Adopt a Bushel, Feed a Nation

30-Day Fundraising Challenge

to benefit the gleaning and feeding work of the Society of St. Andrew

Society of St. Andrew | endhunger.org • 3383 Sweet Hollow Road • Big Island, VA 24526 • 800-333-4597

How It Works:

1. Set your 30-day Adopt a Bushel challenge dates.
2. Seek any necessary board or supervisor approvals.
3. Select a Project Leader.
4. Order your Adopt a Bushel Kit from endhunger.org. Allow 3 weeks for delivery.
5. Receive kit, review the Adopt a Bushel challenge process.
6. Begin publicizing the challenge 6-8 weeks in advance of its start.

7. On the start date, set up an "Adoption Center" table in your facility, where adopters can come and choose the fruit or vegetable they want to take home and give or raise funds for.

8. Carefully log who adopts each fruit and vegetable.

9. Give each adopter the Profile Sheet for their fruit or vegetable, along with the Information Sheet about the Challenge and the Society of St. Andrew. (Or go paperless & use QR code scanning to direct adopters to this information online.)

10. At regular intervals throughout the 30 days, remind people of the challenge, encouraging adopters to continue fundraising.

11. Accept returned fruits and vegetables AND the money that accompanies them, as they are returned. If you wish, make returned fruits and vegetables available for re-adoption as time permits.

12. At the end of 30 days, celebrate the challenge's end by receiving returned fruits and vegetables and the money that accompanies them. In some public way, recognize adopters and total amount of money donated. Make the connection between the money donated and the amount of fresh fruits and vegetables that money will share.

13. Follow up with any adopters who did not return their fruits, vegetables, or money, offering them a small window of opportunity to complete their adoption promise.

14. Within two weeks, count the funds received, and have your group's treasurer write a check to the Society of St. Andrew for the total sum raised, mailing that check to Society of St. Andrew | 3383 Sweet Hollow Road, Big Island, VA 24526.

15. When we receive your check, we will thank you with a colorful Adopt a Bushel Certificate, marking the successful completion of your challenge.

16. Pass the entire Adopt a Bushel Kit along to another group, and invite them to take up the challenge.

17. If we haven't heard from you within 60 days of your challenge's start date, the Society of St. Andrew will bill your organization $30.00 for the cost of the Adopt a Bushel Kit and postage and handling.

Fruit or Veggie	$ Pledged	Adopter's Name	Phone	Email	Date Returned	Date Paid	Amount Paid
Apple 1	$23						
Apple 2	$23						
Banana 1	$36						
Banana 2	$36						
Bell Pepper	$15						
Carrot	$15						
Cucumber	$43						
Eggplant	$29						
Garlic 1	$2						
Garlic 2	$2						
Gingerroot	$5						
Green Beans 1	$54						
Green Beans 2	$54						
Green Beans 3	$54						
Green Beans 4	$54						
Hot Pepper 1	$11						
Hot Pepper 2	$11						
Lime	$9						
Mango	$9						
Mushroom 1	$9						
Mushroom 2	$9						
Onion	$31						
Orange 1	$54						
Orange 2	$54						
Pear	$32						
Plum	$23						
Potato	$9						
Star Fruit	$10						
Strawberry 1	$4						
Strawberry 2	$4						
Strawberry 3	$4						
Strawberry 4	$4						
Sweet Corn 1	$26						
Sweet Corn 2	$26						
Tomato	$16						
Pumpkin	$6						
Mesh Netting	$194						

INFORMATION SHEET

Adopt a Bushel
FEED A NATION

Adopt a Bushel, Feed a Nation

30-Day, $806 Fundraising Challenge

to benefit the Society of St. Andrew • endhunger.org

The Society of St. Andrew brings people together to harvest and share healthy food, reduce food waste, and build caring communities by offering nourishment to hungry neighbors.

Adopt a yummy fruit or veggie to support the gleaning and feeding work of the Society of St. Andrew!

Each of the 36 fruits or veggies included in your Adopt a Bushel kit is marked with a specific dollar value. This dollar value represents a HUGE quantity of that fruit or vegetable, that the Society of St. Andrew can share with hungry people right here in the United States, when you give.

All of these fruits and veggies are ones that Society of St. Andrew gleaning volunteers glean or recover and share during a typical year.

Choose the fruit, vegetable, or simply the giving level you prefer. Mark your name and phone number on the list at the Adoption Center, along with the type of fruit or vegetable you've selected and the dollar amount you will give or raise. The dollar amount should correspond to what's marked on the fruit or vegetable, and be that amount or some multiple of it.

Take your fruit or vegetable home with you, along with the Fruit or Veggie Profile Sheet that goes with it. You'll find the Profile Sheet at the Adoption Center, also. Learn more about the food you've selected, about the Society of St. Andrew, and just how much of that fruit or veggie your gift will share.

How will you make your Adoption Contribution?

- **Donate the money yourself;**
- **Invite a friend to go halfsies with you; or**
- **Raise MULTIPLES of the amount you've pledged by telling others about the challenge and inviting them to join in, too!**

When you've raised the money you pledged (or on the date given by the Project Leader), bring back the fruit or vegetable, ALONG WITH the funds you've raised or are donating.

With your whole group pitching in, this challenge will be fun and easy to meet within the 30-day timeframe. Altogether, your group will share more than 41,000 servings of fresh, health-giving fruits and vegetables with people in great need. While each of you does a small part, the bushel you've adopted for $806 will share about $14,375 worth of food!

BONUS CHALLENGE

Make it an even $1,000!!

That mesh bag the fruits and veggies came in?

$194.00 will purchase a roll of mesh netting—enough for 5,000 bags of produce gleaned by Society of St. Andrew volunteers.

Place the fruit or veggie you've adopted on the meal table in your home. Every time you sit down to eat, remember those who will enjoy the good food you will share with them through your gift!

END WITH A CELEBRATION

Have a fruit and vegetable celebration meal at the end of the 30-day challenge, when your group has met its goal!

Invite everyone to bring a dish they've made, using the (real) fruit or veggie they adopted.

Are you part of a worshiping community?

On the final worship day of your challenge, invite adopters to bring their toy fruits or veggies to worship with them, along with the money they've donated or raised. When you receive tithes and offerings, bring the fruits, veggies, and funds to the front of the worship space, for a time of dedication.

Adopt a Bushel, Feed a Nation Challenge © 2018
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Society of St. Andrew

GLEANING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

Preventing Waste, Feeding Hungry People

The Society of St. Andrew keeps surplus fresh, nutritious fruits and vegetables from going to waste at the farm or packing house. This healthy food is shared, at no cost, with food banks, pantries, and programs that feed or provide food to those most in need:

- **In fields** – SoSA mobilizes 30,000 to 40,000 volunteers each year to glean (pick, dig, or gather) in fields and orchards for remaining fruits and vegetables. Volunteers from faith groups, civic organizations, schools, and businesses gather food left behind after commercial harvest. Last year, SoSA's Gleaning Network collected more than 18 million pounds.
- **At packing houses** – Food that is surplus, inconveniently-sized, unmarketable, or considered cosmetically imperfect, is transported by SoSA to agencies that feed hungry people. Otherwise, this good food would likely have ended up in a landfill. SoSA's large-load rescue program, the Potato & Produce Project, rescued 10.4 million pounds of this food in 2017.

2017 BY THE NUMBERS

Produce Providers
916

Pounds of Food Saved
28,561,389

Events Held
5,960

Volunteers Mobilized
36,858

Agencies Receiving Food
1,906

Servings Shared
85,467,264

Hungry People Fed
12,209,609

Healthy Food for Those Who Need it Most

Working collaboratively with farmers, volunteers, and feeding programs, SoSA provides healthy food to those who have little or no access to it. In 2017, SoSA recovered and shared fresh produce statewide in 12 states and worked in geographically-limited areas of 18 additional states.

There is always more good food available to be gleaned and shared! SoSA's model is infinitely replicable and scalable, and SoSA's work is limited only by the funds available. SoSA's cost is about 3¢ per serving of food shared.

This nutritious, but excess, bounty goes directly from the point of surplus (field or packing facility) directly to community feeding agencies nearby. SoSA seeks the quickest and most efficient way to get good, fresh food to people who need it. SoSA does not warehouse food, so fresh produce is often on someone's table the same day it was harvested!

endhunger.org • 800-333-4597

Adopt a Bushel
FEED A NATION

A program of Society of St. Andrew

$23

will share **252 pounds** of apples which is the same as **756 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.49 per pound** for a total of **$375.48**.

THANKS to you for helping provide a solution to hunger. We appreciate you being a part of Society of St. Andrew's Adopt a Bushel-Feed a Nation Project.

Society of St. Andrew
Gleaning America's Fields
Feeding America's Hungry

APPLE

Learn more and sign up at
EndHunger.org/ABFN

APPLES

What is an Apple?:

Apples are a popular and versatile fruit available in thousands of varieties. They grow on trees and ripen in autumn. Apples are a high source of dietary fiber.

How to Select Apples:

Look for apples that are firm, brightly colored, smooth, heavy for their size, and without bruises or blemishes.

How to Prepare Apples:

Begin by thoroughly washing the apples. Remove the stems, seeds, and core of the apple.

Fresh Apples: Chop or slice apples to enjoy as a simple snack, or add to fruit salads, green salads, coleslaw, non-fat yogurt, or even a sandwich. If you won't be using the apple slices immediately and would like to prevent browning, toss slices with lemon juice and cover tightly.

Applesauce: In a large pot, add peeled and chopped apples, water, and lemon juice and bringto a boil. Reduce the heat to a simmer and cook the apples until soft, about 25 minutes. Once cooked, drain out the liquid and allow the apples to cool. Place the apples in a food processor with some cinnamon and process until blended.

Sautéed Apples: Sliced or diced apples may be cooked in a sauté pan with a little bit of butter and cinnamon on medium heat until tender. Serve these warm apples with oatmeal, pancakes, banana ice cream, or even savory dishes like grilled chicken.

Apple Cake: See our "Apple Cake" recipe for a delicious dessert!

MANZANAS

¿Qué es una Manzana?:

Las manzanas son muy populares y versátiles, y hay miles de tipos. Crecen en árboles y se maduran en otoño. Las manzanas son altas en fibra dietética.

Cómo Seleccionar Manzanas:

Escoja manzanas frescas que sean firmes, de color brillante, suaves, pesadas para su tamaño y sin manchas, ni magulladuras. Su color debe ser uniforme, que vaya de anaranjado-amarillento a anaranjado.

Cómo Preparar Bananas:

Comience por lavar muy bien las manzanas. Retire los tallos, semillas y el corazón de las manzanas.

Manzanas Frescas: Corte o rebane las manzanas para disfrutar de una simple merienda. Agréguelas a su ensalada de frutas, ensaladas verdes, coleslaw, yogur descremado, o a un sándwich. Si no va a usar las rebanadas de manzana inmediatamente y quiere prevenir que se pongan marrones, salpíquelas con jugo de limón y cúbralas bien.

Salsa de Manzanas: En una olla grande, agregue manzanas peladas y picadas, agua, jugo de limón, y póngalas a hervir. Reduzca el fuego y cocine las manzanas hasta que se ablanden, aproximadamente por 25 minutos. Una vez cocidas escurra el líquido y deje que las manzanas se refresquen. Coloque las manzanas con un poco de canela en el procesador de alimentos hasta que quede cremoso.

Manzanas salteadas: En una sartén a fuego medio mezcle manzanas rebanadas o en cubos con un poco de mantequilla y canela. Cocine hasta que se ablanden. Sirva estas manzanas calientes con canela, panqueques, helado de banana, o hasta con platos salados como pollo a la parrilla.

Pastel de Manzanas: Vea nuestra receta de "Pastel de manzana" por un postre delicioso!

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Society of St. Andrew
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Adopt a Bushel
FEED A NATION

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$36

will share **400 pounds** of bananas which is the same as **1,510 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$.73 per pound** for a total of **$292.00**.

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BANANAS

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BANANAS

What is a Banana?:

Bananas grow on a tropical plant in large clusters. They are most commonly long, curved fruit with yellow skin but there are other varieties that are brown, purple, green or red when ripe. Bananas are a good source of fiber, vitamin C, and potassium.

How to Select Bananas:

Look for bananas that are greenish yellow to yellow in color with minimal spotting. Bananas will turn fully yellow and then develop brown spots as they ripen. The riper a banana becomes, the sweeter it will be. For mashing and baking, use very ripe bananas. To ripen bananas, you may leave them out at room temperature until they soften.

How to Prepare Bananas:

Simply pull back the outer peel and slice into desired size pieces. To freeze bananas, peel, slice, and place in a freezer safe container or bag.

Sliced or Diced Banana: Add sliced bananas to fruit salads, salsas, non-fat yogurt, cereal, or as a simple snack.

Banana Ice Cream: Lightly thaw frozen bananas and blend in a food processor with a little bit of low-fat milk, honey, vanilla extract, cinnamon, and nutmeg until ingredients are well incorporated. Top with fresh fruit for a healthy and delicious dessert!

Bananas in Smoothies: Add frozen bananas to smoothies for a creamy and filling texture.

Banana in Baked Goods: Puree or mash very ripe bananas and use in baked goods as a substitute for butter, oil, or eggs.

BANANAS

¿Qué es una Banana?:

La banana es una fruta tropical que crece en grandes racimos. Normalmente son largas y curvadas con la cáscara amarilla, aunque existen otras variedades que son de color marrón, púrpura, verdes o rojas cuando se maduran. Las bananas son una buena fuente de fibra, vitamina C y potasio.

Cómo Seleccionar Bananas:

Escoja bananas con pocas manchas y que su color varíe entre amarillo verdoso y amarillo. Cuando las bananas se maduran se vuelven amarillas y les salen manchas marrones, mientras más amarillas sean, más dulces son. Las bananas maduras se usan para triturarlas y usarlas para cocinar. Las bananas se maduran dejándolas a temperatura ambiente.

Cómo Preparar Bananas:

Simplemente pélelas quitándoles la cáscara y corte la pulpa del tamaño deseado. Para congelarlas, pélelas, córtelas y guárdelas en un envase seguro o en una bolsa.

Bananas en Cubos o Rebanadas: Pique o rebane las bananas y agréguelas a una ensalada de frutas, salsas, yogurt descremado, cereal, o simplemente cómalas como merienda.

Helado de Banana: Descongele ligeramente las bananas congeladas y en un procesador de alimentos licúelas con un poco de leche descremada, miel de abeja, extracto de vainilla, canela y nuez moscada, hasta que los ingredientes se mezclen muy bien. Cubra con frutas frescas para obtener un postre idelicioso y saludable!

Licuado de Bananas: Para obtener un licuado cremoso agregue bananas congeladas.

Bananas en Productos Horneados: Triture o haga puré las bananas y úselas como sustituto de la mantequilla, aceite o huevos, en sus productos horneados.

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$15

will share **167 pounds** of peppers which is the same as **667 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.91 per pound** for a total of **$318.97**.

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BELL PEPPERS

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HEALTHY TIP: BELL PEPPERS

What are Bell Peppers?

- Bell peppers are related to chili peppers, tomatoes, and breadfruit, all of which are native to Central and South America. Also called sweet peppers or capsicums, bell peppers are eaten as vegetables, either raw or cooked.
- They are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet.
- Bell peppers come in various colors, such as green (unripe), red, yellow, and orange. Green, unripe fruits have a slightly bitter flavor and are not as sweet as those that are fully ripe.

Selecting:

- Look for peppers that are firm, deeply colored and glossy. Peppers that have the straightest sides will be the easiest to peel.

Storing:

- Keep peppers in the refrigerator, tightly wrapped in a plastic bag.

Preparing:

- Wash the pepper, cut open, and remove all seeds as well as light-colored interior membrane.
- Roast them on the grill, peel away the charred papery outer skin and you've got the makings of a fall feast. Dip into whipped cream cheese and enjoy as an appetizer!
- Or for a main dish, cut off the top of the pepper, scooping out the seeds and membrane. Then fill with a mixture of leftover ground meat or meat alternative, leftover rice, tomato sauce or diced tomatoes, and onions, with salt & pepper to taste. Place stuffed peppers side by side in a baking dish with 2" sides. Bake at 350 degrees for 20-30 minutes.

Sources: https://www.healthline.com/nutrition/foods/bell-peppers, http://www.latimes.com/food/la-fo-bell-peppers-s-story.html

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$15

will share **161 pounds** of carrots which is the same as **726 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$.70 per pound** for a total of **$112.70**.

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CARROTS

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CARROTS

What are Carrots?:

Carrots are a crisp and sweet root vegetable that are commonly orange but can be purple, black, red, white, or yellow. They are an excellent source of vitamin A and a good source of vitamin C.

How to Select Carrots:

Look for carrots that are brightly colored, smooth, and firm. Avoid soft, mushy, or moldy carrots.

How to Prepare Carrots:

Before preparing, thoroughly wash the carrots and scrub off any dirt. You may peel off the outer layer or leave it on. There are actually more nutrients in and just below the peel; just be sure to remove the dirt!

Raw Carrots: Chop, slice, or shred carrots into desired size pieces and add to green salads, bean salads, or as a "chip" for scooping up salsas and dips.

Carrots in Juice or Smoothies: Using a juicer, you may juice carrots for a delicious treat. Or you may use carrot juice or fresh carrot slices in a smoothie.

Roasted Carrots: Preheat oven to 425°F. Toss sliced or chopped carrots with olive oil, salt, pepper, and garlic. Lay the carrots out on a baking sheet and cook in the oven for 30 minutes, flipping halfway. Serve as a side dish or blend in a food processor with orange juice, olive oil, honey, and ground cumin as a dip!

Steamed Carrots: Place steamer basket in a large pot with about two inches of water. Once water is boiling, lower to a simmer, then place carrots in steamer basket. Cook for 3 to 5 minutes or until carrots are tender. Season as desired and enjoy with dips or as a simple side dish!

Carrots in Dessert: Shredded carrots may be used in baked goods, like muffins, cookies, or breads, as a natural sweetener.

ZANAHORIAS

¿Qué son Zanahorias?:

La zanahoria es una hortaliza crujiente y dulce, normalmente de color anaranjado, aunque también podría ser púrpura, negra, roja, blanca o amarilla. Son una fuente excelente de vitamina A y una buena fuente de vitamina C.

Cómo Seleccionar Zanahorias:

Escoja zanahorias de color brillante, suaves y firmes. Evite las zanahorias que tengan moho o estén podridas.

Cómo Preparar Zanahorias:

Antes de preparar las zanahorias lávelas muy bien hasta sacarles todo el sucio. Puede pelarlas o dejarles la piel. De hecho con la piel son más nutritivas y aportan más fibra. ¡Sólo asegúrese de quitarles todo el sucio!

Zanahorias Crudas: Pique, rebane, o ralle las zanahorias del tamaño deseado. Agréguelas a sus ensaladas verdes, ensaladas de frijoles, o úselas para untar con cremas o salsas.

Licuado o Jugo de Zanahoria: Usando un exprimidor de jugos podría obtener jugo de zanahoria. También podría usar jugo de zanahoria o rebanadas de zanahoria frescas en un licuado.

Zanahoria Rostizadas: Precaliente el horno a 425°F. Cubra las zanahorias picadas o rebanadas con aceite de oliva, sal, pimienta y ajo. Distribuya las zanahorias en una bandeja y hornee por 30 minutos, volteándolas a mitad de cocción. Sírvalas como acompañante, o mézclelas en un procesador de alimentos con jugo de naranja, aceite de oliva, miel de abeja y comino en polvo, como ¡una crema para untar!

Zanahorias al Vapor: En una olla grande, coloque una cesta de vapor con aproximadamente dos pulgadas de agua. Cuando hierva el agua, baje la temperatura y coloque las zanahorias en la cesta de vapor. Cocine las zanahorias por 3-5 minutos o hasta que se ablanden. Sazónelas al gusto y úselas para untar o ¡simplemente como un acompañante!

Zanahorias en Postres: Las zanahorias ralladas podrían usarse para hornear pastelillos, galletas, o panes, para endulzar sus comidas naturalmente.

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$43

will share **480 pounds** of cucumbers which is the same as **1,400 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost $**1.48 per pound** for a total of **$710.40**.

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CUCUMBER

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CUCUMBERS

What is a Cucumber?:

A cucumber is the long, green fruit of a vine plant that is a member of the gourd family and usually considered a vegetable for culinary purposes. Cucumbers are crisp and refreshing as they are made of 95% water, and they have edible white seeds. Cucumbers are a good source of Vitamin C.

How to Select Cucumbers:

Look for cucumbers that are green and firm throughout. Good cucumbers usually have small lumps on their surface. Cucumbers that are turning yellow or have shriveled ends may have a tough texture and a bitter or sour taste.

How to Prepare Cucumbers:

Cucumbers are best enjoyed fresh. Some cucumbers have a tough skin and are best enjoyed peeled. Others have much thinner skins and do not require peeling before they are prepared.

Raw Cucumbers: Cucumbers may be sliced or diced and added to salads, sandwiches, salsas, and other hot dishes as a cool, refreshing garnish. Sliced cucumbers may also be added to still or sparkling drinking water for an infusion of extra flavor.

Marinated Cucumbers: Slice cucumbers (peeled or unpeeled) and place into bowl. Dress cucumbers with Italian salad dressing or a dressing of olive oil, rice vinegar, salt, pepper, and garlic and allow to sit in refrigerator for 2-3 hours before enjoying. Serve this alone as a side or with tomatoes and white beans as a delicious salad!

Pickled Cucumbers: Pickled cucumbers are a great way to add flavor and nutrition to sandwiches and burgers. Simply add sliced cucumbers to a mixture of water, vinegar and seasonings, and place in a jar. They will be ready in 24 hours. See our "Quick and Easy Pickled Vegetable" recipe for complete directions!

PEPINOS

¿Qué es un Pepino?:

Es la fruta larga y verde de una planta de vid, el cual es miembro de la familia de las calabazas y usualmente es considerado un vegetal para propósitos culinarios. Los pepinos son crujientes y refrescantes ya que están formados por un 95% de agua, y tienen semillas blancas comestibles. Los pepinos son una buena fuente de vitamina C.

Cómo Seleccionar Pepinos:

Escoja pepinos que sean verdes y firmes. Los pepinos buenos normalmente tienen pequeñas jorobas en la superficie. Los pepinos que se estén poniendo amarillos o que tengan los extremos arrugados podrían tener una textura dura, o un sabor agrio o amargo.

Cómo Preparar Pepinos:

Los pepinos son más deliciosos frescos. Algunos pepinos tienen la piel dura y es mejor pelarlos. Otros tienen la piel mucho más fina y no requieren ser pelados antes de prepararse.

Pepinos Crudos: Los pepinos pueden cortarse en rebanadas o en cubitos y agregarse a sus ensaladas, sándwiches, salsas y otros platos calientes para añadir frescura, como una guarnición refrescante. Los pepinos en rodajas también se pueden agregar al agua potable, o al agua mineral con gas para darle una infusión de sabor extra.

Pepinos Marinados: Rebane los pepinos (pelados o no) y colóquelos en un bol. Aderece los pepinos con aderezo italiano para ensaladas, o un aderezo preparado con aceite de oliva, vinagre de arroz, sal, pimienta y ajo, y déjelos en el refrigerador por 2-3 horas antes de disfrutarlos. Sírvalos solos como acompañante, o con tomates y frijoles blancos como una ¡deliciosa ensalada!

Pepinos en Encurtidos: Los pepinos encurtidos son una manera excelente de agregar sabor y nutrición a sus sándwiches y hamburguesas. Simplemente agregue pepinos rebanados a una mezcla de agua, vinagre, y especias, y métalos en un frasco. Mire nuestra receta "Encurtidos en Vinagre Fáciles y Rápidos" y ¡siga las instrucciones!

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$29

will share **325 pounds** of eggplant which is the same as **865 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.47 per pound** for a total of **$477.75**.

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EGGPLANT

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EGGPLANT

What is Eggplant?:

Eggplant, a member of the nightshade family, is commonly large, purple, and pear shaped, but several white, green, and striped varieties exist in differing sizes and shapes. When cooked, eggplant has a creamy texture and may be used as a meat substitute in many dishes. Eggplant is a good source of dietary fiber.

How to Select Eggplant:

Look for eggplant that are firm, smooth, and shiny.

How to Prepare Eggplant:

Sautéed Eggplant: Cube the eggplant and cook in a large pan with a little olive oil over medium heat for 20 minutes. Add eggplant to a sauce and serve over pasta.

Roasted Eggplant: Preheat the oven to 350°F. Slice the eggplant into disks and place on a baking sheet lined with aluminum foil and drizzled with olive oil. Bake for 20 minutes. Remove from oven and pour marinara sauce over the eggplant. Sprinkle with mozzarella cheese. Place back in the oven until cheese has melted, about 5-10 minutes.

Eggplant Dip: After roasting the eggplant at 350°F for 30 minutes, allow eggplant to cool then scoop out and puree the flesh in a food processor with some garlic, olive oil, lemon juice, and salt. Serve dip with vegetables or crackers.

Eggplant Pasta: Slice eggplant lengthwise and use as "pasta" for lasagna. Substitute all of the noodles with eggplant or use half pasta and half eggplant.

BERENJENA

¿Qué es la Berenjena?:

La berenjena es de la familia de las solanáceas, normalmente es larga, de color púrpura y tiene forma de pera, aunque se pueden encontrar algunas variedades blancas, verdes y de rayas de diferentes tamaños y colores. Al cocinar la berenjena tiene una textura cremosa, por lo que puede ser usada para sustituir la carne en muchos platos. La berenjena es una buena fuente de fibra.

Cómo Seleccionar Berenjenas:

Escoja berenjenas que sean firmes, suaves, y brillantes.

Cómo Preparar Berenjenas:

Berenjenas Salteadas: Corte las berenjenas en cubitos y sofríalas con un poco de aceite de oliva, a fuego medio, por 20 minutos. Añada las berenjenas a una salsa y sírvala sobre pasta.

Horneadas: Precaliente el horno a 350°F. Corte la berenjena en rodajas y colóquelas en una bandeja para hornear previamente forrada con papel de aluminio. Luego rocíelas con aceite de oliva. Hornéelas durante 20 minutos. Sáquelas del horno y agrégueles salsa marinara por encima. Luego cúbralas con queso mozzarella. Llévelas de nuevo al horno, hasta que el queso se derrita. Aproximadamente de 5-10 minutos.

Dip de Berenjena: Después de hornear la berenjena a 350°F por 30 minutos, deje que se enfríe, sáquele la pulpa y hágala puré en el procesador de alimentos, añádale ajo, aceite de oliva, jugo de limón y sal al gusto. Sírvala con trozos de vegetales o galletas.

Pasta de Berenjena: Corte la berenjena a lo largo, en rebanadas, y úsela como pasta para lasaña. Puede sustituir toda la pasta por berenjenas, o hacer mitad pasta y mitad berenjena.

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$2

will share **22 pounds** of garlic which is the same as **414 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$4.70 per pound** for a total of **$103.40**.

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GARLIC

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GARLIC

What is Garlic?:

Garlic is an aromatic ingredient used in recipes to add flavor to dishes of all cultures. The garlic bulb is a cluster of cloves surrounded by papery skin. Garlic contains a compound called allium that has health benefits such for the cardiovascular, immune, inflammatory, digestive, and detoxification systems in the body.

How to Select Garlic:

When buying fresh loose garlic, choose a garlic bulb that is plump and without broken skin. Garlic bulbs should be heavy and firm.

How to Prepare Garlic:

Remove the outer layers of the garlic bulb skin until small cloves are visible and can be separated. With a clove on a cutting board, lay your knife horizontal on the clove and gently press the knife on its flat side with the palm of your hand, making sure to avoid the sharp end of the knife. This should crack open the clove's peel and make it quick and easy to remove. Separate the peel from the garlic clove and use whole or chopped.

Fresh Garlic: Fresh garlic cloves may be peeled and finely diced, minced, or even grated and added to salsas, salad dressings, dips, sauces, quiches, or simple chopped veggies.

Roasted Garlic: Whole, peeled garlic cloves may be tossed with olive oil, wrapped in aluminum foil, and roasted in the oven at 375°F for 45-60 minutes. You may add roasted garlic cloves to roasted vegetable dishes and pizzas or puree into a sauces. You may also roast the whole garlic bulb by cutting off the top of a large garlic bulb, drizzling with olive oil, and placing in aluminum foil on a baking sheet in the oven at 400°F for 30-40 minutes.

Sautéed Garlic: Add chopped garlic to sautéed dishes, like stir-fries, sautéed vegetables or greens, or sauces.

AJO

¿Qué es Ajo?:

Es un ingrediente aromático que se usa en las recetas para realzar el sabor de los platos en todas las culturas. El bulbo de ajo es un racimo de gajos (dientes) cubiertos por una corteza semejante a un papel fino. El ajo contiene un compuesto llamado alicina que aporta beneficios para la salud, como por ejemplo: el sistema cardiovascular, inmune, digestivo, y también tiene propiedades antiinflamatorias y desintoxicantes en el cuerpo.

Cómo Seleccionar Ajo:

Al comprar ajo fresco y suelto, elija un bulbo de ajo que sea grande y que no tenga la piel cuarteada. Los bulbos de ajos deben estar pesados y firmes.

Cómo Preparar Ajo:

Retire las capas de piel de los bulbos hasta que los pequeños dientes se vean y puedan separarse. Coloque un diente de ajo en la tabla de picar y con un cuchillo en posición horizontal presione suavemente el cuchillo en el lado plano con la palma de su mano, asegúrese de evitar presionar sobre el filo del cuchillo. Esto hará que la piel se rompa facilitando la tarea de pelar los ajos. Separe la cáscara de los ajos y úselos enteros o picados como sea necesario.

Ajos Frescos: Los bulbos de ajos frescos deben pelarse y luego cortarse en cubitos, o machacarse, o hasta rallarse y añadirse a las salsas, aderezos para ensaladas, dips, salsas, quiches, o simplemente a los vegetales picados.

Ajos Rostizados: Mezcle con aceite de oliva los dientes de ajos enteros y pelados, envuélvalos en papel de aluminio, y rostícelos en el horno a 375°F por 45-60 minutos. Añada los ajos rostizados a sus platos de vegetales y pizzas o hágalos puré y agréguelos a sus salsas. También puede rostizar la cabeza de ajo completa cortando la parte de arriba de un bulbo de ajo grande, rostizándola con aceite de oliva y colocándola en papel de aluminio en una bandeja y llevándolo al horno por 30-40 minutos a 400°F.

Ajos Salteados: Añada ajos picados a sus platos salteados, como sofritos, vegetales u hojas verdes salteadas, o salsas.

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$2

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GARLIC

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GARLIC

What is Garlic?:

Garlic is an aromatic ingredient used in recipes to add flavor to dishes of all cultures. The garlic bulb is a cluster of cloves surrounded by papery skin. Garlic contains a compound called allium that has health benefits such for the cardiovascular, immune, inflammatory, digestive, and detoxification systems in the body.

How to Select Garlic:

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Roasted Garlic: Whole, peeled garlic cloves may be tossed with olive oil, wrapped in aluminum foil, and roasted in the oven at 375°F for 45-60 minutes. You may add roasted garlic cloves to roasted vegetable dishes and pizzas or puree into a sauces. You may also roast the whole garlic bulb by cutting off the top of a large garlic bulb, drizzling with olive oil, and placing in aluminum foil on a baking sheet in the oven at 400°F for 30-40 minutes.

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AJO

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Cómo Seleccionar Ajo:

Al comprar ajo fresco y suelto, elija un bulbo de ajo que sea grande y que no tenga la piel cuarteada. Los bulbos de ajos deben estar pesados y firmes.

Cómo Preparar Ajo:

Retire las capas de piel de los bulbos hasta que los pequeños dientes se vean y puedan separarse. Coloque un diente de ajo en la tabla de picar y con un cuchillo en posición horizontal presione suavemente el cuchillo en el lado plano con la palma de su mano, asegúrese de evitar presionar sobre el filo del cuchillo. Esto hará que la piel se rompa facilitando la tarea de pelar los ajos. Separe la cáscara de los ajos y úselos enteros o picados como sea necesario.

Ajos Frescos: Los bulbos de ajos frescos deben pelarse y luego cortarse en cubitos, o machacarse, o hasta rallarse y añadirse a las salsas, aderezos para ensaladas, dips, salsas, quiches, o simplemente a los vegetales picados.

Ajos Rostizados: Mezcle con aceite de oliva los dientes de ajos enteros y pelados, envuélvalos en papel de aluminio, y rostícelos en el horno a 375°F por 45-60 minutos. Añada los ajos rostizados a sus platos de vegetales y pizzas o hágalos puré y agréguelos a sus salsas. También puede rostizar la cabeza de ajo completa cortando la parte de arriba de un bulbo de ajo grande, rostizándola con aceite de oliva y colocándola en papel de aluminio en una bandeja y llevándolo al horno por 30-40 minutos a 400°F.

Ajos Salteados: Añada ajos picados a sus platos salteados, como sofritos, vegetales u hojas verdes salteadas, o salsas.

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$5

will share **50 pounds** of ginger root which is the same as **2,500 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.60** per pound for a total of **$80.00**.

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GINGER ROOT

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HEALTHY TIP: GINGERROOT

What is Gingerroot?

- Gingerroot is a subtropical plant, grown for its nobby root. The root has tan skin, ivory to pale green flesh, and a peppery, slightly sweet flavor. Ginger is used grated, ground, and slivered in many Asian and Indian main dishes. It is often used in sweets and desserts in the United States.
- Gingerroot is associated with many excellent health benefits: maintaining normal and healthy blood flow; reducing nausea or morning sickness; improving metabolism; decreasing exercise-induced muscle pain, inhibiting growth of colorectal cancer cells; and even treating asthma.

Selecting:

- Look for smooth skin (wrinkles indicate that the root is dry and past prime) with a fresh spicy aroma. Also available dried and ground in the spice section. Specialty or Asian markets carry ginger juice, pickled ginger and preserved ginger.

Storing:

- Unpeeled and tightly wrapped ginger will keep in the refrigerator for 3 weeks; frozen for 6 months.

Preparing:

- For older roots, it may be necessary to remove the thick outer skin before cooking.
- Thinly sliced ginger, cooked in the saucepan or dish with the primary ingredient complements carrots, chicken, ham, onions, pork, pumpkin, rice, and tomatoes.
- Grated ginger or crystallized ginger (ginger very thinly sliced or grated and cooked in a sugar syrup, then removed from liquid and allowed to dry) goes well with chocolate, fruit, ice cream, or melons.

Sources: https://www.geniuskitchen.com/about/ginger-166, https://www.medicaldaily.com/6-health-benefits-ginger-root-heavenly-spice-280374

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$54

will share **600 pounds** of green beans which is the same as **2,400 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$2.01** per pound for a total of **$1,206.00**.

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GREEN BEANS

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GREEN BEANS

What are Green Beans?:

Green beans, also known as string beans or snap beans, are one of the few beans that are eaten fresh. They are bright green and crunchy when raw. Green beans are a good source of fiber and vitamin C.

How to Select Green Beans:

Green beans should be bright in color and without bruising. They should be firm yet a little flexible.

How to Prepare Green Beans:

Before preparing, thoroughly wash the green beans and cut off the stem end.

Steamed Green Beans: Simply place ¼ cup of water and two cups of green beans into a bowl or microwave-safe dish. Cover, microwave for 3-5 minutes, remove bowl from microwave, and toss with a dash of salt, pepper, and garlic powder.

Blanched and Sautéed Green Beans: In a large pot, bring water to a boil. Add two pounds of green beans and allow to cook for two minutes, or until they are bright green. Drain the beans and put them in a bowl of ice water. Then in a sauté pan, heat one tablespoon of olive oil, one teaspoon of red pepper flakes, and two minced cloves of garlic. Heat for about 30 seconds and then add the green beans. Sauté for an additional five minutes, or until the green beans are tender. Place in a serving dish and top with the zest of one lemon, ¼ teaspoon of salt, and ⅛ teaspoon of pepper.

Roasted Green Beans: Preheat the oven to 400°F. Toss two pounds of green beans with two teaspoons of olive oil and ¼ teaspoon of salt and pepper. Spread out on a baking sheet and roast for about 15 minutes or until the beans have a light brown color. Top with sliced almonds for a nice side dish!

Baked Green Beans: Green beans may be baked in the oven in casseroles, like green bean casserole, or in chicken or vegetarian pot pies.

EJOTES

¿Qué son Ejotes?:

Los ejotes también conocidos en inglés como: string beans y snap beans, son uno de los pocos frijoles que se comen crudos. Cuando están frescos son crujientes y de color verde intenso. También son una buena fuente de fibra y vitamina C.

Cómo Seleccionar Los Ejotes:

Los ejotes deben ser de color brillante y sin manchas. Ellos deben ser firmes y un poco flexibles.

Cómo Preparar Los Ejotes:

Antes de preparar los ejotes, lávelos muy bien y córteles los extremos.

Ejotes al Vapor: Simplemente, en un bol para microondas coloque ¼ de taza de agua y dos tazas de ejotes, tápelos y cocínelos por 3-5 minutos, retírelos del microondas y sazónelos con una pizca de sal, pimienta y ajo en polvo.

Ejotes Blanqueados y Salteados: En una olla grande ponga a hervir agua. Añada dos libras de ejotes y déjelos cocinar por dos minutos o hasta que estén de color verde intenso. Escurra los ejotes y colóquelos en un bol con agua helada. A continuación, en un sartén caliente, añada una cucharada de aceite de oliva, una cucharada de pimienta roja en hojuelas y dos dientes de ajo. Caliente por aproximadamente 30 segundos y agregue los ejotes. Saltéelo por cinco minutos más aproximadamente o hasta que los ejotes estén tiernos. Colóquelos en una bandeja de servir y cúbralos con la ralladura de un limón, ¼ de cucharadita de sal y ⅛ de cucharadita de pimienta.

Ejotes Rostizadas: Precaliente el horno a 400°F. Cubra dos libras de ejotes con dos cucharaditas de aceite de oliva y ¼ cucharadita de sal y pimienta. Disperse en una bandeja y rostice por aproximadamente 15 minutos o hasta que los ejotes se pongan de color marrón claro. Cúbralos con almendras fileteadas para obtener un ¡acompañante de lujo!

Ejotes Horneados: Los ejotes podrían hornearse en cacerolas o en pasteles de pollo o vegetales.

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GLEANING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

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Adopt a Bushel
FEED A NATION

A program of Society of St. Andrew

$54

will share **600 pounds** of green beans which is the same as **2,400 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$2.01** per pound for a total of **$1,206.00**.

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Society of St. Andrew
Gleaning America's Fields
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GREEN BEANS

Learn more and sign up at
EndHunger.org/ABFN

GREEN BEANS

What are Green Beans?:

Green beans, also known as string beans or snap beans, are one of the few beans that are eaten fresh. They are bright green and crunchy when raw. Green beans are a good source of fiber and vitamin C.

How to Select Green Beans:

Green beans should be bright in color and without bruising. They should be firm yet a little flexible.

How to Prepare Green Beans:

Before preparing, thoroughly wash the green beans and cut off the stem end.

Steamed Green Beans: Simply place ¼ cup of water and two cups of green beans into a bowl or microwave-safe dish. Cover, microwave for 3-5 minutes, remove bowl from microwave, and toss with a dash of salt, pepper, and garlic powder.

Blanched and Sautéed Green Beans: In a large pot, bring water to a boil. Add two pounds of green beans and allow to cook for two minutes, or until they are bright green. Drain the beans and put them in a bowl of ice water. Then in a sauté pan, heat one tablespoon of olive oil, one teaspoon of red pepper flakes, and two minced cloves of garlic. Heat for about 30 seconds and then add the green beans. Sauté for an additional five minutes, or until the green beans are tender. Place in a serving dish and top with the zest of one lemon, ¼ teaspoon of salt, and ⅛ teaspoon of pepper.

Roasted Green Beans: Preheat the oven to 400°F. Toss two pounds of green beans with two teaspoons of olive oil and ¼ teaspoon of salt and pepper. Spread out on a baking sheet and roast for about 15 minutes or until the beans have a light brown color. Top with sliced almonds for a nice side dish!

Baked Green Beans: Green beans may be baked in the oven in casseroles, like green bean casserole, or in chicken or vegetarian pot pies.

EJOTES

¿Qué son Ejotes?:

Los ejotes también conocidos en inglés como: string beans y snap beans, son uno de los pocos frijoles que se comen crudos. Cuando están frescos son crujientes y de color verde intenso. También son una buena fuente de fibra y vitamina C.

Cómo Seleccionar Los Ejotes:

Los ejotes deben ser de color brillante y sin manchas. Ellos deben ser firmes y un poco flexibles.

Cómo Preparar Los Ejotes:

Antes de preparar los ejotes, lávelos muy bien y córteles los extremos.

Ejotes al Vapor: Simplemente, en un bol para microondas coloque ¼ de taza de agua y dos tazas de ejotes, tápelos y cocínelos por 3-5 minutos, retírelos del microondas y sazónelos con una pizca de sal, pimienta y ajo en polvo.

Ejotes Blanqueados y Salteados: En una olla grande ponga a hervir agua. Añada dos libras de ejotes y déjelos cocinar por dos minutos o hasta que estén de color verde intenso. Escurra los ejotes y colóquelos en un bol con agua helada. A continuación, en un sartén caliente, añada una cucharada de aceite de oliva, una cucharada de pimienta roja en hojuelas y dos dientes de ajo. Caliente por aproximadamente 30 segundos y agregue los ejotes. Saltéelo por cinco minutos más aproximadamente o hasta que los ejotes estén tiernos. Colóquelos en una bandeja de servir y cúbralos con la ralladura de un limón, ¼ de cucharadita de sal y ⅛ de cucharadita de pimienta.

Ejotes Rostizadas: Precaliente el horno a 400°F. Cubra dos libras de ejotes con dos cucharaditas de aceite de oliva y ¼ cucharadita de sal y pimienta. Disperse en una bandeja y rostice por aproximadamente 15 minutos o hasta que los ejotes se pongan de color marrón claro. Cúbralos con almendras fileteadas para obtener un ¡acompañante de lujo!

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HOT PEPPER

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JALAPEÑOS

What is a Jalapeño?:

Jalapeño peppers are a type of spicy chili pepper originating in Mexico. Green jalapeños are picked early in the ripening process, while the red variety are more mature and were left to grow longer. Jalapeños are an excellent source of vitamin C and a good source of vitamin A and folate.

How to Select Jalapeños:

Choose peppers that are firm, rich in color, and have smooth and shiny skin. Jalapeño peppers may also be purchased in cans or jars.

How to Prepare Jalapeños:

Thoroughly wash jalapeños before using. If you have gloves, wear them to keep the spicy pepper juices off of your hands. Be sure not to rub your eyes while working with jalapeños as this will burn. When done working with jalapeños, wash your hands.

Raw Jalapeños: Remove the stem by chopping the top of the pepper off. Halve the jalapeño lengthwise and if desired, use a spoon to remove the seeds. The seeds will make your dish extra spicy compared to the peppers alone. Next cut the jalapeño halves lengthwise into strips. If desired, gather the strips and slice across to dice. Fresh jalapeño may be added to just about anything for an extra kick or flavor and spice.

Roasted Jalapeños: Over medium-high heat, char jalapeño peppers by putting them directly over an open flame, under the broiler, or on a grill and turn every 2-3 minutes. Place the roasted jalapeños in a plastic bag, seal it, and allow the jalapeños to steam to loosen the skin. Remove the jalapeños from the bag and peel off the skin. Add chopped roasted jalapeño peppers to soups, fajitas, salads, salsas, guacamole, or stir-fries.

JALAPEÑOS

¿Qué es un Jalapeño?:

Los pimientos jalapeños son un tipo de pimientos picantes originarios de México. Los jalapeños verdes son cosechados antes de que se maduren, mientras que la variedad de jalapeños rojos son más maduros y se dejan para que crezcan más tiempo. Los jalapeños son una excelente fuente de vitamina C y una buena fuente de vitamina A y ácido fólico.

Cómo Seleccionar Jalapeños:

Escoja pimientos que sean firmes, coloridos, y tengan una piel suave y brillante. Los pimientos jalapeños también pueden comprarse enlatados o envasados.

Cómo Preparar Jalapeños:

Lave muy bien los jalapeños antes de usarlos. Si tiene guantes, úselos para evitar que los jugos de los pimientos penetren en sus manos. Asegúrese de no restregarse los ojos mientras está preparando los jalapeños ya que eso puede producirle quemaduras. Cuando termine de preparar los jalapeños, lave muy bien sus manos.

Jalapeños Crudos: Remueva los tallos picando la parte de arriba del pimiento. Corte el jalapeño por la mitad o al gusto, use una cuchara para retirar las semillas. Las semillas harán que su plato sea extra picoso comparado con los pimientos sin semillas. Luego corte las mitades de jalapeño a lo largo en tiras. Si lo desea, ponga todas las tiras juntas y córtelas en daditos. Los jalapeños frescos pueden añadirse a casi todo para dar un toque extra, o sabor picoso.

Jalapeños Rostizados: A fuego medio-alto, carbonice los pimientos jalapeños poniéndolos directamente sobre la llama, debajo del rostizador, o sobre una parrilla y volteándolos cada 2-3 minutos. Coloque los jalapeños rostizados en una bolsa plástica, ciérrela, y deje que los jalapeños suelten su vapor y la piel. Remueva los jalapeños de la bolsa y pélelos. Añada los jalapeños rostizados a sus sopas, fajitas, ensaladas, guacamole, o sofritos.

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LIME

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LIMES

What is a Lime?:

Limes are small, green citrus fruits that are oval or round in shape. They are commonly juiced and used in recipes for their strong acidic flavor. Limes are high in vitamin C.

How to Select Limes:

Choose limes that have a glossy skin and feel both firm and heavy for their size. Limes are at their best when they are deep green in color.

How to Prepare Limes:

Thoroughly wash limes prior to using.

Raw Lemons: Add fresh lime juice to your water and smoothies, your fish or shrimp, and to salsas. Squeeze lime juice over fresh fruit for a delicious snack. If you like spice, add a hint of cayenne and salt to your fruit as well. Serving lime wedges with meals is a great salt substitute.

Lime Zest: Lime zest is the thin, green layer at the very outside of the peel. It has a strong lime flavor and may be added to many dishes for extra lime flavor (and color). A citrus zester will remove this layer in small pieces. If you do not have a citrus zester you may use a cheese grater or carefully slice thin strips of zest off with a vegetable peeler and chop into smaller bits with a sharp knife.

Grilled Limes: Cut unpeeled limes into wedges or slices and place them onto a hot grill until grill marks appear on both sides of the lime. They are great to grill with fish, chicken and a variety of vegetables.

Baked Goods: Lime zest and juice are great additions to baked goods, like muffins, breads, and pancakes. Add the zest and juice to your batter, bake, and enjoy!

LIMAS

¿Qué es una Lima?:

Una lima es una fruta cítrica verde, pequeña, de forma ovalada o redonda. Comúnmente son jugosas y usadas en recetas debido a su fuerte sabor ácido. Las limas son altas en vitamina C.

Cómo Seleccionar Limas:

Escoja limas que tengan la piel brillante y que se sientan tanto firmes como pesadas para su tamaño. Las limas están en su punto cuando son de color verde intenso.

Cómo Preparar Limas:

Lave muy bien las limas antes de usarlos.

Limas Crudas: Agregue jugo de lima fresco a su agua y batidos, su pescado o camarones y a sus salsas. Para una merienda deliciosa, exprima jugo de lima sobre frutas frescas. Si le gustan las especias, añada también una pizca de pimienta de cayena y sal. Las cuñas de lima en sus comidas son un substituto perfecto de la sal.

Ralladura de Lima: La ralladura de lima, es la capa fina verde que se encuentra en la parte externa de la cáscara. Esta tiene un sabor fuerte a lima y podría añadirse a muchos platos para darles un sabor extra a lima (y color). Un rallador de cítricos retirará esta capa en pedacitos. Pero si usted no tiene un rallador de cítricos, puede usar un rallador de queso, o con mucho cuidado con el pelador de vegetales puede cortar pequeñas tiritas y luego picarlas en pedacitos con un cuchillo afilado.

Limas a la Parrilla: Corte las limas sin pelar en cuñas o rebanadas y colóquelas en la parrillera caliente hasta que las marcas de la parrilla aparezcan en ambos lados de la lima. Estas son perfectas para preparar pescado, pollo, o una variedad de vegetales a la parrilla.

Productos Horneados: El jugo y la ralladura de la lima realzan el sabor de los productos horneados, como pastelitos, panes y panqueques. Añada ralladura o jugo de lima a sus mezclas, hornee, y ¡buen provecho!

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MANGO

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MANGO

What is a Mango?:

Mangoes are fruits with tough outer skin, sweet orange fruit, and a long, flat seed in the center. The skin of a ripe mango may be yellow, orange, red, or green, depending on the type of mango. The skin and seed are not edible. Mangoes grow on trees in warm, tropical climates all over the world. Mango is high in vitamin A and a good source of vitamin C.

How to Select Mangoes:

Color is not an indicator of the ripeness of a mango. Instead, check for how soft the mango is. Look for mangoes that give slightly when you squeeze it, but are not mushy. You may leave hard, unripe mango at room temperature to ripen. When mangoes are ripe, put them in the refrigerator to slow down ripening until you are ready to eat them.

How to Prepare Mangoes:

Always wash mangoes before cutting them. Start by cutting off the "cheeks" of the mango. Hold the mango with its stem down on a cutting board, position your knife parallel to the longer side of the mango, and cut down. The piece cut off is the oval "cheek." Next, cut parallel lines or a checkerboard pattern into the oval cheeks. Finally, either scoop the mango fruit out with a spoon or turn the mango cheek inside out and scrape the fruit cubes off the skin with a knife or spoon.

Fresh Mango: Sliced or diced mango is great as a snack, on top of yogurt, in smoothies, in fruit salads, or in salsa (check out Brighter Bites' Mango Tango Salsa). Fresh mango is also a great as a dessert on its own or over coconut rice.

Frozen Mango: You may freeze fresh mango by simply placing chopped mango in a Ziploc bag and placing in the freezer. Add frozen mango to smoothies or blend frozen mango to make a tasty sorbet.

Dried Mango: If you buy ready-made dried mango, make sure you purchase a variety without added sugar. Chop dried mango and add to salads for additional sweetness and a different texture.

MANGO

¿Qué es un Mango?:

Los mangos son frutas que tienen una corteza gruesa, de color naranja, y una semilla larga y aplanada. La corteza de un mango maduro puede ser amarilla, anaranjada, roja o verde, dependiendo del tipo de mango. La piel y la semilla no son comestibles. Los mangos crecen en árboles de clima cálido-tropical alrededor del mundo. El mango es alto en vitamina A y una buena fuente de vitamina C.

Cómo Seleccionar Mangos:

El color de un mango no es un indicador de que el mango esté maduro o no, en su lugar revise cuán blando el mango pueda estar. Escoja mangos que se hundan ligeramente cuando los apriete, pero que no estén demasiado aguados. Debe dejarlos mangos duros-verdes a temperatura ambiente hasta que se maduren. Cuando los mangos estén maduros, colóquelos en el refrigerador para detener el proceso de maduración hasta que usted esté listo para comérselos.

Cómo Preparar Mangos:

Siempre lave los mangos antes de cortarlos. Comience cortando sus "mejillas". En una tabla de picar, sostenga el mango con el tallo hacia abajo, coloque su cuchillo paralelo a la parte más larga del mango, y corte hacia abajo. La pieza que ha cortado es el óvalo "mejilla". Luego, cortelíneas paralelas o en forma del patrón de una tabla de ajedrez en la mejilla ovalada. Finalmente, retire la pulpa de la fruta con una cuchara, o volteé la mejilla de mango hacia afuera y raspe los cubos de fruta de la corteza con un cuchillo o una cuchara.

Mangos Frescos: Los mangos en rebanadas o en cubos son deliciosos como merienda, encima de su yogurt, en un licuado, en una ensalada de frutas, o en salsas (lea la receta de Mango Tango Salsa de Brighter Bites). Tambien, los mangos frescos son deliciosos solos como postre, o sobre arroz con coco.

Mangos Congelados: Puede congelar mangos frescos simplemente colocando mangos picados en una bolsa ziploc y llevándolos al congelador. Añada los mangos congelados a sus licuados, o licúe los mangos congelados para hacer un sorbete saludable.

Mangos Secos: Al comprar mangos secos, asegúrese de comprar los que no contienen azúcar. Corte los mangos secos y agréguelos a sus ensaladas para darles un toque dulce y una textura diferente.

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$9

will share **100 pounds** of mushrooms which is the same as **400 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$3.99 per pound** for a total of **$399.00**.

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MUSHROOMS

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MUSHROOMS

What is a Mushroom?:

Mushrooms are edible fungus available in numerous varieties such as white, oyster, shiitake, chanterelle, cremini,and portobello. Mushrooms vary in size and color, ranging from small, white button mushrooms to large, brown Portobello mushrooms. The flavor of mushrooms also varies but generally they have a savory, earthy taste. Mushrooms are a good source of B vitamins and copper.

How to Select Mushrooms:

Choose mushrooms that are firm, plump and clean. Try to avoid those with wrinkles or wet, slimy spots. Look for mushrooms that feel faintly damp and have a springy texture. Lastly, mushrooms with a stronger sweet, earthy smell tend to be more flavorful.

How to Prepare Mushrooms:

Avoid washing mushrooms with lots of water because this will make them soggy. First, use a small brush (can be a toothbrush) or paper towel to remove as much dirt as possible. Next, give them a very quick rinse. For Portobello mushrooms, although you can eat the dark gills, they tend to add a black, murky color to meals and it is best if they are removed. You may use a spoon to easily scrape out the gills. The stems of larger mushrooms are sometimes tough and can also be removed. Most mushrooms have tender stems that are perfectly edible.

Sautéed Mushrooms: Heat a skillet with a small amount of oil and add mushrooms into the skillet. Turn frequently with a spatula or spoon to cook evenly. Mushrooms are ready when softened and browned. Season with salt, pepper and desired seasoning. These may be served as a side dish or added to sandwiches and salads or used as pizza toppings.

Stuffed Mushrooms: Preheat oven to 450°F degrees. Lightly oil a shallow baking dish and place mushroom caps (stems removed), cap side down in the dish. Drizzle mushrooms with a small amount of oil. Stuff each cap with chopped and sautéed vegetables (including the mushroom stems), bread crumbs, seasonings, and cheese. Roast for 20 minutes. Mushrooms should be tender and browned when done.

Grilled Mushrooms: Season mushrooms with olive oil, salt, black pepper and minced garlic. Place mushrooms in a preheated grill and cook each side for 5-7 minutes. They are done when tender and brown.

CHAMPIÑONES

¿Qué es un Champiñón?:

Los champiñones son hongos comestibles disponibles en una variedad numerosa como el blanco, la ostra, el shiitake, el chanterelle, el cremini y el portobello. Los champiñones varían en tamaño y color, que van desde los pequeños hongos blancos con la forma de un botón, hasta los grandes y marrones Portobellos. El sabor de los champiñones también varía, pero generalmente tienen un delicioso sabor a tierra. Los champiñones son una buena fuente de vitamina B y cobre.

Cómo Seleccionar Champiñones:

Escoja champiñones que sean firmes, gorditos y limpios. Evite los que tengan arrugas o estén húmedos, con manchas babosas. Seleccione hongos que se sientan algo húmedos y que tengan una textura ligeramente elástica. Por último los champiñones con un fuerte sabor dulce y que huelen a tierra tienden a ser los más sabrosos.

Cómo Preparar Champiñones:

Evite lavar los champiñones con mucha agua ya que se empaparán. Primero, use un cepillito (puede ser un cepillo de dientes) o toallas de papel para retirar la mayor cantidad de suciedad posible. Luego, enjuáguelos rápidamente. En el caso de los champiñones Portobello, a pesar de que la parte oscura de las agallas es comestible, esta tiende añadir un color turbio y negro a las comidas, así que es mejor retirarlas. Puede usar una cuchara para raspar las agallas fácilmente. Los tallos de los hongos grandes a veces son duros así que también pueden eliminarse. La mayoría de los champiñones tienen tallos suaves que son perfectamente comestibles.

Champiñones Salteados: Caliente una sartén con una pequeña cantidad de aceite y agregue los champiñones. Revuélvalos constantemente con una espátula o cuchara para que se cocinen uniformemente. Los champiñones estarán listos cuando se oscurezcan y se suavicen. Sazónelos con sal, pimienta y otras especias de su gusto. Pueden servirse como acompañante o también pueden agregarse a los sándwiches y ensaladas, así como ser usados para colocarlos sobre una pizza.

Champiñones Rellenos: Precaliente el horno a 450°F. Engrase ligeramente una bandeja para hornear poco profunda y coloque los sombreritos de los champiñones (remueva los tallos), los sombreritos deben estar boca abajo. Rocíe los champiñones con una pequeña cantidad de aceite. Rellene cada sombrero con vegetales salteados picados (incluyendo los tallos de los hongos), migas de pan, especias, y queso. Rostice por 20 minutos. Los champiñones estarán listos cuando estén suaves y dorados.

Champiñones a la Parrilla: Sazone los hongos con aceite de oliva, sal, pimienta negra y ajo machacado. Coloque los champiñones en una parrilla precalentada y cocine cada lado por 5-7 minutos. Estarán listos cuando estén suaves y dorados.

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will share **342 pounds** of onions which is the same as **2,052 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.22 per pound** for a total of **$417.24**.

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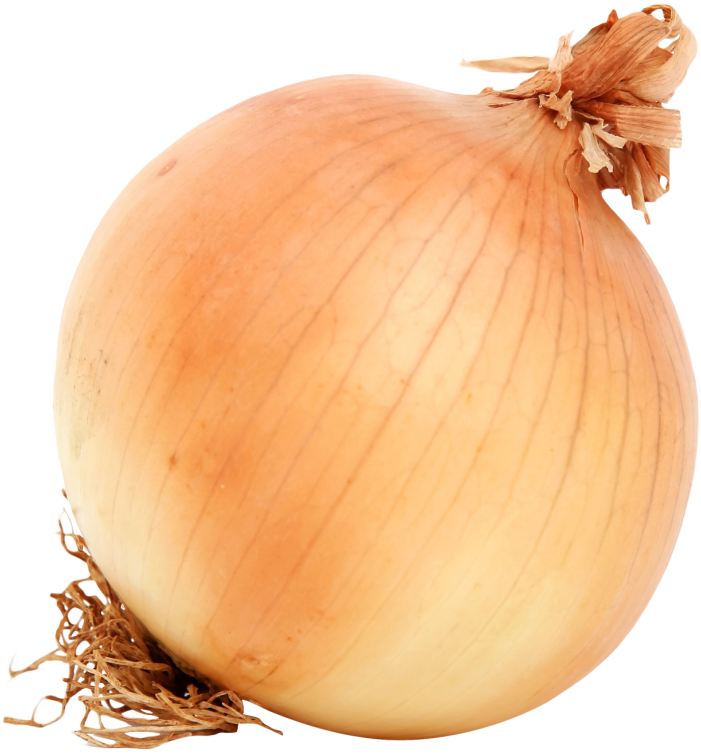
ONION



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ONIONS

What is an Onion?:

Onions are a sharp tasting, root vegetable and commonly available in red, yellow, and white varieties. Onions are high in vitamin C and a good source of fiber.

How to Select Onions:

Look for onions that are firm and avoid onions that are soft or mushy.

How to Prepare Onions:

Before preparing, thoroughly wash the onion. Peel off the papery outer layers and make sure all of the dirt and blemishes are removed.

Raw Onions: Dice the onion and add it to a green salad, salsa, or bruschetta. Sliced onions are also great on burgers, sandwiches, pizzas, and tacos. Red and white onions are best fresh.

Roasted Onions: Cut the onion into thick slices. Add to carrots, garlic, and potatoes and then add two teaspoons of olive oil. Mix well and add ¼ teaspoon salt and ⅛ teaspoon pepper. Roast in the oven at 400°F for about 20 minutes. The vegetables should be soft and golden brown. Red, yellow, and white onions are great roasted in the oven.

Onions in Soups and Stews: Onions may be added to soups like chicken noodle or tortilla soup. Onions may also be added to stews, chili, or French onion soup! White and yellow onions are a good choice for soups.

CEBOLLAS

¿Qué es una Cebolla?:

La cebolla es un bulbo de sabor fuerte, normalmente se consiguen variedades de color morado, amarillo y blanco. Son altas en vitamina C y una buena fuente de fibra.

Cómo Seleccionar Cebollas:

Escoja cebollas que sean firmes y evite las que estén suaves y mohosas.

Cómo Preparar Cebollas:

Antes de preparar las cebollas lávelas muy bien. Pele la primera capa parecida a un papel marrón, retire también la siguiente capa. Asegúrese bien de eliminar todo el sucio y manchas.

Cebollas Crudas: Pique las cebollas en cubos y agréguelas a una ensalada verde, salsa o brocheta. Las cebollas en rebanadas son excelentes en hamburguesas, sándwiches, pizzas y tacos. Las cebollas blancas y moradas son mejores frescas.

Cebollas Rostizadas: Corte las cebollas en rebanadas gruesas. Añada zanahorias, ajo y papas, luego agregue dos cucharadas de aceite de oliva. Mezcle bien y añada ¼ de cucharadita de sal y ⅛ de cucharadita de pimienta. Rostice en el horno a 400° F por 20 minutos aproximadamente. Los vegetales deberían estar suaves y dorados. Las cebollas moradas, amarillas y blancas son excelentes rostizadas al horno.

Cebollas en Sopas y Quisos: Las cebollas se pueden agregar a sopas como: sopa de pollo con fideos o sopa de tortilla. También pueden agregarse a guisos, chili o isopa de cebolla! Las cebollas blancas y amarillas son mejores cocidas.

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will share **600 pounds** of oranges which is the same as **2,070 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.18 per pound** for a total of **$708.00**.

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ORANGES

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HEALTHY TIP: CITRUS FRUIT

WHAT ARE CITRUS FRUITS?

- Lemons, limes: Use the juice and zest of these fruits to flavor dishes like salsas, marinades, sauces, chicken, fish, and baked goods. Or simply add to water for a fresh beverage!
- Grapefruits, tangerines, oranges: These are great in green salads, fruit salads, salsa, water for flavor, sauces, or as a simple snack!
- Kumquats, citrons

Citrus is known for its high amount of VITAMIN C, *which helps keep kids healthy!*

SELECTING:

- Citrus fruits should have smooth and shiny skin, and feel firm and heavy.
- Avoid citrus fruits if they have rough, cracked, or discolored skin, or are mushy.

STORING:

- Citrus fruits should be refrigerated. Do not freeze.
- You may squeeze the juice from citrus and freeze the juice.

PREPARING:

- Wash citrus and dry it off before peeling. Remove the top and the bottom of citrus by slicing with a knife. Let citrus sit flat and use knife to remove the skin down each side. Then, cut citrus in half and use knife to cut out each segment.
- Do not eat the skin of citrus fruits.

COOKING:

- Citrus is usually eaten raw, but may be used to make marmalades, desserts, marinades, or to add flavor to other dishes!

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will share **360 pounds** of pears which is the same as **1,080 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.65 per pound** for a total of **$594.00**.

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PEAR

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PEARS

What are Pears?:

There are more than 1000 varieties of pears with Bartletts being the most commonly grown pear in the U.S. Pears are harvested while unripe, but should be allowed to ripen before eating. As pears ripen the firm flesh softens and the juice and sweetness increase. Pears are an excellent source of dietary fiber and a good source of vitamin C.

How to Select Pears:

Look for pears that are firm and without bruises or blemishes. They should be picked while firm, as they continue to ripen once off of the tree. Pears come in a variety of colors from light yellow and green, rose-red, or a copper-brown.

How to Prepare Pears:

Before preparing, thoroughly wash the pears. Remove the stems, seeds, and the core of the pear before using.

Fresh Pears: Chop or slice pears to enjoy as a simple snack, or add to fruit salads, green salads, or nonfat yogurt.

Baked Pears: Preheat oven to 400°F. Slice or dice pears into desired size pieces and place in a baking dish. In a mixing bowl, combine apple juice, cinnamon, and a small amount of butter. Pour this mixture over the pears and bake until the pears are tender, about 30 minutes. Serve this warm over banana ice cream or even over pancakes! Make savory baked pears by adding diced pears to a mix of diced vegetables and roast with olive oil, garlic, rosemary or thyme, salt, and pepper.

Pears in Dessert: Slice pears and place on top of a puff pastry with a drizzle of honey to create a great dessert. Make a parfait by layering nonfat Greek yogurt and diced pears tossed with cinnamon, and granola. Pears may also be used in a baked tart or crumble, cooked into a fruit jam, or added to muffins and breads.

PERAS

¿Qué son Peras?:

Existen más de 1000 clases de peras, siendo la pera Barlett la más cultivada en los Estados Unidos. Las peras son cosechadas cuando están verdes, pero deben madurarse antes de comerlas. A medida que las peras se van madurando su firme pulpa se va haciendo más suave y jugosa. Las peras son una excelente fuente de fibra dietética y una buena fuente de vitamina C.

Cómo Seleccionar Peras:

Escoja peras que estén firmes y sin magulladuras o manchas. Deben ser recogidas cuando todavía están firmes, ya que se siguen madurando una vez que son arrancadas del árbol. Las peras vienen en una variedad de colores que van desde el amarillo y verde pálido, hasta el rosado-rojizo, o marrón-cobrizo.

Cómo Preparar Peras:

Antes de prepararlas debe lavarlas muy bien. Retire los tallos y el corazón de la pera antes de consumirla.

Peras Frescas: Pique o rebane las peras para simplemente disfrutarlas como una merienda, o añádalas a una ensalada de frutas, ensalada verde, o a un yogur descremado.

Peras al Horno: Precaliente el horno a 400°F. Rebane o corte las peras en cubos del tamaño deseado, luego colóquelas en una bandeja para hornear. En un bol, mezcle jugo de manzana, canela y un poco de mantequilla. Coloque esta mezcla encima de las peras y hornee hasta que las peras se ablanden, por aproximadamente 30 minutos. ¡Sírvalas calientes sobre un helado de banana, o incluso sobre sus panquecas! realce el sabor de las peras horneadas agregando vegetales en cubitos a las peras en cubos y hornéelas con aceite de oliva, ajo, romero o tomillo, sal y pimienta.

Peras como Postre: Para preparar un postre fabuloso, rebane las peras y colóquelas sobre un pastelillo de hojaldre con un chorrito de miel. Haga un parfait colocando capas de yogur descremado y peras en dados mezcladas con canela y granola. Las peras también pueden prepararse como mermelada y colocarlas como relleno de una tartaleta horneada o de un pastel de migas. Además, esta mermelada de peras se puede untar en panecillos y panes.

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$23

will share **256 pounds** of plums which is the same as **1,280 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$2.23 per pound** for a total of **$570.88**.

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PLUM

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PLUMS

What are Plums?:

Plums are a stone fruit with an inedible center pit and may be found with red, blue, purple, green, or yellow skins. The flesh is firm with a sweet and tart flavor. Dried plums are called prunes. Plums are a good source of vitamin C.

How to Select Plums:

Look for plums that are firm yet yield to gentle pressure and have a subtle aroma. Plums should be without bruising, cuts, or blemishes.

How to Prepare Plums:

Before preparing, thoroughly wash the plums. Next, cut the plum in half and remove the pit.

Fresh Plums: Chop or slice plums for a simple snack or add to fruit salads, green salads, or nonfat yogurt.

Roasted Plums: Preheat oven to 400°F. Slice or dice plums into desired size pieces and place in a baking dish. In a mixing bowl, combine a tablespoon of brown sugar and a small amount of melted butter. Pour this mixture over the plums and bake until the plums are tender, about 15–20 minutes. Serve plums warm over banana ice cream or even over pancakes!

Plums in Dessert: Plums may also be used in a baked tart or crumble, cooked into a fruit jam, or added to muffins and breads. Plum halves may be grilled with a bit of olive oil then topped with a drizzle of honey and chopped mint and served as a dessert.

Dried Plums (Prunes): Prunes are a great addition to trail mix, salads, baked goods, or homemade granola.

CIRUELAS

¿Qué son Ciruelas?:

Las ciruelas pertenecen a las frutas de hueso, las cuales tienen una semilla que no es comestible. Se pueden encontrar de diferentes colores, como: rojas, azules, púrpura, verdes y amarillas. La pulpa es firme y de sabor agridulce. Las ciruelas secas se conocen como pasas. Las ciruelas son una buena fuente de vitamina C.

Cómo Seleccionar Ciruelas:

Escoja ciruelas que sean firmes, pero que al tocarlas suavemente, se hundan. Además deben tener un suave aroma. Las ciruelas no deben tener ninguna magulladura, mancha, o cortadura.

Cómo Preparar Ciruelas:

Antes de preparar las ciruelas debe lavarlas muy bien. Luego, corte las ciruelas por la mitad y sáqueles la semilla.

Ciruelas Frescas: Corte o rebane las ciruelas para disfrutar simplemente de una merienda, o añádalas a una ensalada de frutas, a una ensalada verde, o a su yogur descremado.

Ciruelas Horneadas: Precaliente el horno a 400°F. Rebane o corte las ciruelas en cubos del tamaño deseado y colóquelas en una bandeja para hornear. En un bol, combine una cucharada de azúcar morena con una pequeña cantidad de mantequilla derretida. Vacíe la mezcla sobre las ciruelas y hornéelas hasta que se ablanden, por aproximadamente 15–20 minutos. ¡Sirva las ciruelas sobre helado de banana, incluso sobre sus panquecas!

Ciruelas como Postre: Las ciruelas también pueden prepararse como mermelada y colocarlas como relleno de una tartaleta horneada o de un pastel de migas, además, esta mermelada de ciruelas se puede untar en panecillos y panes. Las ciruelas cortadas a la mitad se pueden poner a la parrilla con un poco de aceite de oliva, después se bañan con un chorrito de miel, se decoran con hojitas de hierbabuena, y se sirven como postre.

Ciruelas Pasas: Las ciruelas pasas son un ingrediente perfecto para la mezcla de nueces y frutas secas, ensaladas, comida horneada, o granola casera.

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$9

will share **100 pounds** of potatoes which is the same as **300 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$.80 per pound** for a total of **$80.00**.

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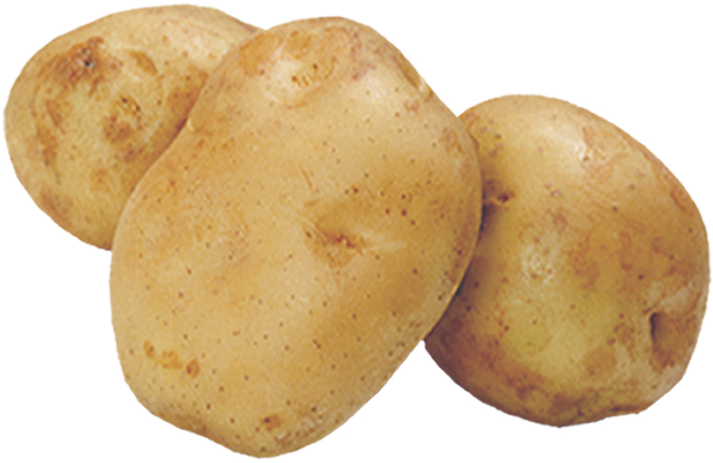
POTATOES



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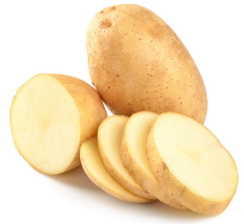
POTATOES



What is a Potato?:

Potatoes are a starchy root vegetable and one of the most popular vegetables in the USA. Potatoes are high in vitamin C and a good source of potassium.

How to Select Potatoes:

Potatoes should be heavy, firm, and have a faint smell of dirt.

How to Prepare Potatoes:

Before preparing, thoroughly wash the potatoes and scrub the skin to remove any excess dirt. You may peel off the skin or leave it on. Cut off any "eyes," green spots, or blemishes.

Potato Salad: Cut potatoes in cubes, boil or roast them, and let them cool. Toss them with a dressing of Greek yogurt, olive oil, lemon juice or vinegar, salt, and pepper. Once well dressed, top the potato salad with chopped fresh herbs.

Baked Potatoes: Preheat the oven to 350°F. Rub the outside of the potatoes with ½ tsp olive oil and a little bit of salt and pepper. Prick the potatoes with a fork then place directly on the rack in the middle of the oven. Bake for about 1 hour or until the skin is crisp and a knife slides easily through the skin. Remove from oven, cut a slice lengthwise down the potato and add toppings like nonfat Greek yogurt, low-fat cheese, onions, chives, or even chopped grilled chicken breast.

Microwaved Potatoes: A fast way to cook potatoes is in the microwave. Simply poke them with a fork a few times and microwave for about 5 minutes. Some microwaves even have a potato setting. The potato will be soft when done and any of the toppings listed above will be perfect on them.

Mashed Potatoes: Place four pounds of cubed potatoes in a large pot of boiling water, reduce to a simmer, and cook for about 20 minutes on the stove. When you can easily smash the potato cubes they are done. Drain the water, return the potatoes to the pot and add ¼ cup of low-fat milk, ¼ cup of olive oil, and ¼ cup of Greek yogurt, and then mash with a fork. Mix until well combined and add salt and pepper to taste.

PAPAS

¿Qué es una Papa?:

La papa es un tubérculo con un alto contenido de almidón. Es uno de los vegetales más populares en Estados Unidos. Las papas son altas en vitamina C y también una buena fuente de potasio.

Cómo Seleccionar las Papas:

Las papas deben ser pesadas, firmes y con un ligero aroma a tierra. Si las papas tienen manchas verdes deséchelas o córteles los pedazos verdes.

Cómo Preparar las Papas:

Antes de preparar las papas lávelas y raspe la piel muy bien para sacarles todo el sucio. Puede pelarlas o dejarles la piel. Corte cualquier mancha verde o podrida.

Ensalada de Papas: Pique las papas en cubitos, hiérvalas o rostícelas y déjelas enfriar. Úselas para preparar una deliciosa ensalada de papas. Sazónelas con un aderezo de yogur griego, aceite de oliva, jugo de limón o vinagre, sal y pimienta. Una vez que estén bien sazonadas, cubra la ensalada de papas con hierbas frescas picadas.

Papas al Horno: Precaliente el horno a 350° F. Frote la parte de afuera de las papas con ½ cucharadita de aceite de oliva y un poco de sal y pimienta. Pique las papas con un tenedor y colóquelas directamente en una rejilla en el medio del horno. Hornee por aproximadamente 1 hora, o hasta que la piel esté crujiente y un cuchillo se deslice fácilmente a través de la pulpa suave. Retire del horno y corte las papas transversalmente. Cúbralas con yogur griego descremado, queso bajo en grasa, cebolla, cebollín y hasta pechuga de pollo a la parrilla picada.

Papas al Microondas: La manera más rápida de cocinar papas es en el microondas. Simplemente pique las papas con un tenedor y llévelas al microondas por 5 minutos. Incluso algunos microondas tienen una función para cocinar papas. Una vez cocidas, las papas deben estar suaves y pueden cubrirse con cualquiera de las opciones mencionadas anteriormente.

Puré de Papas: Coloque cuatro libras de papas picadas en cubos en una olla grande con agua hirviendo, reduzca la temperatura a fuego bajo y cocine por aproximadamente 20 minutos en la estufa. Estará listo cuando pueda triturar fácilmente los cubos de papas que deben estar suaves. Escurra el agua, regrese las papas a la olla y añada ¼ de taza de leche descremada, ¼ de taza de aceite de oliva y ¼ de taza de yogurt griego y luego triture con un tenedor. Mezcle muy bien los ingredientes, luego añada sal y pimienta al gusto.

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$10

will share **110 pounds** of star fruit which is the same as **672 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$4.95 per pound** for a total of **$544.50**.

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STAR FRUIT

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HEALTHY TIP:
EXOTIC AND TROPICAL FRUIT

WHAT ARE EXOTIC AND TROPICAL FRUITS?

- Exotic: Figs, guavas, lychees, persimmons, pomegranates, prickly pears, star fruits.
- Tropical: Bananas, plantains, dates, kiwi fruit, mangos, papayas, passion fruit, pineapples.

Tropical fruits are a great way to introduce WHOLE FOODS into your kids' diets! Try these as an alternative to sugary and processed desserts.

SELECTING:

- Look for fruits that are heavy for their size, free of punctures, and without mushy spots. These fruits should have a sweet smell.
- Because they are delicate, do not squeeze!

STORING:

- These fruits should be stored in the fridge, and most may be frozen.
- Bananas do best on the counter.

PREPARING:

- The skin is not edible and must be peeled. Peel either by hand or knife.

COOKING:

- All of these fruits can be eaten raw, except plantains.
- Add them to salads, jams, salsas, savory chicken and fish dishes, or desserts.

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FEED A NATION

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$4

will share **45 pounds** of strawberries which is the same as **240 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$3.09 per pound** for a total of **$139.05**.

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HEALTHY TIP: POMES, BERRIES, AND GRAPES

WHAT ARE POMES, BERRIES, AND GRAPES?

- Pomes (apples, pears, hybrids): These fruits may be stored on the counter or in the fridge and are great raw, braised, roasted, baked, or microwaved. Try them in chicken salad, baked goods, sauces, or roasts.
- Pomes (quince): This fruit should be firm and solid yellow in color. The peel may be kept if using for a jam. Quince needs to be cooked until softened. Try using in jams, jellies, stews, pies, or roasts.
- Berries (strawberries, raspberries, blackberries): Berries are best raw or may be an addition to salads, salsas, sauces, smoothies, baked goods, desserts, or jams.
- Grapes: Grapes should be firm and solid in color. They are a great snack!

Eating a VARIETY of fruit is important to get all of the VITAMINS & ANTIOXIDANTS kids need to flourish!

SELECTING:

- Pomes: The best ones are without dents, mushy spots, or bruises.
- Berries: Look for berries that are juicy, full of color, and free of mold.
- Grapes: Both green and red varieties should be smooth, without brown spots, and attached to the stem.

STORING:

- These fruits are kept best in the refrigerator or may be frozen after cleaning.

PREPARING:

- Wash all berries, grapes, and pomes before eating or cutting.

COOKING:

- All of these fruits may be eaten raw, except quince.

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PREPARING:

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COOKING:

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STORING:

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PREPARING:

- Wash all berries, grapes, and pomes before eating or cutting.

COOKING:

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$26

will share **255 pounds** of sweet corn which is the same as **400 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$.97 per pound** for a total of **$247.35**.

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SWEET CORN

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CORN

What is Corn?:

Corn, also known as maize, is the most widely grown grain plant and staple food grown throughout the world. The tough, green layer that covers corn is called the husk. Under that are fine silky strands. The ear is the part beneath the husk that contains the yellow kernels of corn. The kernels are the soft, yellow or white grains that we eat and they surround the cob. Corn is a good source of vitamin C.

How to Select Corn:

Look for a bright green husk, tightly wrapped around the corn. Look for full, plump, and vibrant kernels inside the husk. The silk at the top of the ear of corn should be brown and sticky to the touch. Avoid holes in the husk and dry or black silk.

How to Prepare Corn:

Shuck, or remove, the outer husk and silk from the fresh ear of corn. Thoroughly wash the corn before using.

Raw Corn: Cut the kernels from the cob using a sharp knife. Drizzle with olive oil, salt, and pepper or add to a salad for a fresh crunch.

Sautéed Corn: Cut the kernels from the cob using a sharp knife. Place the cut kernels in a sauté pan on medium-high heat with a small amount of olive oil, salt, and pepper. Cook for about 5-7 minutes, or until the kernels are tender.

Boiled Corn: Bring a large pot of water to a boil. Turn the heat to low and add the ears of corn. Cook covered, for five minutes, or until the kernels are tender. Serve hot with a drizzle of olive oil, salt, and pepper.

Grilled Corn: Corn may be grilled with or without the husk. With the husk, the corn will lightly steam. To grill with a husk, pull back the husk, remove the silk, clean the corn, and then wrap the husk back around the corn. When grilling with the husk removed, brush the ear with olive oil, and place it on a hot grill for about 10-15 minutes, or until charred and tender.

MAÍZ

¿Qué es Maíz?:

Es el grano y el alimento básico, más cultivado en todo el mundo. La capa verde que cubre al maíz se llama cáscara. Debajo de ella, se encuentran unos finos hilitos sedosos. La oreja es la parte que está debajo de la cáscara y que contiene los granos de maíz. Los granos de maíz son la parte suave de color amarillo o blanco que comemos y que están alrededor de la mazorca (elote). El maíz es una buena fuente de vitamina C.

Cómo Seleccionar Maíz:

Busque cáscaras de color verde brillante y bien compacto alrededor del maíz. Busque mazorcas completas, rechonchas y vibrantes dentro de su cáscara. La seda en el tope de la oreja del maíz debe ser marrón y pegajosa al tacto. Evite que la cáscara tenga agujeros y la seda esté seca o negra.

Cómo Preparar Maíz:

Descarte, o retire, la cáscara exterior de la mazorca de maíz fresca. Lave muy bien el maíz antes de usarlo.

Maíz Crudo: Usando un cuchillo afilado corte los granos de la mazorca (elote). Rocíe con aceite de oliva, sal, y pimienta o añada a su ensalada para darle una crujiente frescura.

Maíz Salteado: Usando un cuchillo afilado corte los granos de la mazorca (elote). Coloque los granos de maíz en una sartén a fuego medio-alto con un poquito de aceite de oliva, sal, y pimienta. Cocine por 5-7 minutos, o hasta que los granos estén blandos.

Maíz Hervido: Ponga a hervir una olla grande con agua. Baje el fuego y añada las mazorcas de maíz. Cocine tapado por cinco minutos, o hasta que los granos estén blandos. Sirva caliente con un chorrito de aceite de oliva, sal y pimienta.

Maíz a la Parrilla: El maíz puede asarse con o sin cáscara. Con la cáscara, el maíz se cocinará un poco al vapor. Para asar con la cáscara, retire la seda, limpie el maíz, y envuélvalo de nuevo con las hojas alrededor de la mazorca. Cuando los cocine con la cáscara, retírela, y pase una brocha con aceite de oliva por la mazorca, y colóquela en una parrilla caliente por 10-15 minutos, o hasta que esté carbonizado y blando.

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Adopt a Bushel
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$26

will share **255 pounds** of sweet corn which is the same as **400 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$.97 per pound** for a total of **$247.35**.

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SWEET CORN

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CORN

What is Corn?:

Corn, also known as maize, is the most widely grown grain plant and staple food grown throughout the world. The tough, green layer that covers corn is called the husk. Under that are fine silky strands. The ear is the part beneath the husk that contains the yellow kernels of corn. The kernels are the soft, yellow or white grains that we eat and they surround the cob. Corn is a good source of vitamin C.

How to Select Corn:

Look for a bright green husk, tightly wrapped around the corn. Look for full, plump, and vibrant kernels inside the husk. The silk at the top of the ear of corn should be brown and sticky to the touch. Avoid holes in the husk and dry or black silk.

How to Prepare Corn:

Shuck, or remove, the outer husk and silk from the fresh ear of corn. Thoroughly wash the corn before using.

Raw Corn: Cut the kernels from the cob using a sharp knife. Drizzle with olive oil, salt, and pepper or add to a salad for a fresh crunch.

Sautéed Corn: Cut the kernels from the cob using a sharp knife. Place the cut kernels in a sauté pan on medium-high heat with a small amount of olive oil, salt, and pepper. Cook for about 5-7 minutes, or until the kernels are tender.

Boiled Corn: Bring a large pot of water to a boil. Turn the heat to low and add the ears of corn. Cook covered, for five minutes, or until the kernels are tender. Serve hot with a drizzle of olive oil, salt, and pepper.

Grilled Corn: Corn may be grilled with or without the husk. With the husk, the corn will lightly steam. To grill with a husk, pull back the husk, remove the silk, clean the corn, and then wrap the husk back around the corn. When grilling with the husk removed, brush the ear with olive oil, and place it on a hot grill for about 10-15 minutes, or until charred and tender.

MAÍZ

¿Qué es Maíz?:

Es el grano y el alimento básico, más cultivado en todo el mundo. La capa verde que cubre al maíz se llama cáscara. Debajo de ella, se encuentran unos finos hilitos sedosos. La oreja es la parte que está debajo de la cáscara y que contiene los granos de maíz. Los granos de maíz son la parte suave de color amarillo o blanco que comemos y que están alrededor de la mazorca (elote). El maíz es una buena fuente de vitamina C.

Cómo Seleccionar Maíz:

Busque cáscaras de color verde brillante y bien compacto alrededor del maíz. Busque mazorcas completas, rechonchas y vibrantes dentro de su cáscara. La seda en el tope de la oreja del maíz debe ser marrón y pegajosa al tacto. Evite que la cáscara tenga agujeros y la seda esté seca o negra.

Cómo Preparar Maíz:

Descarte, o retire, la cáscara exterior de la mazorca de maíz fresca. Lave muy bien el maíz antes de usarlo.

Maíz Crudo: Usando un cuchillo afilado corte los granos de la mazorca (elote). Rocíe con aceite de oliva, sal, y pimienta o añada a su ensalada para darle una crujiente frescura.

Maíz Salteado: Usando un cuchillo afilado corte los granos de la mazorca (elote). Coloque los granos de maíz en una sartén a fuego medio-alto con un poquito de aceite de oliva, sal, y pimienta. Cocine por 5-7 minutos, o hasta que los granos estén blandos.

Maíz Hervido: Ponga a hervir una olla grande con agua. Baje el fuego y añada las mazorcas de maíz. Cocine tapado por cinco minutos, o hasta que los granos estén blandos. Sirva caliente con un chorrito de aceite de oliva, sal y pimienta.

Maíz a la Parrilla: El maíz puede asarse con o sin cáscara. Con la cáscara, el maíz se cocinará un poco al vapor. Para asar con la cáscara, retire la seda, limpie el maíz, y envuélvalo de nuevo con las hojas alrededor de la mazorca. Cuando los cocine con la cáscara, retírela, y pase una brocha con aceite de oliva por la mazorca, y colóquela en una parrilla caliente por 10-15 minutos, o hasta que esté carbonizado y blando.

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$16

will share **180 pounds** of tomatoes which is the same as **560 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$1.63 per pound** for a total of **$293.40**.

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TOMATOES

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TOMATOES

What is a Tomato?:

Tomatoes are available in a huge variety of sizes, shapes and colors. Some commonly available tomato varieties include plum (Roma), cherry, grape and pear tomatoes. Tomatoes are high in vitamins A and C and a good source of potassium.

How to Select Tomatoes:

Choose tomatoes that have smooth, shiny, plump skin with uniform color. Look for tomatoes that are firm and without wrinkles. You may also purchase tomatoes in a can as whole, diced, pureed, or paste. Store fresh tomatoes at room temperature.

How to Prepare Tomatoes:

Thoroughly wash tomatoes to remove any dirt before using.

Fresh Tomatoes: Remove stems, and cut medium or large tomatoes into slices for sandwiches or burgers. Cut tomatoes into a dice for salads, pastas, toppings for tacos or for fresh salsa. Small tomatoes like cherry and grape are great whole, or cut in half for younger kids, for a snack or lunch addition.

Grilled Tomatoes: Slice tomatoes in half and brush with olive oil. Then place tomato halves on a preheated (medium-high heat) grill and cook for about 6-8 minutes, or until tender.

Roasted Tomatoes: Preheat oven to 400°F. Cut the tomatoes in half and remove the stem. Then mix the halved tomatoes in a bowl with olive oil, salt and black pepper until tomatoes are coated. Place tomatoes on a baking sheet and roast for about 30 minutes, or until tomatoes are softened and slightly browned.

Sautéed Tomatoes: Heat a small amount of olive oil in a sauté pan on medium-high heat and cook sliced or diced tomatoes for 3-5 minutes, or until tender. Season with salt, pepper and desired fresh or dried herbs.

Tomatoes in Sauces or Soups: Boil a pot of water. Place whole tomatoes in boiling water and cook until the skin start starts to peel, about 1-2 minutes. Remove them from the pot and place in a bowl of ice water. When tomatoes are cool enough to handle, remove the peel and squeeze out the seeds. Chop the tomato flesh into quarters and puree in a blender or food processor. Use this tomato puree as a base in your tomato sauces and soups!

TOMATES

¿Qué es un Tomate?:

Los tomates están disponibles en una gran variedad de tamaños, formas y colores. Algunos de los más comunes son: el tomate Roma, cereza, uva y el tomate en forma de pera. Los tomates son altos en vitaminas A y C y son una buena fuente de potasio.

Cómo Seleccionar Tomates:

Escoja tomates que tengan la piel suave, brillante, gordita y de color uniforme. Seleccione tomates que sean firmes y sin arrugas. Puede comprar tomates enlatados enteros, en dados, en puré, o en pasta. Almacene los tomates frescos a temperatura ambiente.

Cómo Preparar Tomates:

Lave muy bien los tomates antes de usarlos para quitarles toda la suciedad.

Tomates Frescos: Retire los tallos, y pique tomates medianos o grandes en rebanadas para sándwiches o hamburguesas. Corte tomates en daditos para ensaladas, pastas, colocar encima de los tacos o en una salsa fresca. Los tomates pequeños como los tipo cereza y uva son perfectos enteros, o córtelos por la mitad para los niños más pequeños, también sirven como merienda o para sumarlos al almuerzo.

Tomates a la Parrilla: Corte los tomates en mitades y páseles una brocha con aceite de oliva. Luego coloque las mitades de tomate en una parrillera precalentada (fuego medio-alto), cocine por 6-8 minutos, o hasta que estén suaves.

Tomates Rostizadas: Precaliente el horno a 400°F. Corte los tomates por la mitad y retire los tallos. Luego mezcle las mitades de tomate en un bol con aceite de oliva, sal y pimienta negra hasta que los tomates estén bien cubiertos. Ponga los tomates en una bandeja para hornear y rostícelos por unos 30 minutos, o hasta que los tomates estén suaves o ligeramente dorados.

Tomates Salteados: En una sartén a fuego medio-alto caliente una pequeña cantidad de aceite de oliva, cocine los tomates rebanados o en dados por 3-5 minutos, o hasta que se ablanden. Sazónelos con sal, pimienta y hierbas frescas o secas al gusto.

Tomates en Salsas y Sopas: Ponga a hervir agua en una olla y cocine los tomates hasta que se comiencen a pelar, por 1-2 minutos. Retírelos de la olla y colóquelos en un bol con agua congelada. Cuando los tomates estén suficientemente fríos, retire la piel y sáqueles las semillas. Corte la pulpa de tomate en cuartos y hágalos puré en una licuadora o procesador de alimentos. Use este puré de tomates como base para sus isalsas de tomate y sopas!

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PUMPKIN (WINTER SQUASH)

$6

will share **68 pounds** of pumpkin which is the same as **270 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **$.49 per pound** for a total of **$33.32**.

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PUMPKIN

What is a Pumpkin?:

Pumpkin is a popular winter squash from North America. Pumpkins are typically large, orange, and rounded squash traditionally carved for Halloween. Pumpkin flesh is a good source of vitamin C and an excellent source of vitamin A.

How to Select Pumpkin:

Look for "sugar pumpkins" or "pie pumpkins," which are made for eating and not for decorating. Other tasty varieties you may be able to find include Cinderella (or Cheese) pumpkins and Fairytale pumpkins. Look for pumpkins that are bright, firm, unblemished, and heavy for their size.

How to Prepare Pumpkin:

Before preparing, thoroughly wash the pumpkin. To prepare, cut the pumpkin in half and scoop out the seeds and stringy flesh. Then, cut the pumpkin into smaller pieces for cooking. (The outer skin may be left on and is easier to cut off after cooking.)

Roasted Pumpkin: Preheat oven to 400°F. Slice pumpkin into pieces about 1–2 inch thickness. Brush them with olive oil, season with salt and pepper, and place cut side down on a baking sheet. Bake for 30–35 minutes, or until tender. Remove from oven, allow to cool, then cut off the flesh from the skin. Roasted pumpkin can be cut into desired size pieces and added to a salad, served as a side dish with other diced and roasted vegetables, or added to a curry with coconut milk. Roasted pumpkin may also be pureed and used in baked goods and soups.

Pumpkin Puree in Baked Goods: Pumpkin puree may be used in baked goods like breads, muffins, cookies, and even whole wheat pancakes.

Pumpkin Puree in Smoothies: Make a "pumpkin pie" smoothie by blending ⅓ cup of pumpkin puree, 2 frozen bananas, ½ cup of non-fat milk, 1 tsp of honey, and a dash of cinnamon, nutmeg, ginger, and cloves.

Roasted Pumpkin Seeds: Rinse pumpkin seeds in a colander to remove the stringy pumpkin flesh. Add pumpkin seeds to boiling water and boil for about 10 minutes. Drain well and transfer seeds to a towel to dry. Put seeds in a bowl and toss with a drizzle of oil and any seasonings you like. For savory pumpkin seeds try garlic powder, cumin, and salt. For sweet pumpkin seeds try cinnamon and a sprinkle of sugar. Spread seeds onto a baking pan and bake at 250°F for about an hour, stirring every 10 minutes. They are done when golden brown and crisp. Let cool before eating.

CALABAZA

¿Qué es una Calabaza?:

La calabaza de invierno es originaria de Norte América. Normalmente son grandes, anaranjadas y redondeadas, y tradicionalmente son talladas durante las fiestas de Halloween. La pulpa de la calabaza es una buena fuente de vitamina C y una fuente excelente de vitamina A.

Cómo Seleccionar Calabaza:

Escoja calabazas que sean dulces "sugar pumpkins" o calabazas para pie, las cuales están hechas no para decorar, sino para comer. Existen otras variedades disponibles como: la calabaza Cenicienta (or cheese) y la calabaza de Cuentos (Fairytale). Seleccione calabazas que sean firmes y brillantes, sin manchas y pesadas en proporción a su tamaño.

Cómo Preparar Calabaza:

Antes de prepararla lávela muy bien. Para preparar la calabaza córtela por la mitad y sáquele las semillas conjuntamente con las hebras. Luego píquela en trozos más pequeños como para cocinar. (Es más fácil pelarla y cortarla después de cocida.)

Calabaza Horneada: Precaliente el horno a 400°F. Corte la calabaza en trozos de 1 a 2 pulgadas de grosor. Con una brocha úntelos con aceite de oliva y sazónelos con sal y pimienta. Luego en una bandeja para hornear, colóquelos mirando hacia abajo. Hornee de 30 a 35 minutos o hasta que se ablande. Retire la calabaza del horno y déjela enfriar, luego separe la pulpa de la cáscara. Córtela del tamaño deseado, y agréguela a una ensalada, o sírvala como acompañante con otros vegetales asados. También puede agregarlas a una mezcla de curry con leche de coco. Además puede hacerla puré y usarla en productos horneados o sopas.

Calabaza en Puré para Recetas al Horno: La calabaza en puré se puede usar en panes, pastelillos, galletas y hasta en panquecas integrales.

Calabaza en Puré para Licuados: Prepare un licuado de "pumpkin pie" licuando 1/3 de puré de calabaza, 2 bananas congeladas, ½ taza de leche descremada, 1 cucharadita de miel y un toque de canela o nuez moscada, jengibre y clavos de olor.

Semillas de Calabaza Tostadas: Enjuague las semillas en un colador para retirarles cualquier resto de fibra de la pulpa. Ponga a hervir las semillas en agua por 10 minutos. Escúrralas bien y póngalas a secar sobre una toalla. En un bol mezcle las semillas con un chorrito de aceite y cualquier especia de su gusto. Para unas semillas de calabaza deliciosas pruebe colocándoles ajo en polvo, comino y sal. Para unas semillas de calabaza dulces pruebe espolvoreándolas con azúcar y canela. Extienda las semillas sobre una bandeja para hornear a 250° por aproximadamente una hora, revolviéndolas cada 10 minutos. Estarán listas cuando se doren y estén crujientes. Déjelas enfriar antes de comer.

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Adopt a Bushel Challenge Report

We had _____ people participate, and

we raised $_____ to feed hungry people.

Group Name: _____

Contact Person: _____

Mailing Address: _____

_____

Contact Email: _____

Contact Daytime Phone: _____

Thank you for taking on the 30-day Adopt a Bushel, Feed a Nation Challenge! We'd love to hear from you. Please use the reverse side of this page to tell us:

1. How did you implement the program?
2. How did you publicize the program?
3. What improvements to the program can you suggest to us?

Please combine all donations from your class, group, congregation, business, or organization into a single check, noting "Adopt a Bushel" on the memo line. Mail your check, along with this form, to:

Society of St. Andrew
3383 Sweet Hollow Road • Big Island, VA 24526