

Harvest of the Month



Plum

FUN FACTS:

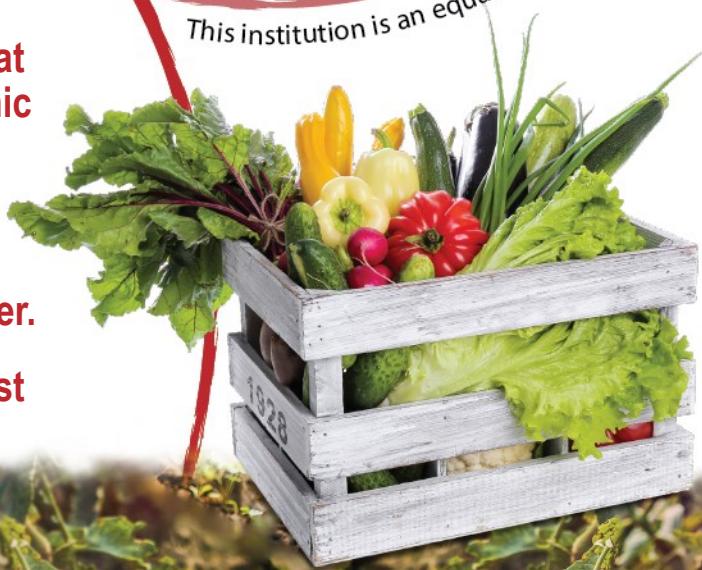
There are over 200 varieties of plums. They are grown on every continent except Antarctica.

Their sweetness comes from natural sugars that are digested slowly, giving plums a low glycemic index (GI).

Red-fleshed varieties have more nutrients than yellow-fleshed plums. They also have a higher sugar content which makes them sweeter.

Prunes are dried plums. California is the largest producer of dried plums.

This institution is an equal opportunity provider.



Harvest of the Month

Yellow Onion

Calories
4

Total Fat
0g

Sodium
0mg

Sugars
0g

FUN FACTS:

General Rule of Thumb: Use white onions raw, yellow onions for cooking and red onions for pickling and grilling.

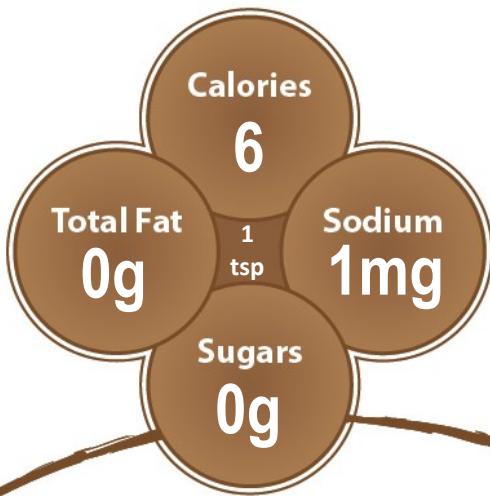
Yellow onions are most often used in cooking because their flavor and texture stand up well to heat. When cooked, they turn a rich brown and become sweeter and milder.

Yellow onions have a high content of sulfur. The sulfur is also what makes you cry when you cut into an onion.

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Harvest of the Month



Ginger



FUN FACTS:

Fresh ginger is a knobby tan root with ivory flesh.

It grows in southern China, Japan, West Africa and other tropical countries. Jamaican ginger is considered to be the best of all!

It has a peppery, spicy and slightly sweet flavor, and is an essential ingredient in Asian and Indian cookery.

Mature ginger must be peeled before you use it. You can refrigerate ginger for up to 3 weeks or freeze it for up to 6 months.

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Harvest of the Month



FUN FACTS:

There are over 200 different kinds of plums.

They are naturally sweet and delicious.

Prunes are dried plums.

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TAHER

Harvest of the Month



Yellow Onion

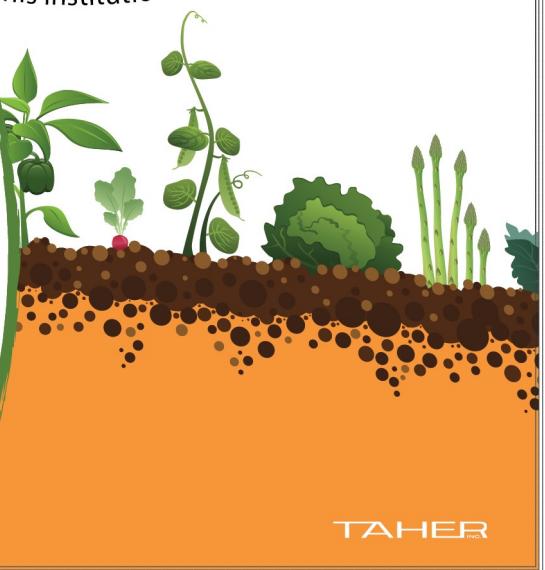


FUN FACTS:

Yes, onions can make you cry when you cut them! You might want to wear goggles!

Use yellow onions when you are cooking. They will become sweeter.

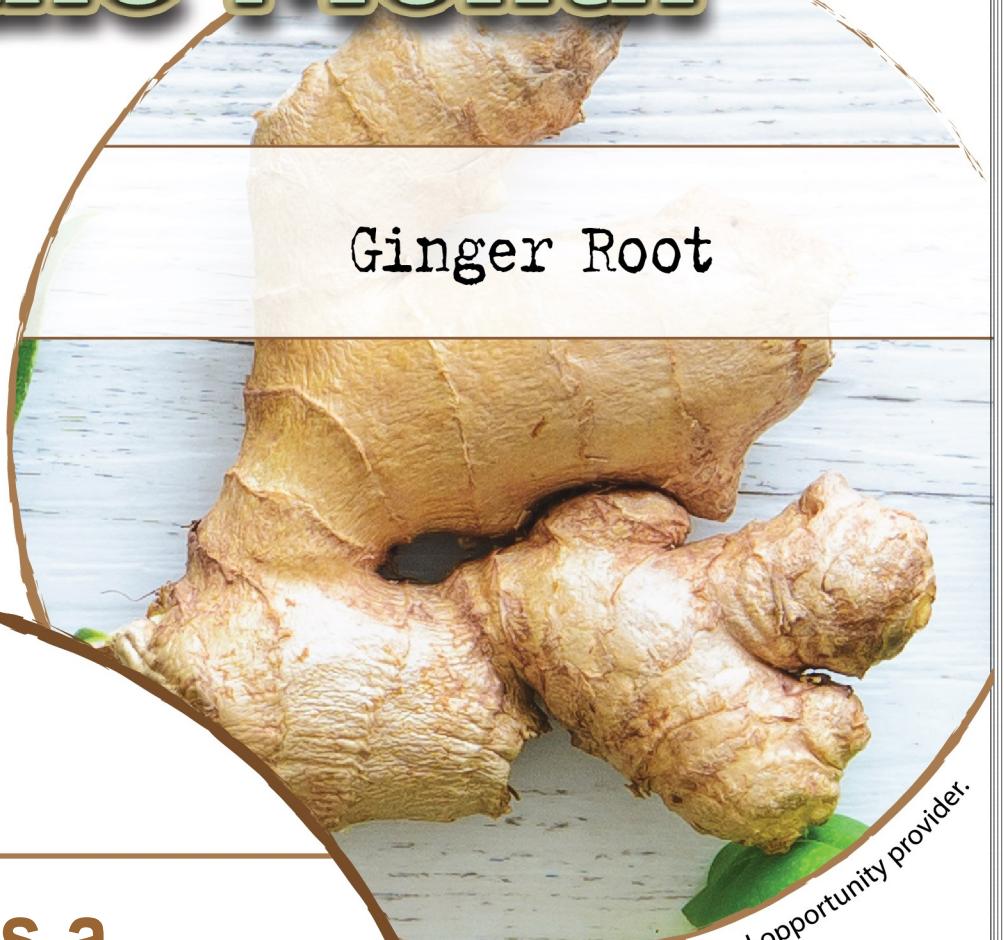
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Harvest of the Month



Ginger Root



FUN FACTS:

Fresh ginger is a
knobby root.

It has a spicy sweet
flavor.

You peel the ginger root
before you use it.

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