

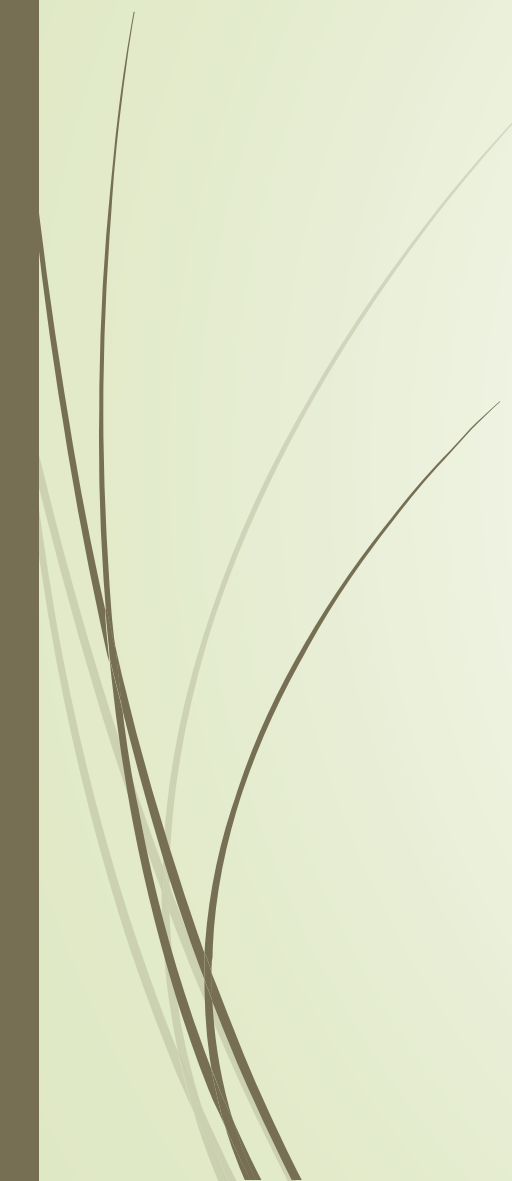


# Fruits

Chapter 30



# Nutrients in Fruits

- An important source of dietary fiber and carbohydrates
  - Fat-free (except for avocados), low in calories, and low in sodium
  - Excellent source of vitamin C, potassium, phytochemicals
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# Identifying Fruits



- ▶ **Fruit**: the part of the plant that holds the seeds
- ▶ Categorized by characteristics that set them apart
  - ▶ Berries: small, juicy, thin skin. Strawberries, cranberries, grapes, and blackberries
  - ▶ Melons: thick rind, juicy, many seeds. Watermelons, cantaloupes, and casaba
  - ▶ Citrus fruits: thick rind, thin membrane separating inner flesh segments. Oranges, tangerines, grapefruits, lemons, and limes
  - ▶ **Drupes**: Single hard seed (pit/stone), soft inner flesh, and tender, edible skin. Cherries, apricots, peaches, nectarine, and plums
  - ▶ **Pomes**: thick, firm flesh, with tender, edible skin. Several small seeds at the center. Apples and pears.
  - ▶ Tropical Fruits: grown in tropical and subtropical climates. Bananas, guavas, papayas, and mangos.



# Unusual Fruits



- Less familiar fruits to us are native to countries around the world
- Modern transportation has allowed for these to make it to the U.S.
- As interest grows so does the availability
- Include:
  - Carambola (star fruit)
  - Cherimoya
  - Feijoa
  - Lychee
  - Prickly Pear
  - Sapote
  - Tamarillo
  - Ugli Fruit

# Selecting Fresh Fruits

- ▶ Some (apples, oranges, bananas) are available year round
- ▶ Others (peaches, berries) are seasonal-can only be purchased during certain times or may just be very expensive out of season
- ▶ **Produce:** Fresh fruits and vegetables
- ▶ **Mature Fruits:** Fruits that have reached full size and color. When fruits must be picked. Can be ripe or underripe
  - ▶ **Ripe Fruits:** when the fruit reaches its peak flavor
  - ▶ **Underripe Fruits:** very firm, lack flavor, not at top eating quality. Most fruits are picked at this stage to prevent spoilage





# Selecting Fresh Fruits



- Some fruits (grapes, berries, cherries, citrus fruits, pineapples, and melons) won't ripen after harvest
- **Immature Fruits:** fruits that are picked too soon, usually small for their size, poor color, and texture
- To test for ripeness
  - Press gently- should give slightly
  - Do not damage the fruit- it will spoil quicker
- **Regreening:** chlorophyll returns to the skins of fruits such as oranges in warm weather or from lights in the produce department





# Selecting Fresh Fruits

- ▶ Look for the following...
  - ▶ Condition: avoid bruised or damaged spots, decay
  - ▶ Denseness: should be plump and firm. Avoid dry, withered, very soft or very hard
  - ▶ Color: should be typical for the particular fruit
  - ▶ Aroma: pleasant characteristic aroma
  - ▶ Size: should be heavy for its size, means the fruit is juicy
  - ▶ Shape: look for its characteristic shape, misshapen can mean poor flavor and texture
- ▶ Buy what you can use and store for about a week

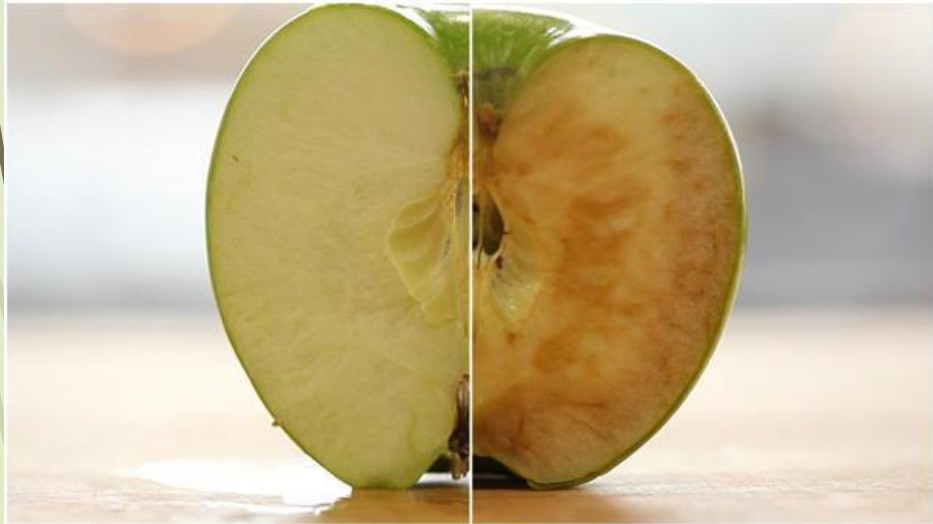


# Storing Fresh Fruit

- ▶ Never wash before storing- it encourages bacteria growth
- ▶ Follow the correct method
  - ▶ Underripe fruits: ripen at room temperature, speed up the process by placing in a brown paper bag, place with an apple, plastic bags should have holes
  - ▶ Bananas: uncovered at room temperature, can refrigerate after ripening but skin will turn dark without effecting eating quality
  - ▶ Berries, cherries, grapes: remove any damaged or decayed, refrigerate in a perforated plastic bag or container. Use ASAP
  - ▶ Citrus fruits: store at room temperature, refrigerate uncovered for longer storage
  - ▶ Ripe fruits: refrigerate in the crisper or in a perforated plastic bag. Keep melons in closed containers to prevent aroma from flavoring food
  - ▶ Cut fruits: refrigerate in an airtight container or plastic bag



# Preventing Fruits from Darkening



- ▶ **Enzymatic Browning:** occurs when oxygen reacts with an **enzyme**, a special protein, causing some fruits to turn brown
- ▶ How to stop?
  - ▶ Ascorbic acid (vitamin c or lemon, grapefruit, orange juice): destroys the enzyme so that it can't react with oxygen
  - ▶ Ascorbic powder- mix with water and sprinkle of the fruit
  - ▶ Other methods? We will find out tomorrow