIX.
7. ADD water, milk, OR fruit juice and STIR.
8. ADD flour mixture and MIX in gently until completely moist.
9. Optional: ADD chopped nuts and/or raisins. MIX well.
10. POUR into loaf pan.
11. BAKE for 50 minutes.
12. INSERT butter knife or toothpick to test doneness. (Knife/toothpick should come out clean)



Variations: Use fruits such as banana, mango, or papaya.



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Where do they come from? Thought to be native to Central America, the fruit of this tree forms in clusters at the top of the tree.

Peak Season in Hawaii: March - November



Shopping tips: Choose those that are firm, with yellow streaks. Avoid bruised or completely green ones.

Storing tips: Hold at room temperature until they turn completely yellow to orange. Then store them in the refrigerator.

Nutritional facts: Provides Vitamin C & A, and potassium.

Serving ideas: Cut in half, remove seeds & scoop out flesh. Enjoy with cottage cheese, blend in a smoothie or add to a salad.

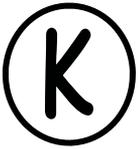
Fun fact: "Solo" is the most common Hawaiian variety.



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Fried Rice

Number of servings: 9

Ingredients:

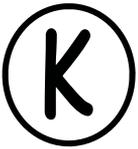
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| 1 medium round onion | 4 cups cooked rice |
| 2 eggs | 2 cups frozen peas OR mixed vegetables |
| 1 cup cooked meat | 2 teaspoons soy sauce |
| 1 Tablespoon oil | |



Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan, HEAT oil. COOK onion and eggs.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations: Use cooked brown rice for hearty flavor & an even brown color.
Use any leftover cooked meats or available vegetables (fresh, canned, frozen; bite sized)
Use oyster sauce.



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Where do they come from? They are a member of the legume family, which bear pods that enclose seeds.

Peak Season: June - August



Shopping tips: Look for firm, bright green pods.

Storing tips: Store unwashed, in a plastic bag in the refrigerator. Rinse and cut off ends before using.

Nutritional facts: Provides Vitamin A, C, & K as well as dietary fiber.

Serving ideas: Some varieties add a nice crunch when added raw to salads or when eaten with dips. Add cooked varieties to soups, casseroles or fried rice.

Fun fact: Only a small percentage is sold fresh, most are sold canned & frozen.



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Fruit Freezes

Yields: 1 tray

Ingredients:

Fresh bananas
Pineapple
Mango
Apple
Grapes
Strawberries



Directions:

1. PEEL and SLICE fruits.
2. PLACE fruit pieces on cookie sheet, flat shallow pan, or foil.
3. PLACE cookie sheet flat on freezer shelf. FREEZE overnight.
4. PLACE frozen fruit in individual plastic bags or WRAP in cellophane.

Variations:

Use canned fruit such as peaches, pears, apricots, etc.



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Where do they come from? Native to tropical climates of America, this fruit was commercially grown in Hawaii in the 1800's. It does not grow on trees, & was named according to its pinecone resemblance.

Peak Season in Hawaii: April - September



Shopping tips: Look for fresh, dark green leaves & fruits with no soft or brown spots on surface. Choose those that have a strong fragrance.

Storing tips: Refrigerate whole in a plastic bag after purchasing. Cut pieces can be refrigerated in a sealed container for about a week.

Nutritional facts: Provides vitamin C.

Serving ideas: Enjoy in a fruit salad with cottage cheese or as 100% juice. Can also be cooked in sweet & sour dishes like with ham.

Fun fact: James Dole first planted this fruit in Hawaii in 1901.



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Leafy Tofu

Number of servings: 6

Ingredients:

- 1 (20-ounce) container tofu
- 2 bunches spinach
- 1-2 tablespoons oil
- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame seeds



Directions:

1. DRAIN Tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTE tofu cubes for a few minutes. MOVE tofu to the center of the pan
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

Variations:

May use other dark green leafy vegetables or cabbage.



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Where do they come from? Originally from Persia, it grows best in cool damp weather and rich, moist soil. Several varieties are grown that mainly differ in the texture of their leaves.

Peak Season: March-May



Shopping tips: Select those that are crisp and bright to dark green.

Storing tips: Store loosely in an open bag in refrigerator up to 3-4 days.

Nutritional facts: One serving of this raw vegetable provides an excellent amount of vitamin A and K.

Serving ideas: Rinse & pat dry just before use. Add to a salad, stir-fry, pasta or a sandwich.

Fun fact: It was popularized by the cartoon character Popeye, who linked his strength to the consumption of this veggie.



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Pina Colada Sauce

Yield: approximately 3 cups

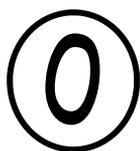
Ingredients:

3 (6-ounce) containers flavored lowfat vanilla yogurt
1 (12-ounce) can frozen 100% pineapple juice concentrate
Coconut extract flavoring to taste



Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.



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Where do they come from? They grow in tropical and subtropical climates on trees 20-30 feet tall that bear pink or purple flowers.

Peak Season in Hawaii: Moderately available September - April



Shopping tips: Choose those that have a fruity aroma, are firm and are not bruised.

Storing tips: Can be left at room temperature to ripen for a few days. Store in refrigerator for about 2 weeks.

Nutritional facts: Provides Vitamin C and fiber.

Serving ideas: The sweet variety is generally eaten fresh, or as a garnish with is characteristic star-shape. Some varieties can be used to make hams.

Fun fact: When sliced crosswise, the slices are star-shaped.



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Fruit Slush #3



Yield: 6 cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

Directions:

1. In a blender, PLACE yogurt and fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

- Use any flavor yogurt.
- Canned or frozen fruits may be used.
- If slush it too thick, add water.



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Where do they come from? They can grow all over the world in temperate climates, on low growing plants, which produce white or pink flowers.

Peak Season in Hawaii: January - April



Shopping tips: Choose shiny, firm fruit that are bright red in color. Caps should be green and intact. Avoid those that are shriveled or mushy.

Storing tips: They are highly perishable and should be stored in a loosely covered container in the refrigerator for 2-3 days.

Nutritional facts: Provides Vitamin C, fiber, and potassium.



Serving ideas: Rinse and enjoy on its own, on top cereal or yogurt, toss in a salad or blend into frosty drinks.

Fun fact: The seeds that dot the surface are really the “fruit,” while the red flesh is the receptacle that holds the parts of the flower together after pollination.



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Potatoes

Number of servings: 12

Ingredients: 6 medium potatoes

Directions:

1. SCRUB potatoes well; REMOVE all eyes and sprouts.
2. CUT approximately into 2-inch chunks.
3. PIERCE each potato several times with a fork.



Variations:

MICROWAVE:

1. Place in microwave and COOK on high:
1 potato: cook 4-6 minutes/2 potatoes: cook 6-8 minutes/3 potatoes: cook 8-12 minutes
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker. PLACE about 1/2 inch of water in rice cooker (not to go over the height of the rack)
2. PLACE potatoes in automatic rice cooker and COOK.
3. POTATOES are done when rice cooker automatically shuts off.

TRADITIONAL METHODS:

BAKE: In oven or toaster oven at 425°F, BAKE for 30-45 minutes.

BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes. Bring to BOIL and SIMMER covered for 20-30 minutes.

STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.



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Where do they come from? Botanically grown as the root of a vine, they are thought to have been domesticated in Central and South America. They range in colors from white to yellow, orange, red or purple.

Peak Season in Hawaii: February - June



Shopping tips: Choose those with firm skin, without blemishes.

Storing tips: Avoid refrigerating when raw. Instead store in a cool, dry place. If stored properly, fresh potatoes should keep for a month.

Nutritional facts: Provides beta-carotene, vitamin C, potassium and fiber.

Serving ideas: Rinse & scrub. Prick in several spots before microwaving or baking. Eat as is, as chips or fries, or enjoy in soups.

Fun fact: Despite its name, it is only distantly related to the potato.



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Creamy Fruit/Vegetable Salad

Number of servings: 6

Ingredients:

3 cups fresh, frozen, canned OR dried fruit OR 3 cups fresh or frozen vegetables
1 (6-ounce) container flavored low-fat yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to SERVE.



Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruits.
Chopped nuts may be added.



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Where do they come from? Thought to have originated in China, this fruit is a cross between a mandarin & bitter orange.

Peak Season in Hawaii: November - January



Shopping tips: Choose those that are heavy for their size, and that are free of bruises, dark spots, and soft areas.

Storing tips: They should be picked when ripe and can be kept in the refrigerator for 1-2 weeks.

Nutritional facts: Provides an excellent source of vitamin C.

Serving ideas: Peel and enjoy as a refreshing snack with yogurt or as a sweet addition to salads. They are often used interchangeably with oranges.

Fun fact: Those locally grown rarely develop a deep orange color but usually have a green tinge when mature.



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Salsa



Yield: approximately 4 cups

Ingredients:

- 1/2-3/4 pounds tomatoes OR 1 (28-ounce) can whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, lemon OR lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.
Salsa may be used as a dressing or dip.



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Where do they come from? Native to Peru, they grow in tropical and temperate climates on bushy, sometimes creeping plants. They can be round, globular, oval shape and come in red, orange, yellow and green colors.

Peak Season in Hawaii: May - September



Shopping tips: Choose ones that are firm, smooth, well ripened and without bruises.

Storing tips: Store ripened ones at room temperature, out of direct sunlight and use within a few days. Ripe ones will keep in the refrigerator for 2-3 days.

Nutritional facts: Provides Vitamins A, C, B6, thiamin, potassium and lycopene.

Serving ideas: Rinse and enjoy on its own, in a salad, sliced in a sandwich, or chopped and served as salsa. Add to cooked soups, stews, or sauces.

Fun fact: Varieties may include: cherry, plum, slicing, beefsteak, and heirlooms.



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Creamy Fruit/Vegetable Salad

Number of servings: 6

Ingredients:

3 cups fresh, frozen, canned OR dried fruit OR 3 cups fresh OR frozen vegetables
1 (6-ounce) container flavored low-fat yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to SERVE.



Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruits.
Chopped nuts may be added.



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Where do they come from? Originally from Africa, it was used as a portable source of water, but has since spread around the world.

Peak Season in Hawaii: June - September



Shopping tips: Choose ones that are heavy for its size. Check for a pale, yellow area on skin. Lack of this characteristic may indicate it was picked prematurely.

Storing tips: Can be kept at room temperature for a few days, but should be covered and chilled in the refrigerator after cutting.

Nutritional facts: Contains more than 90% water. Provides Vitamins A & C and potassium.

Serving ideas: Cut into slices or cubes, or scoop into balls for a refreshing cool treat on a warm day. Puree into juice or smoothies.

Fun fact: Locally grown, they range from 10 to 20 pounds.



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Cheesy Casserole



Number of servings: 9

Ingredients:

1 small round onion	2 tablespoons butter	1 cup reduced fat milk
1 clove garlic	2 tablespoons flour	4 cups cooked noodles (any type)
1 large zucchini	1/2 tablespoon oregano	1 1/2 cups grated Monterey Jack
1 crown broccoli	1/2 teaspoon basil	OR other cheeses

Directions:

1. CHOP onion. SET aside.
2. MINCE garlic. SET aside.
3. CUT zucchini and broccoli into bite-sized pieces. SET aside.
4. In a large skillet or pan, MELT butter. ADD onion and garlic. SAUTE for a few minutes.
5. STIR in flour and ADD oregano and basil. MIX.
6. REMOVE from heat and gradually STIR in milk.
7. ADD vegetables, noodles, and 1 cup cheese.
8. MIX until sauce is well blended with vegetables and noodles.
9. RETURN to stove. COVER and COOK for 15 minutes.
10. REMOVE cover, ADD remaining 1/2 cup cheese.
11. COOK uncovered for 10 minutes.



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Where do they come from? Originating in Italy, they are commonly referred to as a veggie but are botanically, a fruit.

Peak Season in Hawaii: August-December



Shopping tips: Pick ones with smooth, firm, shiny skin and those that feel heavy for their size.

Storing tips: Store in a plastic bag in the refrigerator for up to one week. If sliced, keep in a sealed bag or container in refrigerator for up to 3 days.

Nutritional facts: One half cup serving provides vitamin C.

Serving ideas: Enjoy raw in salads or with dip. Also enjoy cooked in pastas, stir-fry dishes, or quesadillas and wraps.

Fun fact: Known as a "summer squash", it is available in various colors from dark green to yellow & sometimes even with stripes.



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FRUITS	FRUIT & RECIPE	PLANT & FACTS	VEGGIES	VEGGIE & RECIPE	PLANT & FACTS
Banana	F	12	Asparagus	Q	22
Blueberry	H	7	Bell Pepper	V	1
Grapes	N	23	Carrot	Z	17
Longan	E	15	Cauliflower	I	2
Mango	J	3	Celery	U	8
Orange	L	19	Corn	D	26
Papaya	C	24	Cucumber	P	13
Pineapple	S	4	Lettuce	W	18
Star Fruit	O	14	Mushroom	A	5
Strawberry	T	21	Peas	K	6
Tangerine	Y	10	Spinach	M	25
Watermelon	B	9	Sweet Potato	X	20
			Tomato	R	16
			Zucchini	G	11

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It All Starts with Agriculture!

Fruit & Veggie Matching Card Game:

ANSWER KEY

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