### <u>Butternut Squash</u>

Store: Lasts 2 to 3 months when stored in a dark, cool space.

Refrigerate once cut.

Prep: Peel skin off before using and remove seeds and pulp

inside.

Serve:

Cook by steaming, microwaving, baking, or stir-frying. Butternut squash looses nutrients when boiled. Butternut squash is easy to puree into soups, used as a sauce, or added to dishes such as lasagna. You can also add cinnamon and brown sugar to butternut squash and have a healthy desert similar to pumpkin pie.

Tips:

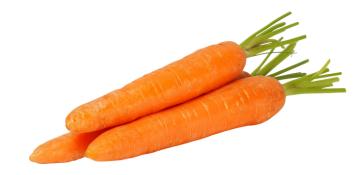
Great source of fiber that will keep you full for longer. Good source of vitamin A to improve skin and eyes. For a protein-packed snack: lightly coat seeds with oil and salt and pepper and bake at 425° F.



#### **Carrots**

**Store:** Refrigerate carrots in a plastic bag for up to

2 weeks.



Prep: If you buy carrots with green tops, cut off the tops before refrigerating. Fresh and

frozen are both healthy options. Avoid wilted, soft or limp carrots.

**Serve:** Can be eaten raw, sliced into sticks or shredded. Cook by steaming or roasting in

the oven. Boiling loses nutrients. Carrots can be added to most meals, either in the

dish or as a side.

**Tips:** Great for your skin and eyes. Help to prevent diseases

and fight infections.



# <u>Mango</u>

Store: Store at room temperature until ripe- tender when

touched.

Prep: Only cut when soft to touch, like peaches. Peel off

the outer skin and dispose. Slice inner flesh from

the pit and enjoy!



Serve: Cut into slices and freeze for smoothies or desserts. Dice and add to homemade

salsa with lime juice, onions, peppers, and a little honey.

Tips: Good source of antioxidant vitamin C, and vitamin A for

eye health. Small mangos are often yellow, while large

ones are usually green or red.



# **Nectarines**

**Store:** Store unripe nectarines in a paper bag until ripe.

Once ripe, store at room temperature for sure

within 2-3 days.

Prep: Rinse (do not soak) under cool water just before

use.



Serve: Slice as a snack with yogurt or add to a salad. Broil in the oven and combine with

yogurt and honey for a healthy dessert!

**Tips:** Help with hydration because of the high water content.

When choosing nectarines, firmer ones will take longer

to ripen while ripe nectarines should be used right away.



## <u>Oranges</u>

Store: Can be stored at room temperature for up to 4

days, and then should be refrigerated and will keep

about 2 weeks.



**Prep:** Peel away the outer skin. Cut or peel off slices of

fruit.

Serve: Juice or eat raw as a snack. Bake for desserts or add to salads for a fruit addition!

**Tips:** Great source of vitamin C to boost your immune system.

Has been shown to lower blood pressure and

cholesterol.



#### **Peaches**

**Store:** Store at room temperature until fully ripe. When

ripe, store in refrigerator for use within 3-5 days.

**Prep:** Rinse (don't soak) under cool water just before

use. Discard pits.



**Serve:** Slice as a snack with yogurt or add to a salad. Broil in the oven and combine with

yogurt and honey for a healthy dessert. Can make a fruit salsa with peaches, onion,

bell peppers, and lime juice.

**Tips:** A ripe peach will be slightly soft to the touch. Peaches have antioxidant vitamin C to help your immune system.



# <u>Pumpkin</u>

Store: Lasts 2-3 months when stored in a cool, dark

place. Do not refrigerate.

Prep: Slice in half for roasting and remove seeds and

pulp inside.



Serve: Cook by steaming, microwaving, or roasting. Boiling loses nutrients. Save the seeds

for a snack- just clean off the pulp, sprinkle with seasoning and oil, and bake in the

oven.

Tips: Great for keeping you hydrated because they contain a

lot of water. Contain Vitamin A.



#### **Sweet Potato**

Store: Keep in cool, dry, dark places for 3-4 weeks.

Do not refrigerate. Wash only before use.

**Prep:** Scrub using a brush or hand to remove dirt.



Serve: Cook by steaming, microwaving, or roasting in the oven. Boiling loses some of the

valuable nutrients.

Tips: Great for your skin, eyes, and digestion because of its

high amount of beta-carotene and fiber!

