

Fruit and Vegetable of the Month

Grapes

The grape is one of the oldest fruits to be cultivated going back as far as biblical times. Explorers introduced grapes to America about 300 years ago. Grapes are mainly grown on the east coast of the United States. They are about 80% water and add fiber to the diet. Grapes are also naturally low in sodium and practically fat and cholesterol free. Grapes are a wonderful snack for fall. One and a half cups of grapes provide 60 calories and has 1 gram of fiber. Raisins are the dried form of grapes and are also a great snack choice while on the go.



Carrots

Carrots are an excellent source of Vitamin A, which is necessary for healthy eyesight, skin, growth, and also aids our bodies in resisting infection. Carrots are considered a Superfood for your eyes because of their high Vitamin A content. Carrots have higher natural sugar content than all other vegetables with the exception of beets. This is why they make a wonderful snack when eaten raw and make a tasty addition to a variety of cooked dishes. Carrots are in season and available all year long. Look for well shaped carrots. Pick carrots that are deep orange in color. More beta carotene is present in carrots that have a darker orange color. Storing them in the refrigerator will preserve their flavor, texture, and the beta carotene content. Do not store them with fruits. Fruits produce ethylene gas as they ripen. This gas will decrease the storage life of the carrots as well as other vegetables. This is why it is best to store fruits and vegetables separately. A ½ cup serving of carrots has 2 grams of fiber and only 25 calories.

Baby carrots are a favorite for everyone. They should be kept refrigerated in their original bag. On the front of each package, there is a stamp "Best if Used by Date". This date should give you at least a week to store after purchasing. When purchasing baby carrots, if there is excessive water in the bag, don't purchase.

