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## **Fabulous Fruits and Vital Vegetables**

*By Georgina Cundall*

A Complete Guide to the Selection, Preparation, and Preservation  
of Fresh Fruits and Vegetables for Healthy Living

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## **About the Author**

Georgina Cundall started to learn about the benefits of adding more fruit and vegetables to her diet when she had some minor health problems.

She was also starting to worry about how she could give her young children a healthier range of foods on a very limited budget.

An additional problem was finding things which the children would actually choose when she wasn't around to supervise.

She discussed this with friends and found her concerns were widely shared, so she decided to put what she found into this book so that other people, especially women with a job and a young family, could benefit from her tips.

Georgina tried many things over the last couple of years and believes that almost everyone will find value in her suggestions in this book, whatever their situation.

## **Part-I: Introduction**

# **Fruits and Vegetables in Nutrition – An Overview**

**E**ating fruits and vegetables is one of the best ways to maintain good health.

Fruits and vegetables are an important part of a healthy diet. They contain vitamins, phytochemicals, and minerals that can protect your body from diseases like diabetes, cancers, and heart diseases. Ideally, you should consume five kinds of vegetables and two kinds of fruits each day.

Presently, magazines, advertisements, and schools support and insist on eating more fruits and vegetables. This is to make us all more aware of the nutritional benefits of fruits and vegetables.

Among other claimed benefits, they are believed by some people to have some benefits in your body’s defense against common ailments of the heart and intestines, and even some types of cancer.

Some fruits and vegetables contain certain antioxidants which may help to keep away or reduce the effects of some ailments and diseases.

Many health professionals attest to the importance of having fruit and vegetables in your daily diet.

Different fruits and vegetables have different essential nutrients and vitamins. Hence, it is not sufficient to just eat only a small range of vegetables and fruit that you particularly like.

This book is focused on showing you the benefits which are claimed for adding more vegetables and fruit to your diet and broadening the choices which you know about.

I will also give you a variety of tasty and nutritious recipes toward the end of my book.

I think it’s a good idea to include some different fruits and at least one serving of dark green leafy vegetables each day.

Some fruits and vegetables are very low in calories or fat.

Many are packed with nutrients, antioxidant vitamins, complex carbohydrates, fiber, and/or phytochemicals. These ingredients are claimed to be very helpful for maintaining or even improving your health.

Among fruits, oranges, cantaloupe, grapefruit, guava, pineapple, kiwi, papaya, and grapes are very nutritious.

Organic berries are claimed to provide excellent antioxidant protection, as they are a rich source of phytochemical carotenoids and flavonoids.

Many people like to eat bananas and apples regularly. These fruits are, apparently, low on antioxidants although they are very nutritious and can contribute to your health.



Among vegetables, some varieties are rich in antioxidants.

You should include dark green leafy vegetables like spinach, broccoli, romaine lettuce and kale in your daily diet.

Other healthy choices of vegetables include

carrots, which are rich sources of vitamin A, beans, cauliflower, Brussels sprouts, cabbage, Swiss chard, tomatoes, garlic, sweet potatoes, onions, white potatoes, and the always popular corn.

Ideally, you should start the day with fruits on your breakfast cereal or as an additional item on your breakfast menu.

Berries on sugar-free, whole grain cereal is a good breakfast choice.

You could have homemade soup just before lunch.

Combine it with fresh salad of vegetables like lettuce, cucumber, or a romaine lettuce salad.

Have steamed vegetables for dinner with pasta or you might include little stir-fried vegetables for your dinner.

Make it a habit to have fresh fruits and raw vegetables for snacks between meals instead of less healthy choices.

Consuming fruits and vegetables can help in some measure to increase your body's defense you against some types of ailments.

Regular consumption may help with protecting against or reducing the effects of:

- ✓ Intestinal ailments such as diverticulitis, heart diseases and strokes
- ✓ some types of cancer
- ✓ problems with blood pressure and
- ✓ may help to guard against cataract and macular degeneration that normally are the principal causes for vision loss.

Most people are not aware of the amount of fruits and vegetables that might, eaten daily, be enough to get optimum results.

The best recommendations come from your medical practitioner, who can take into account your particular medical history and the current state of your health.

Always consult your doctor before making any changes to your diet or anything affecting your health which may be significant.

The dietary guidelines which I follow suggest having from 2½ to 6½ cups of fruits and vegetables per day, depending on your caloric intake.

If you need a daily calorie intake of 2,000 calories to maintain weight and health, that is about nine servings or two cups of fruit and two and a half cups of vegetables.

Research and studies generally indicate the importance of fruits and vegetables in your daily diet. A research study done as part of the Harvard-based Nurses' Health Study and Health Professionals Follow-up Study included almost 110,000 men and women whose health and dietary habits were followed for fourteen years.

Results indicated that the chances of developing cardiovascular disease may be less for people that have a high intake of fruits and vegetables daily.

People with the lowest intake of fruits and vegetables, as little as one and half servings each day, seem to be more prone to strokes and heart attacks.

Different types of vegetables have specific properties that may offer some support for your body's protection against cancer. These include broccoli, lettuce and other leafy greens, cabbage, onions,

garlic, and bok choy (a plant grown for its cluster of edible white stalks with dark green leaves).

Some research indicates that tomatoes may be particularly good for men when taken in moderation on a daily basis.

Another important constituent of some vegetables is their level of indigestible fiber content. This fiber, when passing through the digestive system soaks up water and may help to smooth bowel functions, relieve constipation and possibly irritable bowel syndrome.

The bulking and softening action of insoluble fiber inside the intestinal tract may help to some degree to reduce the occurrence or effects of diverticulitis (the formation of tiny, easily irritated pouches inside the colon).

Free radicals present in the atmosphere due to cigarette smoke, sunlight, and air pollution are claimed to be a factor in some instances of serious eye damage. Consuming dark green leafy vegetables and similar fruits which contain pigments like zeaxanthin and lutein, may help to reduce the levels or effects of the free radicals.



Overall, it seems very importance to include various fruits and vegetables in your daily diet. Variety is probably as important as quantity to reap the best benefits for your health.

## What is a Fruit?

**F**ruit has a different meaning in different contexts.

In botanical terms, fruit refers to a ripened ovary of a flowering plant. In some cases, fruit refers to the ripened ovary with its surrounding tissues.

Fruit, in food preparation, refers to the sweet, fleshy, and edible parts of a plant such as oranges, plums, and apples.

Sometimes, the stems of rhubarb could also be said to be a fruit in food preparation although, botanically it is not.

Sometimes, the nuts and grains of many common vegetables are also included within the broad term of fruit in cooking.

Some fruits, including tomato, cucumber, pumpkin, squash, beans, corn, peas and sweet pepper, are considered vegetables by those involved in food preparation.

In the strictest culinary sense, fruit is any sweet tasting plant product associated with seed or seeds.

Tomatoes are a fruit.

## Broad Classification of Fruits

The three basic types of fruits are:

- 1) Simple fruit
- 2) Aggregate fruit
- 3) Multiple fruit

### *Simple Fruit*

Simple fruits could be formed due to ripening of a simple or compound ovary with only one pistil. They can be either dry or fleshy.

Dry fruits could be dehiscent fruit which open to discharge seeds or indehiscent fruit which do not do so.



Examples of dry simple fruits include legumes (pea, bean and peanut), capsules (Brazil nut), fibrous drupe (coconut and walnut), schizocarp; carrot, utricle (beets), silique as in radish, and others.

Examples of fleshy simple fruits include pome (accessory fruits like apple, pear, rosehip) and berry (redcurrant, gooseberry, tomato and avocado), false berry (banana and cranberry) or stone fruit (plum, cherry, peach, apricot, and olive).

### *Aggregate Fruit*

These fruit develop from a flower with numerous simple pistils. Some aggregate fruits are termed berries, but they may not be in the strictest botanical sense.

A common example of aggregate fruit is raspberry.



Blackberry is another aggregate fruit, but it has an elongated receptacle as a part of the ripe fruit so it is called an aggregate-accessory fruit. Strawberry is also an aggregate-accessory fruit.

These fruit usually develop from a single flower with numerous pistils.

### ***Multiple Fruit***

A fruit formed from a cluster of flowers is called a multiple fruit. Each flower produces a fruit but they eventually merge into a single mass.

Common examples of multiple fruit include mulberry, pineapple, orange, edible fig, and breadfruit.

Other dry multiple fruits include sweet gum (a multiple of capsules), tulip tree (a multiple of samaras), sycamore and teasel (multiples of achenes) and magnolia (a multiple of follicles).

The term compound fruit includes:

1. Aggregate fruit where they are present in multiple fruits with seeds from different ovaries of a single flower
2. Multiple fruit where present in fruits of separate flowers packed closely together and
3. Other accessory fruit where the edible part is not generated by the ovary.

There are also a few seedless fruits like grapes, mandarin oranges, and seedless variety of watermelons.

## What is a Vegetable?

The word vegetable was first recorded in print in English in the 14th century. The word comes from Latin ‘vegetabilis’ and from vegetare, or enliven. This means to the part of a plant that is growing.

However, the meaning of plant grown for food was not established until the 18th century.

The scientific and traditional definition of vegetable is more subjective than arbitrary. Normally, the edible part of a plant is called a vegetable. Some people consider a plant part which is normally eaten as unsweetened or with salted food a vegetable.

Customs in various places also define a vegetable in particular ways. Individual food selection and choices also contribute towards a specific plant product being called a vegetable or not.

Mushrooms are categorized as a vegetable, although they are biologically fungi.

Grains, nuts, herbs, seeds, spices, and culinary fruits are not considered vegetables although all of them are edible parts of plants.

In the culinary sense, vegetables are ideally best suited for salted and unsweetened dishes, with a few exceptions like pumpkin pie.

Again, definition of vegetable does not imply that the product needs to be cooked.

Carrots, celery, and bell peppers are common examples of vegetables that can be eaten raw. Many people eat raw potato; usually with salt and after washing it.

Some people swear by a potato as a quick answer to heartburn.

There are various fruits which are usually used as vegetables. Examples include eggplant, tomato, and bell pepper. These are, botanically, fruits but they are normally consumed as part of a savory or salty dish, not as a dessert or eaten with sugar. Therefore, they called vegetables.

The preparation could cause the change of a fruit into a vegetable.

### ***Vegetables Formed from Parts of a Plant***

**Buds:** Brussels sprouts, cauliflower, broccoli, globe artichokes.

**Leaves:** kale, collard greens, beet greens, spinach, turnip greens and endive.

**Seeds:** Corn.

**Leaf stems:** Celery, rhubarb; sometimes rhubarb is also termed as a fruit as sweet dishes are made from it.

**Leaf sheaths:** Leeks.

**Stem of immature plant:** Asparagus.

**Whole immature plants:** Bean sprouts.

**Underground stem of a plant or tuber:** Potatoes, sweet potato Jerusalem artichokes, yam.

**Bulbs:** Onions, garlic, shallots.

**Roots:** Carrots, parsnips, beets, radishes, turnips.

**Botanical Fruits:** Tomatoes, squash, cucumbers, pumpkins, capsicums eggplant, tomatillos, christophene, okra.

**Whole unripe seedpods (of legumes):** Green beans, snap peas.

**Legumes:** Peas, beans.

The use of the term vegetable is more arbitrary than scientific. You cannot always specify anything as a vegetable only or not a vegetable at all.

## Part-II: Health Benefits

### Health Benefits of Fruits and Vegetables

Fruits and vegetables are essential components of your daily diet.

Some contain natural antioxidants that can help to keep you healthy and fit, providing nutrients which are valuable resources of energy and sustaining the quality of your life.

The common vitamins present in fruits and vegetables include vitamin A, vitamin C, folate and potassium. Almost all fruits and vegetables are low in fat and calories. Many are excellent sources of natural fiber.

Some health professionals recommend from five to nine servings of fruits and vegetables. The serving depends on your daily caloric intake. If you need around 2000 calories each day, you might need up to nine servings of fruits and vegetables each day.



You should get best results if you consume a variety of fruits and vegetables. Eating a single type or color of fruit and vegetable may not offer the required nutrition.

Each type and color of fruit or vegetable that is generally available has some benefit.

To get the best nutrients from your fruits and vegetables, eat those which are in season in your region. Fresh produce has the best levels of the nutrients we may need during the season.

If you eat out-of-season fruits and vegetables, their nutrient value might be less, they will probably cost more and their production and transportation may have a greater financial and environmental cost.

## **Health Benefits of Fruits and Vegetables**

Your diet has a critical role in defining your health and energy levels which affects every other part of your life. The fruits and vegetables you consume regularly are a powerful storehouse of beneficial, even vital, vitamins and nutrients which help our body to protect itself against many diseases and other negative factors in our environment.

Different fruits and vegetables offer varied benefits for your health.

Vegetables that are said to be high in antioxidants and nutrients include broccoli, asparagus, brussels sprouts, beets, carrots, onions, cauliflower, red peppers, squash, tomatoes, and garlic.

Fruits that some say are high in antioxidants and nutrients include apples, blueberries, apricots, bananas, cherries, cantaloupe, oranges, kiwifruits, peaches, and pink grapefruits.

## **Nutrients of Fruits and Vegetables**

Fruits and vegetables contain many different varieties of nutrients. Some fruits and vegetables are a virtual storehouse of beneficial minerals like anthocyanins, resveratrol, lycopene, and more phytochemicals are being found as research into the fruits and vegetables is conducted.

### ***Phytochemicals***

These plant nutrients help sustain your body against the worst ravages of the aging process and may help to reduce health risks like heart ailments, high blood pressure and cholesterol.

Some of the phytochemicals include:

**Anthocyanins**, available in blackberries, blueberries, cherries, eggplant, plums, and kiwi fruit are claimed by some to have

important properties that may help reduce the occurrence of severity of some urinary tract infections.

**Lycopene**, available in watermelon, tomatoes, and pink grapefruit.

**Resveratrol** is available in red grapes and peanuts. CAUTION: more people are finding they may have an allergic reaction to peanuts every year.

## **Suggested Servings of Fruit and Vegetables**

People are often confused about the quantity indicated by a single serving or a cup.

Ideally, one cup refers to:

### **Vegetables**

2 cups raw leafy vegetables

1 cup raw or cooked vegetables

1 cup baby carrots or approximately twelve carrots

1 cup cooked or canned dried beans or peas

1 medium potato

1 cup vegetable juice

### **Fruits**

1 cup cut-up or cooked fruit

1 medium piece of fruit

1 large banana

1/2 cup dried fruit

1/4 small cantaloupe

1 cup berries or grapes

1 cup 100% fruit juice



## **Make Fruits and Vegetables an Interesting Part of Every Meal**

Fruits and vegetables have been acclaimed by some people as natural healers and some constituents of particular items have been reported as being particularly valuable for certain groups of people.

Including moderate amounts of a variety of fruits and vegetables in your regular diet may make a noticeable difference in your health.

Eating spinach, strawberries, broccoli, tomatoes, and yams can provide your body with important nutrients that may help to strengthen your immune system, boost your antioxidant level, and reduce your susceptibility to some infectious diseases.

Fruits and vegetables are valuable, fairly cheap non-prescription weapons in helping you to improve your overall health.



Always keep fruits and vegetables on the table or in the kitchen for your family members to pick up and have a quick bite instead of having candies and cookies.

Keep ready a bowl of celery sticks or baby carrots in the refrigerator for any between meals snack.

### ***Ideal Recipes***

Make it a point to start the first meal of the day with a fruit.

Add sliced bananas, dried fruit or berries to your breakfast cereal, pancakes, or waffle.

Alternatively, have a whole fruit with your breakfast like an apple or an orange.

Mix chopped vegetables into scrambled eggs or fold them into an omelet.

Make a tasty salad with raw broccoli, cauliflower and red and green peppers.

Eat dried dates, apricots, or raisins for a snack. Carry a prepackaged fruit cup, box of raisins or piece of fruit with you for a nutritious snack when you go out.

Add some fresh or frozen fruits to two or more cans of chopped or sliced fruit for a tasty and refreshing shortcut fruit salad

Fresh fruits taste excellent if eaten with desserts like low-fat yogurt, applesauce, or pudding.

Add fresh or thawed, frozen fruits like grapes, peaches, chunks of bananas or mango and blueberries to your desserts, or blend them into a smoothie.

You can make use of extra helpings of produce by adding finely chopped carrots, eggplant, broccoli or cauliflower to soups and stews or chili.

Roast carrots, asparagus, butternut squash, eggplant, and broccoli for a deep, rich flavor. Drizzle a little olive oil over them and roast in an oven set to 425 degrees Fahrenheit, or on the grill until tender.

Toss a sprinkling of shredded cheese, toasted pine nuts or almonds on pasta or rice with left-over vegetables and low-fat vinaigrette.

## Cleaning Fruits and Vegetables

You should wash all fruits and vegetables in clean water before use.

Wash fruits like melons and oranges even though you do not plan to eat the rinds. The rind could contain dirt or bacteria that could pass on to the fruit when you peel or cut them.

Plan to wash fruits and vegetables just before you are ready to eat or cook it. This reduces spoilage caused by excess moisture.

The only exception is lettuce which usually remains crisp if you wash and refrigerate it for later use.

Do not use any chemicals for washing fruits and vegetables. They are porous and may absorb the detergent which could spoil the taste.

You may choose to use specially-made produce rinses or sprays to loosen surface dirt and waxes but they are not usually needed.

Use a soft-bristled brush to clean thicker-skinned vegetables and fruits.

Peel and discard outer leaves or rind, but remember that some vegetables like carrots and potatoes have a lot of their nutrients in their skin. You need to scrub them gently and thoroughly to clean out all dirt.

Use a kitchen sprayer with clean water on soft fruits like blackberries, raspberries, strawberries, and blueberries.

Then, use a colander to drain off the dirt and water while turning the fruit gently to retain its texture and softness.





### **Cooking to Retain Maximum Nutrient Value**

Eating raw fruits and vegetables is one of the best ways to get the maximum nutrients from them. Eat raw carrots, beets and cucumbers.

However, it is not possible to eat all vegetables in a raw condition.

Cook green beans, asparagus and Brussels sprouts until they are just crisp yet tender. This keeps the maximum amount of their nutrients intact.

Cook vegetables and fruits in an electric vegetable steamer or a covered pot with a little water. This forms steam that speeds cooking. Steamed vegetables are very nutritious.

Cooking them in the microwave, even using a microwave-safe steamer, may not retain all the nutrients, flavor and crispness.

## Uses of Fruits and Vegetables

Fruits like apples, mangos, and guavas are used for making jams and marmalades.

Apples are also used for making vinegar and drinks like cider.

Fruits are also used to make juices like apple juice, orange juice, and grape juice.

Grapes are also used in making alcoholic beverages like brandy and wine.

Olives are pressed for olive oil.

Certain berries are the main source for spices like paprika, vanilla, allspice and black pepper.

Fruits are also used in making and flavoring muffins, ice cream, yogurt, cakes and cookies.

A blend of onions, carrots, beans, cabbage, and tomatoes can make a delicious and nutritious soup.

Other vegetables that can add more taste to your soup include turnips and leeks.

You can devise and make your own recipes by experimenting with different vegetables.

Vegetables are important sources of vitamins, minerals and phytochemicals. Some are also claimed to have various antibacterial, antioxidant, anti-carcinogenic, antiviral and antifungal properties.

Vegetables contain very little fat or protein, but some are rich sources of dietary fiber.

Certain fruits are very high in vitamin C, fiber and water.

Fruits and vegetables are useful for decorative and ornamental purposes. Ornamental trees and shrubs like skimmia, viburnum, pyracantha, cotoneaster and beautyberry are often cultivated for their colorful fruits.

Many fruits like wheat, lotus, and milkweed are dried and used in dry flower arrangements.

Various fruits like cherry, sumac, walnut and mulberries are used for the production of natural dyes.

Dried gourds are used as decorations, water jugs, birdhouses, musical instruments, cups and dishes.

Bayberry fruit provide a wax used to make some candles.

Opium and poppy seeds are the sources of drugs like morphine and opium.

The fiber of the coconut is used in making mattresses, doormats, brushes, floor tiles, sacking and for insulation. The shell of the coconut fruit can be used to make cups, birdhouses, bowls, and musical instruments.

## Use Fruits and Vegetables for their Nutritional Value

More and more Americans are adopting a diet containing more fruits and vegetables.

People are shifting to fruit and vegetable snacks instead of fast food and candy bars.

It is essential to understand the nutritional value of the foods you are eating to get the most benefits.

Many Americans follow the rule of including at least five servings of fruits and vegetables in their daily diet. Be sure to include a variety of fruits and vegetables instead of sticking to only specified varieties.

Understanding the nutrient value of each fruit and vegetable can help you develop healthy food choices.

Some common vegetables and fruits that may be included in your diet are corn, iceberg lettuce, potatoes, apples and bananas.

These are nutritious but you should also eat others for added nutritional benefits.

Eating fruits and vegetables rich in vitamin A, beta-carotene, vitamin C and fiber can help your body to guard you against numerous diseases.

It may be confusing when you try to make a good choice of fruits or vegetables for your consumption.



The following tips may help you make great choices of fruits and vegetables for your daily consumptions:

**(I)** Include at least one orange and one dark green vegetable to your daily diet to get some vitamin A and folate.

Orange vegetables include squash, carrots, pumpkin, sweet potatoes, or yams. You can substitute orange-colored fruit for an orange vegetable though the amount of vitamin A will, of course, vary.

Orange colored fruits include cantaloupes, nectarines, mangos, papaya, apricots, and peaches. Dark green vegetables include dandelion greens, broccoli, arugula, chard, mustard greens, collards, spinach, kale or romaine lettuce.

**(II)** Do not compromise on your nutrition even when you are short on time.

Pre-bagged vegetables, like leafy greens, baby carrots or green beans can be easily prepared for a salad or tossed for a quick stir-fry.

**(III)** Frozen or canned vegetables have some nutritional value but fresh is usually considered the best choice.

Frozen foods retain most of their nutrients.

Select only canned vegetables with low sodium content. Or, you can drain these vegetables to lower their salt and sodium content.

When choosing frozen fruit packed in juice, select unsweetened frozen fruit. Fruits in sugar syrup contain more calories.

Other fruits are sometimes packed in pear juice because it is sweeter than many other fruit juices.

**(IV)** Choose vegetables and fruits over just buying juices.

Fruits and vegetables eaten whole contain more fiber and help with easier digestion.

An occasional vegetable juice drink may be beneficial. However, avoid vegetables juices with high salt content.

Choose 100% fruit juices over fruit-flavored drinks. "Fruit juice drinks", (they may contain very low amounts of the actual juice), cocktails or punches.

**(V)** Choose vegetables and fruits prepared with little or no added fat, sugar or salt.

Some products, like vegetable chips, ketchup, fruit candies, fruit jams or spreads and vegetable or fruit drinks or punches may have a high level of sugar or salt. It is best to avoid these foods. Also, avoid poutine, French fries, zucchini sticks, tempura, and onion rings if you can get, for instance, a baked sweet potato or potato or have a plate of salad instead.

## Color Food Guide

Some people claim that some of the benefits of certain foods may be indicated by their color.

I have not researched this for proof, so I just include this information as a theory and no more than that.

### *(a) Red colored Fruits and Vegetables*

**Red** colored fruits and vegetables are claimed to be good for your heart.

Some of these fruits and vegetables contain lycopene and anthocyanins which some people claim may have anti-aging and cancer protecting properties.

Red-colored fruits and vegetables are also promoted by some people as having properties that may improve your memory and help to some extent with the incidence and effects of urinary tract infections.

Red-colored fruits include cranberries, cherries, red grapes, raspberries, red pears, watermelon, pomegranates, strawberries, pink or red grapefruit, and beets.

Red-colored vegetables include red peppers, tomatoes, red radishes, radicchio, red leaf salad, fresh rhubarb, red-skinned potatoes and red onions.

### *(b) Green colored Fruits and Vegetables*

**Green** colored vegetables and fruits may aid in easy digestion and allow for better absorption of vitamins and nutrients.

These fruits and vegetables are rich in lutein and indoles, which some people say make them great antioxidants. They contain vitamins that may help to build your bones and maintain the quality of your eyesight.



Green colored fruits include green grapes, green apples, honeydew melons, kiwifruit, green limes, green pears, and artichokes.

Green colored vegetables include broccoli, Chinese cabbage, green beans, celery, brussel sprouts, green cabbage and asparagus.

### ***(c) Yellow colored Fruits and Vegetables***

**Yellow** or **orange**-colored fruits and vegetables are claimed by some to be rich in vitamin C which may improve your body's immune system, lower the risk of some cancers, safeguard your vision and help with some of the effects of natural aging problems. Some of these fruits and vegetables contain antioxidants, bioflavonoids, phytochemicals and carotenoids.

Yellow colored fruits include yellow apples, cantaloupe, yellow figs, tangerines, grapefruit, cape gooseberries, lemons, oranges, mangos, nectarines, papayas, yellow watermelon, pineapples, pears, apricots, golden kiwifruit and peaches.

Yellow colored vegetables include carrots, yellow peppers, yellow beets, pumpkin, yellow-skinned potatoes, butternut squash and persimmons.

### ***(d) Purple or Blue-colored Fruits and Vegetables***

**Purple**-colored vegetables are claimed by some to be very rich in antioxidants and contain large amounts of phytochemicals like

phenolics and anthocyanins. These vitamins claimed by some to be help reduce cancer risks, improve your memory and keep your skin looking young and healthy for longer.

Purple-colored fruits include elderberries, purple figs, purple grapes, dried plums, raisins, and Quetch plums.

Purple-colored vegetables include purple asparagus, purple cabbage, eggplant, and purple carrots.

### ***(e) White colored Fruits and Vegetables***

**White** colored fruits and vegetables claimed by some to reduce cholesterol levels and prove beneficial for your heart.

White colored fruits include white peaches, bananas and white nectarines.

White colored vegetables include ginger, garlic, mushrooms, cauliflower, Jerusalem artichokes, and onions.

### Part-III: Selection

## Types of Fruits and Vegetables

**F**ruit is the edible part of a plant. Fruits vary in their colors, shapes, sizes and tastes. Many varieties of fruits are eaten raw.

Common types of fruits include:

**Citrus** like oranges, mandarins, grapefruits, and limes

**Pome** like apples and pears

**Berries** like raspberries, strawberries, blueberries, passion fruit and kiwifruit

**Stone fruit** like nectarines, peaches, apricots and plums

**Melons** like watermelons, honeydew melons, and rock melons

**Tropical fruits** like mangoes and bananas

Vegetables are normally cooked before consumption, but there are some vegetables that can be eaten raw.

Different types of vegetables are within specific vegetable families like:

**Cucurbits** like pumpkin, cucumber and zucchini

**Leafy green** like lettuce, silver beet, and spinach

**Crucifer** like cabbage, cauliflower, brussel sprouts, and broccoli

**Root vegetables** like potato, sweet potato and yam

**Edible plant stems** like celery and asparagus

**Allium** vegetables like onion, garlic and shallot

**Legumes** are the pulses that are available from different vegetables. Legumes should be cooked before consumption. This helps improve their nutritional content and aids digestion. Cooking also removes any harmful toxins.

Legumes are available as:

Legume flours like soy flour, chickpea flour, and lentil flour.

Soy products consisting of tofu or bean curd and soybeans.

Fresh beans and peas like green beans, green peas, broad beans, butter beans, and snow peas.

Dried beans and peas like chickpeas, haricot beans, red kidney beans, and lentils.

## How to Buy Fruits and Vegetables on a Budget

Doctors and health practitioners recommend increasing the fruit and vegetable servings at your table. But, it sometimes proves difficult on your household budget to purchase increased amounts of vegetables and fruits.

These tips can help you to fit a variety of vegetables and fruits within your existing household budget with some planning and foresight.



If you live near a farm, purchase your weekly supply of fruits and vegetables from the farmer. Alternatively, you can plan your shopping for the end of market day. Normally, vendors prefer selling their wares at discounted prices at the end of the market day rather than taking the leftover produce back home.

Always buy the seasonal produce of fruits and vegetables. These are comparatively cheaper than out of season produce. Clementines or tiny tangerines are cheaper during Christmas while pears and apples are cheaper during the fall.

Some farms offer sale of produce through a program called Community Supported Agriculture (CSA). Pay the annual fee upfront to become a member of this program. You may then receive boxes of the growing produce regularly, such as every week.

Most grocery stores offer weekly sales. Try purchasing only the fruits and vegetables available on this sale list to benefit from the discounted prices or through special rebates available on this



produce. You get to enjoy a variety of fruits and vegetables without it being a burden on your budget.

Another way of saving on grocery budget is to make bulk purchases. Most wholesalers offer heavy discounts if you purchase fruits and vegetables in bulk. Go shopping with a neighbor or a friend and split your purchases. You get to enjoy various fruits and vegetables at much lower prices.

Frozen fruits and vegetables are sometimes cheaper than fresh vegetables and fruits. Many are under the wrong impression that frozen fruits and vegetables are low on nutrients. The nutrient value is claimed to remain much the same in frozen and fresh fruits and vegetables.

When choosing and buying frozen fruits, it is best to go for store brands. Most stores run sales most of the time when you may get your stock of vegetables and fruits at nominal costs.

Sometimes, it may be best to get frozen fruits and vegetables if they are not grown locally and have to be shipped from great distances.

If you purchase both frozen and fresh produce, make sure that you use your fresh produce earlier than the frozen ones. Frozen ones will stay good for a much longer period than the fresh fruits and vegetables.

Another way of saving on your grocery budget is to buy fruits and vegetables and chop it yourself instead of purchasing pre-chopped vegetables.

Purchase vegetables without any seasonings like salt, butter, or sauces. It is always best to add all seasonings just before you have your meal, or according to your taste.

It therefore is not any extra burden use these tips to include more vegetables and fruits in your diet.

Just plan carefully and make your purchases accordingly to get the best out of every dollar you spend on your fruits and vegetables.

## How to Pick Fresh Fruits and Vegetables at a Store

If you want to enjoy the maximum nutritional benefits of fruits and vegetables, it is best to select those cultivated in your local region. Imported fruits and vegetables may not have the inherent taste and flavor as they have been picked and packed some time before.

Seasonal fruits and vegetables have a natural taste and flavor of their own and may be easier on your wallet.

**Apples:** Choose firm and unbruised apples. Handle them gently. If you choose red or yellow colored varieties, they should be mostly of that color. Red or yellow apples with green patches may not be ready to eat.

**Asparagus:** Choose asparagus with straight and bright-green stalks and stiff tips.

**Bananas:** Bananas should be firm and not soft. They should not have any bruises, especially along the underside. Normally, bananas with little shades of green ripen in room temperature. Some people claim that bananas that are partly green are better for helping your digestion of other foods.

**Beets:** Beets should be firm and should remain attached to red stems and fresh green tops. Do not choose loose beets without tops.

**Blueberries:** Choose firm and fresh blueberries. Frozen wild blueberries are normally available all year through.

**Broccoli:** Choose broccoli with tight bud heads and dark green in color. Broccoli stems are eaten by many people and also a great treat for small parrots when split so that the birds can get at the soft pulp inside.

**Carrots:** Choose carrots with smooth skin. Do not choose thick carrots, as their centers could be hard too. If you buy fresh, bunched carrots with green tops, remove the tops before storing.

**Cucumbers:** Choose firm, dark green and unblemished cucumbers.

**Eggplant:** Choose heavy and smooth-skinned eggplants.

**Fresh Figs:** Pick heavy and plump figs. Also, choose the nice-smelling ones as sour-smelling figs are normally old ones.

**Garlic:** Pick those surrounded with tissue that have firm bulbs. Do not pick garlic with green sprouts.

**Grapes:** Choose firm grapes. Soft ones could be too ripe.

**Hass Avocados:** Choose avocados with rough skin as smooth-skinned avocados may have less flavor. Dark-skinned avocados are good to eat.

**Honeydew Melons:** Melons should not have any bruises or broken skin or rind. It should be easy to open them with a little pressure. Melons with some wrinkled skin may be a good buy. Also, check for a mild fragrance. This indicates the melons are ripe enough.

**Leeks:** Choose leeks with white bulbs and dark green leaves. Do not pick ones with yellow and brown spots, as they could be over-ripe.

**Mushrooms:** Choose unwrinkled, plump, unbruised and blemish-free mushrooms for those with the best taste.

**Onions:** Choose firm onions without any soft spots. Green onions should have bright green leaves or shoots.

**Oranges:** Oranges should be heavy and bulky. They should be free of any blemishes.

**Peaches:** Peaches should have a smooth skin and should give when you apply just a little pressure. They should not have any bruises.

**Pears:** Smooth-skinned and unbruised pears are the best.

**Potatoes:** Choose firm potatoes without any cracks or bruises.

**Raspberries:** Choose bright red raspberries. Be sure to check for any white or cotton-like strands around berries. These may indicate the growth of mold.

**Red Peppers:** Choose red peppers with smooth, thick skin.

**Spinach:** Choose spinach with dark green leaves and without any signs of yellowing.

**Strawberries:** Choose dark and bright red plump fruits without any bruises. Also, choose the ones with a fragrance.

**Tomatoes:** Pick tomatoes that are firm and bright in color. They should be free of any bruises.

**Watermelon:** Watermelons should have a tight, dark-green rind. Tap the melon slightly. If it gives out a hollow sound, it indicates a juicy and full melon.

**Winter Squash:** Squashes should have a hard, smooth skin.

**Yams:** Yams should be free of any cracks or soft spots.

**Zucchini:** Choose zucchini with firm, dark-green skin. Soft and wrinkly zucchini are old.

## How to Read Labels on Fruits and Vegetables

Presently, most fruits and vegetables come with a laser-coded identification sticker. The laser code on fruits and vegetables has been implemented after the 9/11 attacks as a security measure to help you track what you are eating.

These vegetable and fruit labels are in accordance with the universal PLU (Product Look Up) system. Produce Electronic Identification Board, an affiliate of Produce Marketing Association, a Newark, Delaware-based trade group for the produce industry, developed the numeric system. Remaining aware of the contents of this product label can help you understand the product you are eating.

The bar code on the product sticker refers to the price identification. There could be another four or five digit code on the fruit or vegetable.

If it is a four-digit code, it means the product was ‘conventionally grown, but not organic.

If the product has a five-digit code with the first number being a 9, it means the produce has been organically grown.

If the product has a five-digit code with the first number being an 8, it means the produce was genetically modified.

Most consumers prefer having organic farm produces than eating fruits and vegetables with genetically modified ingredients.

An example can make it clearer. An apple with the digit code ‘6584’ means the apple has been grown with unaltered seed and probably using fertilizers. This produce has been through the traditional pattern of growing apples.

If the apple has a digit code '96584', it means the apple has been grown organically, without any genetic modifications in the seeds.

If the apple has a digit code '86584', it means the apple has been grown from genetically modified seeds.

The last four numbers of the PLU code indicate the type of fruit or vegetable. For example, all grapes would have the same number in the last four places of the code.

## **Part-IV: Preparation**

### **How to Clean Fruit and Vegetables**

Fruits and vegetables are very good for your health but, if you do not clean them properly before use, some vegetables and fruits might be the cause of sickness.

Most fruits and vegetables grow on or in the ground and maybe contaminated by germs, dirt, animals, air-borne pollutants or pesticides.

Cleaning is advisable before you eat or store any of your vegetables and fruits.

Many argue that it is not necessary to clean the fruits or vegetables if you are not going to consume their rind. This is incorrect.

The rind may be the haven for bacteria and germs and these may pass onto the part of the product which you eat when you remove the rind.

Also, you along with many other people at the store or market where you bought the produce handled it. So, you should clean the produce thoroughly.

Use a brush and warm water to clean fruits and vegetables with a firm outer covering. Push the brush well into the small crevices to clean off all dirt from them.

Soak vegetables like leafy greens and spinach in water for a few minutes, and then rinse them off. Most leafy greens grow near the surface of the soil and therefore need more cleaning than some other produce.



Some people recommend that you make a homemade solution to clean your fruits and vegetables. Fill a pot with warm water and add a cup of vinegar.

Do not soak vegetables for long in this solution as most vegetables have water-soluble nutrients that could dissolve in the water and be lost.

Rinse vegetables thoroughly after washing and pat dry with a clean towel or use a paper towel.

You can use distilled water to clean the fruits and vegetables. Distilled water is purified water and does not contain any contaminants.

Some fragile vegetables and fruits are best cleaned in a colander. Spray them with distilled water rather than rinsing or soaking in water.

### **Cleaning Solutions**

There are a few cleaning solutions available on the market to help clean all fruits and vegetables. Popular ones include Fit, Ozone Water Purifier XT-301, and the JO-4 Multi-Functional Food Sterilizer, and distilled water.

Ozone water purifiers are claimed to remove microbes.

Another simple homemade cleaning solution which some people recommend is to add four to five teaspoons of salt and juice of half a fresh lemon to a sink of water. You can soak vegetables in this for some time and thereafter rinse them well.

For me, the best cleaning effect is with distilled water.

You can make a cleaning solution at home by combining white vinegar and three percent hydroxide peroxide. This is useful for cleaning counters and other kitchen areas. I would not use hydrogen peroxide on produce.

Never use any detergent, bleach, or soap water for washing vegetables and fruits. Soap and detergents leave a residue which is not for human consumption. It could lead to illness.

Cold water and a soft scrub with a brush is the best tool for cleaning fruits and vegetables in most circumstances.

### ***More Tips for Cleaning Fruits and Vegetables***

Fruits like banana also need to be washed as these fruits pass through many hands. Further, the bacteria on the peel can get transferred to the fruit while you consume it.

Refrain from soaking vegetables for a long period in water as this could wash away some useful nutrients in the vegetables.

Fruits and vegetables with grooves, like melons and potatoes, should be washed and scrubbed with greater care.

Remove the outer leaves of leafy vegetables like cabbage and lettuce before rinsing and cleaning. This allows water to penetrate deeper into the inner leafy layers of these vegetables.

If you want to refrigerate these after washing, dry them well to prevent growth of bacteria.

You may choose to use a vegetable dryer.

Use a spray nozzle on a bottle which is only used for produce to wash bunched fruits like grapes and blueberries.

It is equally necessary to clean all home produce or homegrown vegetables and fruits.

Some commercially-available vegetable washes contain some amount of chlorine which may be harmful to some people.

Always purchase fruits and vegetables in season. These do not require extensive use of pesticides for their growth. This helps in keeping the need for washing processes to a minimum.

## **How to Prepare Fruits and Vegetables that Taste Great**

Different fruits and vegetables have unique tastes. You should cook them in a proper way so that the taste and flavor is most obvious. Some fruits and vegetables form great combinations where others do not.

### **Simple Tricks to Make Tasty Fruit and Vegetable Dishes**

When microwaving vegetables, use little water and boil for few minutes to retain as much of the natural taste and flavor as possible.

This may be a better and tastier way of cooking than boiling.

Make a simple and nutritious salad with spinach or arugula in place of iceberg lettuce.

Use as many vegetables as you can and use a light dressing with just a little oil and vinegar.

Make a platter of raw vegetables and fruits like green, yellow, orange or red peppers, grapes and cherry tomatoes. Have them with dips made with low fat yogurt or low fat sour cream.

Boil or steam orange colored vegetables like pumpkin, yams, sweet potatoes, squash, corn and Hubbard and add them to your soups.

Enjoy peaches, mangos or berries in smoothies. You can also try them with yogurt or in fruit compotes or cold soups. Have bananas, berries, kiwi fruit or raisins with breakfast cereals, or in yogurt.

You can devise your own recipes to make use of different leafy greens like beet greens, chard, chicory, collards, and kale.

Make a fruit salad of pears, apples, peaches, strawberries and oranges.

Use very little oil, margarine or fats while cooking vegetables. Do not use any rich sauces with vegetables. Enjoy vegetables and fruit with little or no added fat, sugar or salt.

Bake potatoes and sweet potatoes instead of deep-frying them.

Baked potatoes are more nutritious and better for your health as they have little or no oil or fat content.

Use fresh spices like lime juice, flavored vinegar and dried herbs as seasonings rather than adding a lot of salt to your vegetables. Salt increases the sodium levels in your body.

Some fruits and vegetables have their antioxidants on their skin. Therefore, it is best to consume these with their skin. However, make sure to wash these fruits and vegetables thoroughly before eating them.

The best and most nutritious way of cooking vegetables is to steam them. Steamed vegetables have a special taste of their own. Steamed vegetables may be better for your health than fried or roasted vegetables.

### ***Tropical Fruits***

You can eat tropical fruits either raw or cook them slightly. Most tropical fruits are available all year through, so you might use these fruits in place of traditional fruits.

Mango is a popular tropical fruit that can be eaten raw, cut into small chunks. You can also blend it into a smoothie and add to your glass of milk. Mangos taste great with salads and salsa.

Plantain is another interesting tropical fruit. You can experiment with this fruit in all stages of its growth. Green plantains can be baked or fried like potatoes. Yellow plantains are sweeter as they ripen. Firm yellow plantains are best prepared by baking, boiling or frying while fully ripe plantains are great in puddings.

Yuzu is a popular Japanese fruit, similar in taste to a grapefruit. It is very similar to citrus fruits like oranges and lemons. Add Yuzu rind to vegetables, noodles, fish and rice preparations to add flavor. You can even eat raw Yuzu. You can grind the dried rind of Yuzu and add it as a spice for flavoring some desserts and dishes.

Loquat is an Asian fruit with a sweet flavor and taste. It looks similar to an orange but does not have a thick rind. The inner flesh is firm and similar to that of an apple or pear. Loquat is best eaten raw. However, you can cook it to make jelly. Cut it in the middle to remove the pod.

Lychee is a very popular and tasty fruit of China. This is a round fruit with a prickly covering. You have to open the skin and eat the flesh, then leave the seed alone. Choose bright red lychees without any spots for the best taste. A handful of lychees make a great snack.

Tamarillo is a South American fruit; similar to a tomato. It has a unique sweet and sour taste. It is available in a variety of shades of red, orange and yellow. Choose soft-skinned tamarillos that yield to gentle pressure. Normally, the skin of tamarillos is not consumed. You have to cut the fruit into half and scoop out the middle. You can eat the seeds of Tamarillos. Otherwise, blanch tamarillos in warm water and the skin will come off. You can add this fruit to your soups, salads, sandwiches and sauces.

## Some Other Preparation Methods for Fruit

Fruits are extremely nutritious and good for your health, whether eaten raw or cooked in delicious recipes. Fruits contain many essential acids and salts. Most body fluids are alkaline and some fruit may provide the salts necessary to keep them that way.

The acids and salts of fruits are broken in the alimentary canal to form alkaline substances.

Fruits can combine with any type of food. Some do not like combining it with starchy foods, but many other people relish this combination. It is a matter of personal taste and flavor.

Fruits offer you interesting combinations for trying in recipes. You can experiment with them and come up with numerous delicacies. Some fruit are claimed to have excellent medicinal properties and nutritional value.

Juicy fruits constitute a large group and could range from blackberries, currants, cranberries, cherries, gooseberries, huckleberries, grapes, mulberries, apricots, avocados, nectarines, olives, pineapples, whortleberries, raspberries and plums.

**Apple:** The apple is a fruit which is usually available all year through. It is a delicious fruit to be eaten raw. Stout people might get some benefit from eating certain types of sour apples.

You can make apple juice in the blender and have it with your meals. It is a very refreshing and pleasant drink.

Always use a knife to make a circular cut around the seeds and seed casings. It is necessary to take out the transparent casings if you

are making apple pie or tart as the casings would not soften and prove unpleasant to bite.

**Bananas:** Bananas are a staple of many people’s diet. You can peel it and have it with your breakfast.

Ripe bananas are neither starchy nor indigestible.

If you are in hurry and cannot have a complete breakfast, a banana smoothie can be good. Add a few nuts, one banana cut into pieces, and a glass of milk. Make it into a smoothie in the blender.

Bananas have sufficient sugar and starches, so it is not necessary to add any sugar to the smoothie.

**Lemons:** A glass of fresh lemonade is very refreshing and stimulating, especially on a hot day. Lemonade normally contains a lot of sugar.

Choose heavy lemons and gently roll them on the countertop just before squeezing. This is said to get you the maximum juice from each lemon.

**Grapes:** Put a handful of washed grapes into a blender to make grape juice. You can add water according to the desired consistency. Sip it slowly and enjoy it as a relaxed summer refresher.

Or, you can add half a glass of milk to the juice and make it more filling.

**Fruit salads:** Make a fruit salad with a combination of two or three fruits. It could be:

- ✓ peaches, strawberries and celery
- ✓ apples, grapes and lettuce
- ✓ strawberries, tomatoes and lettuce or



✓ bananas, pineapples and nuts.

Do not use any acid in your fruit salads. If you want to, include a few pieces of peeled oranges.

Fruit salads with a dressing of cottage cheese and cream make a good meal. It is nourishing and delicious.

**Avocado:** Avocado is a salad fruit and could be used liberally in fruits salads with other fruits.

Wash avocados and cut them lengthwise. Twist the halves gently to separate. Pull off the skin and slice it. Sprinkle on a little lemon juice if you want to serve it later.

**Melons:** All melons, like watermelons, rhubarb, and muskmelons are good to have in hot weather. These contain a lot of water and may dilute the gastric juice.

**Strawberries:** Peel strawberries and use them to make a tasty blend with few nuts, milk, and little cream. You can add the cream just on the top.

If you like to chew on nuts, add them as a topping on your strawberry milk shake.

**Olive:** This fruit is mostly pickled and very few people eat it raw. The raw taste of olive does not agree with most people. The ripe olive has a rich flavor and taste.

### ***Fruit Preparations***

(I) **Stewed Preparations:** Some fruits can be stewed.  
Clean and peel the fruit if necessary.

Stew in sufficient water until the fruit pieces become tender.

When it is almost done, add sugar. Adding sugar at the end is beneficial as you need to add very little sugar at that time. Alternatively, you can add dates, raisins, and figs to your stewed preparations to make it sweeter. A sauce of figs or dates with tart apples or any other acid fruit offers an appealing combination.

Stewed prunes or raisins can be done in the same manner. These require no sweetening. You only need to stew well until the fruit becomes tender. A better idea is to soak washed prunes in little water for few hours or overnight. You can have the prunes with the juice next morning. It does not require any further preparation.

**(II) Baked Preparations:** Baked apples are a very common preparation. Place whole apples in a large and deep pan. Add about one-third cup of water and one and one-half teaspoonfuls of sugar to each apple. Put it into your oven and bake until skins burst and the apples are well done. Serve with all the juice.

**(II) Preserved Fruits:** It is easy to preserve fruits. Select fruits that are not overripe. Use only sound and tight fruits.

Cook them well and then add the syrup.

If you are cooking the fruit in the syrup, use light syrup.

Clean jars and covers in boiling water just before use.

Pour the syrup into the jars with the fruit with while piping hot.

Close the jar snugly with the jar cover. Tighten the lid neatly and place it in a cool place.

If preserving berries, put cleaned and trimmed berries into the jar and pour hot syrup on them. This makes berries retain their color.

Berries sometimes lose their color if cooked in the syrup. Seal the jar.

## Basic Cooking Methods for Vegetables

Vegetables contain many essential nutrients and vitamins. You can choose to eat some vegetables like carrots, beets, and cucumbers raw.

However, most vegetables should be cooked before eating. You should take care to avoid any overcooking as this could cause loss of nutrients.

### Basic Cooking Methods for Vegetables

There are several different cooking methods. Most are classified as dry or moist, depending on whether you use water for cooking or not.

Popular moist methods include steaming, boiling, slow cooking, blanching, and simmering.

Dry cooking methods involve roasting, baking, deep fat frying, stir-frying, and sautéing.

#### *(I) Steaming*

This is one of the most nutritious ways of cooking your vegetables besides being the easiest. Vegetables are normally placed in a perforated steaming basket and placed in a pot containing water. The water level should ideally be below the level of the steaming basket. This prevents nutrients from passing away into the water. Steaming is normally over medium heat. Take care to steam with some water always in the vessel.

You can steam just about any vegetable; spinach, asparagus, peas, sweet corn, broccoli, zucchini, string beans, summer squash, cauliflower, cabbage, kale, Swiss chard, beetroot, turnip greens,

potatoes, brussels sprout, onions, turnips, sweet potatoes and mustard greens.

Cut dense vegetables into smaller pieces for faster steaming.

### ***(II) Boiling and Simmering***

Boiling and simmering are similar methods of cooking. In boiling, water boils at a temperature of around 100°C and causes big bubbles to form and break. Simmering is at a lower temperature of around 60° to 85°C. This creates smaller bubbles and little motion.

Some of the nutrients of the vegetables pass away into the water. So, you might want to preserve this water and use it in soups and stews to get more of the benefits.

Vegetables that can be boiled and eaten include root vegetables, potatoes, cabbage, and onions.

Soups, stews and dried bean dishes are simmered and the liquid is consumed as a part of the dish.

### ***(III) Baking***

By this cooking method, you surround the food with heat in either a convection or conventional oven. Baking seals in the moisture content of the vegetables and makes the outside of the food brownish in color.

Baking is faster in convection ovens. These ovens use a fan to circulate the hot air within and cook foods evenly. Food gets cooked faster and uses 25% to 30% less electricity and time.

Baking is a good way of making baked potatoes, carrot cakes, pumpkin muffins, courgette bread or sweet potato pie.

### ***(IV) Roasting***

Roasting and baking are somewhat similar. Roasting is a cooking method where the heat source is exposed.

You can use a light coating of olive oil on your vegetables and sprinkle it lightly with salt. Place it on a baking sheet and roast on a single layer.

Keep the temperature at around 400 degrees or little more.

Roasting may cause vegetables to lose their natural moisture and shrink. It may also cause sugars to concentrate and this deepens the color and flavor.

### ***(V) Deep-fat frying***

This is a popular method of enjoying vegetables where they are fried in oil.

You can deep-fry potatoes as crisps or chips. Alternatively, you can make a batter, dip vegetables in them and then deep-fry them.

You can use this technique for a variety of vegetables ranging from cauliflower, carrots, broccoli, aubergines, courgettes, asparagus, onions, sweet potatoes, squash and string beans to peppers.

### ***(VI) Stir-Frying***



In this cooking method, you use a special wok and cook over high heat. This is a healthy way of cooking as the process does not involve any water and all the nutrients remain intact.

You also need very little oil. Cut all vegetables into small pieces and add them to a pre-heated wok containing little oil. Stir the

vegetables constantly to prevent burning and maintain even cooking within the wok.

Vegetables that are ideal for cooking in this manner include carrots, string beans, cabbage, cauliflower, peppers, onions, garlic, broccoli, peas, and leafy brassicas.

### ***(VII) Sautéing***

This technique of cooking comes from the French word ‘sauter’, meaning “to leap”. This quick method of cooking involves use of high heat and a small amount of fat. Sautéing is normally done in a special pan like a sauté pan or skillet.

It is common to shake the pan while sautéing. Many vegetables are sautéed in a combination of little olive and canola oil. Sautéed vegetables include spaghetti squash, summer squash, leafy greens, onions, courgettes, yellow garlic, peppers, broccoli, snow peas, string beans, and carrots.

You can steam dense vegetables like carrots and broccoli before sautéing. Alternatively, you can slice them thinly.

### ***(VIII) Blanching***

This is a cooking method to soften the vegetable.

Put the vegetables in a saucepan with boiling water for a brief period.

Drain the vegetables and put them in cold water immediately after blanching to retain the color.

Blanched vegetables can be stir-fried or sautéed later. You can choose to blanch the vegetables a day before.

After refreshing them under cold water, pat them dry with paper towels. Wrap them in dry towels and place them in plastic bags in the refrigerator.

### ***(IX) Poaching***

This cooking method is similar to boiling. However, this technique uses less liquid and requires less heat to cook vegetables gently.

### ***(X) Broiling***

This is a different method of cooking. The heat source is above the food to be cooked. This is a good technique for cooking skins of sweet peppers or chilies for easy peeling and a smoky flavor. If broiling eggplant slices, apply a little oil to prevent them from drying out due to the high heat.

### ***(XI) Grilling***

This cooking method is similar to broiling but the heat source is under the food. The vegetables need to be in a basting liquid to keep them moist and prevent them from getting dried up.

You can use the heavy grill pans to get a smoky flavor. If grilling small vegetables like mushrooms and cherry tomatoes, use a perforated stainless-steel grid to prevent them from falling on to the heat source.



## **Part-V: Preservation**

### **Keep Fruits and Vegetables**

#### **Fresh and Safe to Eat**

**F**resh fruits and vegetables are a storehouse of nutrients and minerals. You should preserve these nutrients and minerals and keep all fresh fruits and vegetables safe to eat.

Always wash your hands with soap and warm running water for around twenty seconds before handling any fruits or vegetables.

Always wash and clean all fruits and vegetables before use. Avoid using detergent or bleach when washing your fresh fruits and vegetables.

If you want to consume any fruit or raw vegetable, clean it thoroughly with clear running water. Washing helps remove dirt from the surface and traces of any pesticides or germs that could be present on the fruits or vegetables.

Do a complete rinse after washing the fruits and vegetables.

A safer alternative might be to use a sanitizer after washing and rinsing with water. You can use any commercially available vegetable or fruit sanitizer.

Always cut away any damaged or bruised parts of fruits and vegetables while washing them. These bruises or damages could sustain growth of germs and cause contamination and illnesses.

The outer skin of tomatoes forms a protective layer. However, a small bruise allows germs to penetrate and spoil the entire tomato.

Throw away all rotten fruits and vegetables as these would cause others to rot.

Wash fruits and vegetables with a rind like cantaloupe, pineapples, oranges, squash and melons before peeling or using them for any meal.

While storing fresh fruits and vegetables, store them separately; away from other cut foods like raw meat, seafood, or poultry. Juices from the raw meat and poultry could contaminate the fruits and vegetables and this could cause illness.

Use a clean scrub brush to scrub and wash the firm and rough surfaces of solid vegetables like potatoes. Dry fruits and vegetables with a clean cloth or paper towel after washing them.

Always discard the outer leaves of leafy vegetables. Most of these vegetables are grown in or near the ground. The outer leaves are more likely to be contaminated with germs.

Refrigerate fresh fruits and vegetables after peeling, cutting or cooking.

Always throw away any cut vegetables kept at room temperature for more than two hours. Frozen or canned fruits and vegetables may be able to be kept for a year before use.

Sprouted seeds like alfalfa sprout, radish sprouts, and bean sprouts are difficult to wash, so many people cook them before eating.

Store all fruits and vegetables properly to avoid rotting or any sort of damage.

Broccoli, leafy greens and cauliflower should be refrigerated and used within a week or less.

Purchase two to three day’s supply of fresh fruits and vegetables to prevent any spoilage, damage and wastage.

Store cut, peeled and broken-apart fruits and vegetables like melon balls at or below 40 degrees Fahrenheit.

Do not purchase slim, brownish or dried-out fruits and vegetables. These are signs that indicate the fruits and vegetables have been maintained at improper temperature.

Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.

## **Refrigeration Tips for Keeping Fruits and Vegetables Fresh**

Fruits and vegetables should be properly stored and refrigerated to maintain freshness.

There are different factors that govern the storage conditions of fruits and vegetables like temperature, humidity, type of vegetable and others.

Different vegetables and fruits emit different odors. These can affect the taste of other foods. Some foods absorb the odors emitted by others.

Apples and pears absorb odors emitted by carrots, cabbage, and onions.

Scallions and onions absorb odors emitted by grapes, celery, pears, mushrooms, leafy greens, and others.

A box of baking soda in the fridge may remove moisture and odor.

Apples can be stored in a cool and dry place. Wrap them in newspaper to increase their shelf life. If storing in your refrigerator, do not use any covering.

They may remain fresh for more than a month.

Bananas are normally stored at room temperature. You can choose to refrigerate it for a longer shelf life. Although the skin turns dark, the fruit within may remain fresh.

Berries should be placed in a zip-lock bag or other plastic container while refrigerated. They should be stored whole and unwashed in the refrigerator. Wash them just before eating. Place them into

freezer bags and seal them. Do not thaw. Wash while frozen and use immediately.

Place cucumbers uncovered in the crisper. Cucumbers normally have a long shelf life and could require covering only if they are old or damaged.

Wash grapes before storing them in the refrigerator. Before washing, gently pull apart grape clusters and check for any insects or webs. Cover grapes with water in a tight-fitting container to reduce growth of bacteria.

Store green beans in airtight zip-lock plastic bags before storing in the refrigerator. Do not wash or snap them until you are ready to use.

Plastic-wrap greens tightly before storing in the refrigerator. Wash greens just before use.

Store onions in a cool dry place and do not refrigerate them. Storing each onion in a separate nylon stocking can extend its shelf life.

Place melon slices in sturdy plastic containers with tight-fitting lids. You should store whole melons at room temperature until they attain perfect ripeness.

You should store bell peppers whole in the crisper without wrapping them. Store washed and cut bell pepper pieces in a zip-lock plastic bag or plastic container in the refrigerator.

Never refrigerate potatoes. Store in a cool and dry place. If you have to keep them in the refrigerator, wrap in paper towels to keep them dry. Otherwise, they might attract bugs.

Store tomatoes at room temperature as refrigeration will take away the flavor and reduces shelf life. Take care to see that tomatoes do not touch each other and their stem-side is up.

You should store corn on the cob in zip-lock plastic bags. Do not shuck corn on the cob until ready to use. Wetting the shucks extends shelf life of the corn and prevents it from drying out.

Remove tops on beets, carrots, parsnips and radishes before storing.

Store aubergines in a paper bag in the crisper drawer of the refrigerator. These could stay fresh for over ten days.

Turnip greens do not remain good if stored. It is best to use them promptly. Until then, you can store them in a plastic bag.

## **Part-VI: Recipes**

### **Fruits Recipes**

Fruits can be included in your diet in a number of ways like soups, fruit salads, fruit juices, and others.

#### ***(I) Fruit Juices***

##### **(a) Apple Juice**

You only need two quarts water and two pounds of apples.

##### **Preparation:**

Wash apples, remove stem, and blossom ends.

Cut apples and put into a huge pot with sufficient water. Keep stirring to prevent apple pieces from sticking to pot.

Cook until tender and strain through a muslin cloth.

Heat juice to bring to a boil.

Scoop out juice into previously cleaned hot jars. Leave a space of 1/4-inch at the top.

Wipe the jar rim clean and screw band down evenly and firmly.

##### **(b) Orange Juice**

Orange juice is very nutritious and an important source of vitamin C. It not only prevents heart diseases but also controls your blood pressure. Doctors recommend having two glasses or sixteen ounces of pure and 100% orange juice everyday to provide 800mg of potassium to your body.

Preparing orange juice is very simple. Keep ready four tight and juicy oranges. Smack each orange gently on the counter before

cutting each into half. Squeeze orange into a glass through a citrus seamer. Alternatively, use a hand juicer with a strainer. Your orange juice is ready.

### **(c) Grapes Juice**

#### Ingredients Required

1 lime, sliced into rounds

1 lemon, sliced into rounds

3 cups unsweetened white grape juice

1/2 cup lemon juice

2 cups lemon-lime flavored carbonated beverage

#### Preparation

Arrange lemon and lime slices decoratively at the bottom of a large ring-shaped plastic container. Cover it with just enough water and freeze it until solid or for around four hours. This would make your ice ring.

Next, loosen ice ring mold by dipping in warm water. Remove ice ring and place in a large punch bowl. Pour in the grape juice, lemon juice and lemon-lime soda. Stir gently and your grape juice is ready to be served.

### **(d) Strawberry Juice**

Keep ready one-cup fresh and chopped strawberries, 10 cubes ice, one-cup orange juice, one-cup orange juice, and one-tablespoon sugar.



Preparation

Put cut strawberries, ice cubes, orange juice, and sugar in a blender and blend until smooth. Pour into glasses and serve.

**(e) Mango Juice**

You need two medium-sized mangoes neatly peeled and sliced, two peeled limes, and two cored and quartered apples.

Preparation

Put in mango, limes, and apples into juice machine and make the juice. Serve mango juice over ice.

**(f) Pineapple Juice**

You will need one bottle chilled cranberry juice, one can pineapple juice, one can pineapple tidbits, and one cup cranberries.

Preparation

Combine pineapple juice and cranberry juice in a punch bowl. Stir in pineapple tidbits and cranberries and serve with ice.

**(g) Watermelon Juice**

Watermelons contain no fat and are very low in sodium content. They contain potassium, and vitamins A, C, and B6. They prove to be an excellent snack.

To make watermelon juice, you will need two cups of seeded and chopped watermelons, two teaspoons honey, one cup crushed ice, and ¼-teaspoon black pepper.

Preparation

Put watermelon, ice, honey, and black pepper in a blender and blend until smooth. Stir well before serving and serve chilled. If you like, you can garnish with fresh mint.

***(II) Fruit Salads***

**(a) Delicious and Spicy Fruit Salad**

Ingredients:

Cucumber

Green or unripe mangoes

Pineapples, preferably tinned

Garlic

Star fruit

Brown vegan sugar

Salt

Tamarind

Few small chillies

Preparation:

You can make a delicious fruit salad using just two types of fruits or with all the fruits. Take care to use only firm fruits, as otherwise your salad would become watery.

Skin, pit, and grate all fruits coarsely. Soak around two tablespoons of tamarind in a glass of boiling water for few minutes. Stir and mash the tamarind to get as much juice as possible. Strain and put in a bowl. Add brown vegan sugar to taste, a pinch of salt, and as many cut up chillies, as you want. Add finely chopped garlic.

Alternatively, add chopped garlic in the tamarind pulp. Mix all ingredients in a big bowl and refrigerate for around one to two hours before serving.

### **(b) Vitamin C Fruit Salad**

Keep ready one passion fruit, one orange, one large-sized kiwifruit, four strawberries, and four pieces of crystallized ginger.

#### Preparation

Peel orange, keep aside some peel, and cut the peeled orange into segments. Slice strawberries and kiwifruit. Combine all cut fruits in a bowl and sprinkle with finely diced ginger pieces, passion fruit flesh, and a small amount of orange zest. Allow it to stand for few hours so that the juices mingle to give a special flavor and taste.

### **(c) Fresh Fruit Salad**

You will require one kiwi, half cantaloupe, few grapes, sliced almonds, and soy yogurt.

#### **Preparation**

Slice fruits into small bite pieces and place them in a bowl. Add required amount of yogurt and mix in well.

Sprinkle sliced almonds on the top.

### **(d) Spinach and Fruit Salad**

You will require four kiwis, one bag of spinach, fat-free raspberry vinaigrette, and one-quart strawberries.

#### **Preparation**

Tear spinach into small, bite-sized pieces.

Hull and slice strawberries.

Then, peel and cut kiwi fruits.

Pour raspberry vinaigrette over the salad according to your taste.

Your spinach and fruit salad is ready.

### **(III) Fruit Soup**

#### ***(a) Orange Fruit Soup***

##### **Ingredients:**

6-ounce can frozen orange juice concentrate

11-ounce can mandarin oranges with juice

One medium banana, sliced

Two kiwi fruits, sliced

One cup sliced strawberries

Two tablespoons tapioca

1 1/2 cups water

Two tablespoons sugar

A dash of salt

##### **Preparation**

Combine tapioca and water in a medium saucepan or a microwave-safe dish.

Let it stand for ¼ hour.

Cook in the microwave on a high-power setting for six minutes but remove and stir it every two minutes.

Add sugar, salt and orange juice concentrate to the tapioca mixture.

Stir until it is well blended.

Cool for around fifteen minutes and then stir it again.

Add mandarin oranges with juice.

Cover the dish and chill it.

Fold the sliced fresh fruit into the orange tapioca mixture and serve chilled.

### ***(b) Strawberry Soup with Strawberry Sorbet***

#### **Ingredients:**

1 ½ cups sliced strawberries

½ cup chopped pineapple

1 cup chopped, peeled mango

¼-cup lemon juice

¼-cup sugar

½-cup sugar

3 8-ounce cartons strawberry low-fat yogurt

2 10-ounce packages frozen sliced strawberries in syrup, thawed

1 1/2 cups sliced strawberries

#### **Preparation**

Drain strawberries and keep one cup of juice in reserve.

Combine drained strawberries, lemon juice, ¼-cup sugar and one carton of yogurt in a blender. Process until it becomes smooth.

Pour sorbet mixture into an eight-inch square baking dish. Cover and freeze until firm, stirring occasionally.

Combine the reserved strawberry juice and ½-cup sugar in a small saucepan.

Cook until sugar dissolves, or for two minutes, on medium heat.  
Then, allow it to cool.

Combine juice mixture, 1½-cup sliced strawberries, mango, pineapple and three cartons of yogurt in a blender. Process until it becomes smooth.

Pour into a bowl, cover and chill.

Spoon ¾-cup soup in each bowl and top it with ¼-cup sorbet.

## Vegetables Recipes

Vegetables form an important part of your diet. Use vegetables in all possible ways to increase your intake of vegetables. Some interesting vegetable recipes include:

### *(I) Orange Cup Sweet Potatoes*

#### **Ingredients**

Five large navel oranges

Five cups mashed sweet potatoes (baked or boiled)

Four tablespoons margarine

½ teaspoon nutmeg

½ teaspoon cinnamon

Thirty small marshmallows

#### **Method**

Cut oranges in half and scoop out the pulp.

Measure ½-cup orange pulp.

Squeeze juice from the remaining orange pulp.

Place sweet potatoes in a large mixing bowl and add orange pulp, orange juice and margarine. Mix well.

Fill each half orange skin with this mixture. Leave some free space to place marshmallows on top.

Place orange cups in muffin tins and bake at 350 degrees for twenty minutes.

Bake again for another five minutes after placing three marshmallows in each cup.

Remove orange cups from muffin tin and garnish with parsley.

Serve immediately.

## ***(II) Healthy Corn and Tomato Soup***

### **Ingredients**

½ pound turkey bacon

Three 11-ounce cans whole kernel corn, drained

½ pound extra lean ground beef

16-ounce peas can

One large onion, diced

Two 18-ounce diced tomatoes cans

One tomato can filled with water

### **Method**

Fry bacon and set aside after draining.

Brown the beef and drain it.

Add bacon, corn, peas, onion and tomatoes. Add one tomato can of water to the mixture.

Add salt and pepper according to taste.

Stir together and simmer on low heat in crock-pot for half an hour.

## ***(III) Candied Sweet Potatoes***

### **Ingredients**

Three medium sweet potatoes or yams



Three tablespoons brown sugar

One tablespoon margarine

¼ to ½ cup nuts

**Method:**

Cook sweet potatoes in enough boiling water for around 25 to 35 minutes. Drain and cool.

Peel potatoes and cut into ½-inch thick slices.

Arrange a layer of potatoes and half of the brown sugar and margarine in a casserole.

Repeat the same layer formation.

Bake this, uncovered, for half an hour until potatoes are glazed.

Sprinkle nuts and bake for another five minutes.

***(IV) Crunchy Vegetable Salad***

**Ingredients**

One small cauliflower

One pound fresh broccoli

Three carrots

One medium green pepper

Three stalks celery

**Method**

Wash all vegetables thoroughly.

Separate cauliflower into florets.

Remove florets from broccoli stalks.

Cut them all into bite-size pieces.

Peel and slice carrots diagonally.

Chop pepper and celery.

Put all the vegetables in a large bowl.

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Mix the following ingredients in a separate bowl for marinade:

- ½-cup sugar                      ½-teaspoon salt
- ¼-cup vinegar                 ½-cup vegetable oil
- 1-teaspoon poppy seed      1 small onion, grated
- 1-teaspoon dry mustard

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Pour marinade evenly over the vegetables and allow it to marinate for three hours, or overnight, in a refrigerator before serving.

***(V) Potato Salad***

**Ingredients**

- Six unpeeled medium white potatoes
- Five boiled and chopped eggs
- ¼ cup diced onion
- ½ cup sweet pickle relish
- ½ cup diced celery
- ¼ cup diced sweet pickles
- ¼ cup chopped red sweet pepper
- ¼ cup chopped green pepper

1/8 teaspoon ground mace

¾ cup salad dressing

1 tablespoon mustard

1/8 teaspoon garlic powder

½ teaspoon salt

1/8 teaspoon pepper

### **Method**

Wash potatoes. Then, cook them in boiling water until tender.

Drain and cool.

Peel and cut into cubes.

Add celery, onion, and pepper.

Toss gently and set aside.

Combine salad dressing, mustard and seasonings.

Mix well.

Pour over potato mixture and toss gently.

Cover and chill.

### ***(VI) Green and Gold Squash Pie***

#### **Ingredients**

Two medium zucchini, thinly sliced

Two medium yellow squash, thinly sliced

½ medium onion, sliced

One unbaked 10 inch pastry shell

1 medium green pepper, finely chopped

1 medium tomato, peeled and chopped

One large clove garlic, minced

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper

$\frac{1}{4}$  teaspoon basil

2 tablespoons melted butter

$\frac{1}{4}$  cup Parmesan cheese

$\frac{1}{2}$  cup whipped cream

Three beaten eggs

### **Method**

Prick sides and bottom of pastry shell.

Bake at 450 degrees for eight minutes until it has a brownish tan.

Allow it to cool.

Combine all the vegetables, garlic, salt, pepper, basil and butter in a large skillet.

Sauté until vegetables are tender.

Spread evenly with a spoon into pastry shell.

Combine eggs with whipped cream. Mix well.

Pour the mixture over the vegetables.

Sprinkle with cheese and bake at 350 degrees for thirty minutes.

Check if it is set properly.

Otherwise, bake for few more minutes.

## ***(VII) Broccoli Salad***

### **Ingredients**

One bunch broccoli cut into florets  
Two bunches green onions, diced and chopped  
One cauliflower cut into florets  
Two tablespoons red wine vinegar  
Eight ounces cubed cheese  
Four ounces grated cheddar cheese  
One cup mayonnaise  
One tablespoon sugar  
Salt and pepper to taste  
12-15 stuffed and halved olives  
1/3 cup imitation bacon bits

### **Method**

Wash cauliflower, broccoli and green onions.  
Mix red wine vinegar, mayonnaise, sugar, salt and pepper until smooth.  
Pour over vegetables.  
Add cheddar cheese, cubed cheese, olives and bacon bits to vegetables.  
Toss well and chill for twelve hours before serving.

### ***(VIII) Broccoli and Cauliflower Salad***

#### **Ingredients**

Five cups chopped fresh broccoli

Two cups chopped fresh cauliflower

Six slices cooked crumbled bacon

½ cup sliced green onions

½ cup raisins

½ cup roasted sunflower seeds

#### **Dressing:**

One cup light salad dressing

Two tablespoons sugar

Two tablespoons apple cider vinegar

#### **Method**

Cut cauliflower and broccoli into small pieces.

Add sunflower seeds, onion, raisins and bacon.

Toss well.

Mix all the dressing ingredients.

Add them to salad one to two hours before serving.

### ***(IX) Spinach Roll***

#### **Ingredients**

Two pounds fresh spinach (Alternatively, use three 10-ounce packages of frozen, chopped spinach)

½ tablespoon butter

¼ cup seasoned bread crumbs

1 teaspoon salt

A pinch of ground nutmeg and pepper

Two teaspoons flour

Two tablespoons melted butter

Four eggs, separated

1 tablespoon butter

Four teaspoons grated cheese

¾ pound sliced mushrooms,

2 teaspoons grated fresh Parmesan cheese

2 teaspoons chopped parsley

½ teaspoon salt

¼ teaspoon pepper

¾ cup whipping cream

### **Method**

Cook and drain spinach.

Butter a 15 x 10-inch cookie sheet and line with wax paper.

Butter paper and sprinkle bread crumbs.

Squeeze excess water from spinach and place in a bowl.

Add salt, pepper and nutmeg with two tablespoons melted butter.

Separate eggs and beat in the egg yolks.

Beat egg whites until stiff and fold into spinach mixture.

Spoon and smooth evenly into prepared pan.

Sprinkle four teaspoons Parmesan cheese over the top.

Bake at 350 degrees for half an hour.

**Making the filling:**

Sauté the mushrooms in remaining butter.

Sprinkle flour, pepper, and salt.

Stir in cream and parsley.

Mix until thick.

After baking the roll, place a sheet of buttered wax paper over it.

Invert onto a warm cookie sheet and cool for five minutes.

Remove wax paper carefully.

Spread mushroom mixture over hot spinach roll.

Roll up like a jellyroll.

Ease onto a warm platter and sprinkle with remaining cheese.



## **Part-VII: Annexure**

### **The Health Benefits of Fruits and Vegetables**

The claimed benefits which are listed in this chapter are not, as far as I am aware, proven by independent, peer-reviewed research at this time.

#### **1. Apples**

Some substances that are naturally available in some types of apples are sometimes claimed to help reduce the effects of Diarrhea, Constipation and even may help to protect your heart.

They are claimed to contain substances which may help your body to cushion some joints and improve lung capacity.

#### **2. Apricots**

Some substances that are naturally available in some types of apricots are sometimes claimed to help your body protect itself from some types of Cancer, help to control blood pressure, be beneficial to your eyesight and even help to maintain your body's defense against Alzheimer's and slow, in some way, the aging process.

#### **3. Artichokes**

Some substances that are naturally available in some types of artichokes are sometimes claimed to aid digestion, lower cholesterol, help to protect your heart, encourage a stabilized blood sugar level and even benefit your body's protection against some kinds of liver disease.

#### **4. Avocados**

Some substances that are naturally available in some types of avocados are sometimes claimed to help your body to lower

cholesterol, help to protect you against some effects of diabetes, high blood pressure, strokes and retain your skin's smoothness.

### **5. Bananas**

Some substances that are naturally available in some types of bananas are sometimes claimed to help your body to reduce diarrhea, control blood pressure, encourage good heart function, strengthen your bones and quieten a cough.

### **6. Beans**

Some substances that are naturally available in some types of beans are sometimes claimed to help your body to reduce the occurrence of hemorrhoids and constipation, lower Cholesterol, stabilize blood sugar and provide some substances which help to sustain your body's protection against some effects of some types of cancer.



### **7. Beets**

Some substances that are naturally available in some types of beets are sometimes claimed to help your body to control blood pressure, protect your heart and strengthen bones.

### **8. Blueberries**

Some substances that are naturally available in blueberries are sometimes claimed to help your body to help your memory, reduce the incidence or effects of constipation and stabilize blood sugar.

### **9. Broccoli**



Some substances that are naturally available in broccoli are sometimes claimed to help your body to control blood pressure, protect your

heart, protect your eyesight and maintain bone strength.

### **10. Cabbage**

Some substances that are naturally available in some types of cabbages are sometimes claimed to help your body to reduce the incidence or effects of hemorrhoids and constipation, achieve weight loss and protect your heart.

### **11. Cantaloupe**

Some substances that are naturally available in cantaloupes are sometimes claimed to help your body to protect your eyesight, control blood pressure, keep cholesterol down and support your immune system.

### **12 Carrots**

Some substances that are naturally available in some types of carrots are sometimes claimed to help your body to reduce the incidence or effects of constipation, achieve weight loss, protect your eyesight and your heart.

### **13. Cauliflower**

Some substances that are naturally available in some types of cauliflowers are sometimes claimed to help your body to reduce bruises, protect your eyesight and your heart, and maintain bone strength.

### **14. Cherries**

Some substances that are naturally available in some types of cherries are sometimes claimed to help your body to reduce insomnia, protect your heart, maintain defenses against Alzheimer's Disease and slow some negative effects of the Aging Process.

### **15. Chestnuts**

Some substances that are naturally available in some types of chestnuts are sometimes claimed to help your body to control blood pressure, achieve weight loss, keep cholesterol low and protect your heart.

### **16. Chili Peppers**



Some substances that are naturally available in some types of chili peppers are sometimes claimed to help your body to aid better digestion, maintain your immune system, clear your sinuses and soothe your sore throat.

### **17. Figs**

Some substances that are naturally available in some types of figs are sometimes claimed to help your body to control your blood pressure, reduce the risk of strokes, keep cholesterol low and promote weight loss.

### **18. Flax**

Some substances that are naturally available in some types of flax are sometimes claimed to help your body to protect your heart, aid better digestion, battle Diabetes, maintain your immune system, improve mental health and protect your heart.

### **19. Garlic**

Some substances that are naturally available in some types of garlic are sometimes claimed to help your body to control your blood pressure, fight certain fungal infections, kill some bacteria and keep cholesterol low.

## **20. Grapefruit**

Some substances that are naturally available in some types of grapefruit are sometimes claimed to help your body to help reduce the chance of strokes, keep cholesterol low, assist with weight loss and protect against some heart attacks.

## **21. Grapes**

Some substances that are naturally available in some types of grapes are sometimes claimed to help your body to reduce the incidence of kidney stones, enhance blood flow, protect your heart and eyesight.

## **22. Lemons**

Some substances that are naturally available in some types of lemons are sometimes claimed to help your body to control your blood pressure, protect your heart, keep your skin smoother and reduce the chance of you suffering from scurvy.

## **23. Limes**

Some substances that are naturally available in some types of limes are sometimes claimed to help your body to control your blood pressure, protect your heart, keep your skin smoother and reduce the chance of you suffering from scurvy.

## **24. Mangoes**

Some substances that are naturally available in some types of mangoes are sometimes claimed to help your body to aid better digestion, maintain good memory function, regulate proper thyroid function and protect to some extent against Alzheimer's Disease.

## **25. Mushrooms**

Some substances that are naturally available in some types of mushrooms are sometimes claimed to help your body to control your blood pressure, kill some bacteria, keep cholesterol low and maintain strength of some of your bones.

## **26. Oats**

Some substances that are naturally available in some types of oats are sometimes claimed to help your body to battle diabetes, keep cholesterol low, reduce the incidence and effects of constipation and keep your skin smoother.

## **27. Onions**

Some substances that are naturally available in some types of onions are sometimes claimed to help your body to fight some fungal infections, kill some bacteria, keep cholesterol lower and reduce some of the risks of heart attack.

## **28. Oranges**

Some substances that are naturally available in some types of oranges are sometimes claimed to help your body to protect your heart, strengthen respiration and support your immune system.

## **29. Peaches**

Some substances that are naturally available in some types of peaches are sometimes claimed to help your body to aid digestion, reduce the effects of hemorrhoids, reduce the risk of strokes and incidence of constipation.

## **30. Pineapple**

Some substances that are naturally available in some types of pineapples are sometimes claimed to help your body to aid

digestion, reduce the effect of diarrhea, dissolve some warts, relieve some colds and maintain bone strength.

### **31. Strawberries**

Some substances that are naturally available in some types of strawberries are sometimes claimed to help your body to maintain good memory function, reduce stress and protect your heart.

### **32. Sweet Potatoes**

Some substances that are naturally available in some types of sweet potatoes are sometimes claimed to help your body to protect your eyesight, maintain bone strength and maintain a good mood.

### **33. Tomatoes**

Some substances that are naturally available in some types of tomatoes are sometimes claimed to help your body to lower cholesterol, improve protection of your prostate and your heart.

### **34. Walnuts**

Some substances that are naturally available in some types of walnuts are sometimes claimed to help your body to maintain good memory function, lower cholesterol and protect against heart disease.

### **35. Watermelon**

Some substances that are naturally available in some types of watermelons are sometimes claimed to help your body to control your blood pressure, reduce the risk of strokes, lower cholesterol and improve protection of the prostate.

## Nutrient Rich Fruits and Vegetables

The following fruits and vegetables are sometimes claimed to be a good source of nutrients and fiber.

### ***Vitamin A: Fruits***

- Apricot
- Cantaloupe
- Mango

### ***Vitamin A: Vegetables***

- Carrots
- Kale
- Mustard Greens
- Pumpkin
- Spinach

### ***Vitamin C: Fruits***

- Apricot
- Cantaloupe
- Grapefruit
- Honeydew Melon
- Kiwifruit
- Mango
- Orange
- Pineapple



- Plums
- Strawberries
- Tangerine
- Tomato
- Watermelon

***Vitamin C: Vegetables***

- Bell Pepper
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Chili Pepper
- Collard Greens
- Mustard Greens
- Potato with Skin
- Spinach

***Fiber: Fruits***

- Apple
- Dates
- Figs (Dried)
- Kiwifruit
- Orange
- Pear

- Prunes
- Raspberries
- Strawberries

***Fiber: Vegetables and Legumes***

- Brussels Sprouts
- Peas
- Spinach
- Sweet Potato

***Potassium: Fruits***

- Banana
- Figs (Dried)
- Honeydew Melon
- Mango
- Nectarine
- Orange
- Papaya
- Plums
- Prunes
- Raisins
- Rhubarb
- Watermelon

***Potassium: Vegetables***

- Bok Choy Cabbage

- Collard Greens
- Kale
- Kidney Beans
- Lentils
- Lima Beans
- Mushrooms
- Mustard Greens
- Potato with Skin
- Spinach
- Tomatoes

## **My Wish for You, my Reader.**

Thank you for buying and reading my book.

I hope that you will try my suggestions and believe they can help you to a healthier and happier future.

Just replacing some of your coffee or sugary drinks with some fruit or vegetable juice could have some benefit but you must decide what you will do yourself.

I think that my experimenting with a wide variety of produce will save you time and money as well as giving you a better understanding of the choices which the 21<sup>st</sup> Century gives most of us.



It's up to us what we make of it.

***Georgina Cundall***

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