BLUEBERRIES

Once called “star berries” because of the star-shaped crown on the top of the berry.

Blueberries are native to North America, Michigan and New Jersey. Season ranges from mid-April to late September. Blueberries are usually eaten raw but they can be used in baking and can be frozen or dried.

Blueberries are a good source of Vit C, Potassium, Iron, fiber and antioxidant Anthocyanin. Did you know that if you dust fresh blueberries with flour just before adding them to a batter that they will not sink to the bottom of the pan?
CAULIFLOWER

Botanically, it is a member in the cruciferous or brassicaceae family of vegetables and has similar nutritional and phyto-chemistry profile as that of other brassica family veggies like broccoli and cabbage. To keep its flower heads creamy white, they should be protected from sunlight, which, otherwise would turn them green due to photosynthesis.

Over 20 million tons of cauliflower and broccoli are produced yearly, with China and India leading the way and the USA 7th on the list.

Cauliflower is a good source of Vitamins B and C, Fiber, and minerals such as Manganese, Copper, Iron, Potassium, and Calcium.
Watermelon has everything you need to beat scorching summer heat. Wonderfully delicious and juicy melons are the great source of much-needed water and electrolytes to tame tropical summer temperatures.

Botanically, the fruit belongs to the family of *Cucurbitaceae* and is related to the other same family members such as cantaloupe, squash and pumpkin that run as vines on the ground. It is widely grown across many tropical countries where it is one of the major commercial fruit crops.

Watermelon was originated from southern African countries. After a couple of weeks of seedling, a plant bears many yellow flowers that may require honeybees for pollination.

Watermelon is an excellent source of **Vitamin-A**, and anti-oxidant flavonoids.
GRAPE TOMATOES

Tomato, a pulpy nutritious FRUIT commonly eaten as a vegetable.

This exotic vegetable of all seasons is native to the Central America and was cultivated by the Aztecs centuries before the Spanish explorers introduced it to rest of the world.

Lycopene, a flavonoid antioxidant, is a unique phytochemical compound found in the tomatoes. Also rich in Vitamins B and C, and Potassium.
The nectarine is a rounded fruit with a single central groove. Its smooth skin is blushed with hues of ruby, pink and gold throughout. The flesh is perfumed with aromatics, juicy when ripe, and golden colored with red bleeds at the skin. A ripe nectarine's texture is soft with a melting quality, its flavors balanced with layers both bright and sweet.

The definitive origin of nectarines is unknown. Documentation of the first nectarine was recorded in English in 1616. Peaches are native to central Asia, though, there is geographical speculation that the first nectarine was found growing on a peach tree and brought to Europe in the 15th century. Genetic studies have concluded that nectarines are created due to a recessive allele. Without two copies of a gene, specific genetic traits will not be inherited. Thus, the nectarine naturally evolved as a fuzz-free peach.

The nectarine seed is considered highly inedible and can contain high levels of poisonous hydrogen cyanide. This toxin is readily detected by its bitter taste. The nectarine has high levels of beta carotene, calcium and vitamin C. Herbalists use the branches and leaves of nectarine trees as a demulcent, for stomach disorders and as a kidney and intestine detoxant.
HONEYDEW MELON

Honeydew melon, also known as a honeymelon, is the fruit of one cultivar group of the muskmelon. The orderless group includes honeydew, crenshaw, casaba, Persian, winter, and other mixed melons.

Honey Dew melons are the predominantly grown and shipped melon of this group and are grown in Arizona, California, and Texas, but thought to originate in France.

Rich in Vitamin A and C
Snow peas are also called sugar peas, Chinese pea pods, or mangetouts. It is speculated that the name snow peas comes from the whitish tint reflected from the pods or because they have a tendency to grow at the end of winter.

They are pale to medium green and have an edible flat and firm pod. Inside the pod are undeveloped sweet peas. Snow peas can be eaten raw or cooked. Native to the Mediterranean, snow peas were a popular variety of pea in Europe in the nineteenth century. From there they spread to China and are often seen here in Chinese foods.

Snow peas are higher in calcium and vitamin A than other types of peas. They also offer fiber, vitamin C, vitamin A, iron, folic acid and potassium to the diet.
CANTALOUPE

Musky-flavored cantaloupe or “muskmelon” is a member in the large *Cucurbitaceae* family. Some of the popular fruits and vegetables in the cucurbita family include squash, pumpkin, cucumber, and gourds.

Muskmelons thought to have originated either from India or ancient Persia or Africa. They grow best on well-draining sandy soil with good and require honeybees for effective pollination. Melons, just as mangoes or watermelon are actually summer season fruits. Their season runs from April through August, when they are at their best. Melons grow on the ground as a trailing vine.

Cantaloupe are low in calories, no fat, and a good source of Vitamins A,B,C, Beta Carotene, and Potassium.
REFERENCES

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Janine Nicolosi, RDN
School Nutrition Coordinator
Janine.Nicolosi@rcsdk12.org