

## K-STATE

Research and Extension

Master Food Volunteer  
Johnson County

### Upcoming Classes

Please note our Summer Salads class will be our last VIRTUAL class. Our August Canning Classes will be in person at K-State Olathe Campus.

#### July

##### Summer Salads (Virtual Class)

Thursday, July 15 @ 6–7:30

Fee: FREE!

[Click here to Sign Up](#)

#### August

##### Canning 101: Water-bath

Thursday, August 17 @ 6–9:00

Fee: \$25

[Click here to Sign Up](#)

##### Canning 102: Pressure Canning

Thursday, June 17 @ 6–9:00

Fee: \$25

[Click here to Sign Up](#)



*Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.*

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

*K-State Research and Extension is an equal opportunity provider and employer.*

### Keeping Your Fruits and Vegetables Fresh

This time of year is all about fresh produce! There are so many ways to get fresh produce—from the grocery store to farmers markets to visiting an actual U-Pick farm and harvesting your own!

Fresh, ripe produce always has a spectacular taste comparative to canned, frozen or out-of-season. Knowing how to store your fresh fruits and vegetables will keep them tasting great and from spoiling prematurely.

#### Fruit and vegetables to store in the fridge:

- Berries
- Cherries and Grapes
- Oranges and other Citrus fruits
- Melons
- Celery
- Corn
- Green Beans
- Leafy Greens
- Mushrooms
- Carrots and root vegetables

#### Fruit to ripen on the counter, then move to the fridge:

- Apples
- Avocados
- Peaches, Nectarines, and Plums

#### Out of the fridge:

- Bananas
- Tomatoes
- Cucumbers
- Onions (keep away from other foods)
- Peppers
- Potatoes and Squash (Find a cool dark place)



It is recommended to eat at least 4 ½ cups of fruits and veggies everyday. There are so many ways to do this, especially with delicious fresh produce available this time of year.

Try a few of these out next time you need to meet your quota of the day:

- Fruit or vegetable Smoothies
- Grilled Fruit and vegetables like Pineapple or Peppers
- Fruit as topping or cereal, yogurt or salads

Also remember to eat the rainbow! Fruits and Vegetables are the perfect way to add color to a meal. Plus, the color in produce designates the nutrients found in that food. So, when you eat a variety of colorful produce, you're getting a bountiful array of several nutrients.

Source: American Heart Association

# Recipe of the Month

## Berry and Green Smoothie

- 2 medium bananas
- 2 containers (6-ounces each) non-fat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 16-ounces fresh or frozen berries
- 1 cup non-fat milk

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Put bananas, yogurt, milk, and greens in blender. Blend until smooth.
3. Add berries to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

Makes 8 servings

Source: Spend Smart, Eat Smart



### Nutrition Facts

8 servings per recipe

**Serving Size: 8 ounces**

Amount Per Serving

**Calories**

**90**

% Daily Value\*

<b>Total Fat</b> 0.5g	<b>1%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrates</b> 20g	<b>7%</b>
<b>Dietary Fiber</b> 3g	<b>12%</b>
<b>Total Sugars</b> 12g	
<b>Added Sugars</b>	<b>NA*</b>
<b>Protein</b> 4g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 16mg	<b>2%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 27mg	<b>0%</b>

