

CFAES

Let's Grill Fruit

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1

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Learning Objectives

- How much fruit?
- Freezing fruit
- Native Ohio fruits
- Grilling fruits

2


Why fruit?

- MyPlate recommendations
- Vitamin C, potassium, folate
- Low in fat, sodium, and calories
- Fiber
 - Reduces risk of heart diseases
 - Obesity
 - Type 2 diabetes

MyPlate.gov

3

How much?



Children	2-3 years old	1 cup
	4-8 years old	1 to 1½ cups
Girls	9-18 years old	1½ cups
	9-13 years old	1½ cups
Boys	14-18 years old	2 cups
	19-30 years old	2 cups
Women	31+ years old	1½ cups
	19+ years old	2 cups

4

What's a serving?




- 1 small apple
- 1 large peach
- 1 cup grapes
- ½ cup dried fruit
- 2 canned peaches or pear halves
- 1 cup 100% fruit juice
- 8 strawberries
- 1 large orange
- 1 medium pear

5

Tips for getting more fruit

- Enjoy a piece with breakfast
- Seasonal
- Local
- Fruits for dessert
- Snacks
- Infused water



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6

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Freezing Fruit

SELECTING AND WASHING



- Fully ripe
- Harvest amount needed
- Firm

FREEZING & STORING

- Flash freeze
- Freezer at 0-degree F or less
- Keep inventory – first in, first out
- Use within a year

THAWING

- Original package
- Room temperature – pan of cool water
- Microwave
- Refrigerator

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7



8

Selecting & Storing

- Apples – 15 varieties in Ohio**
 - Firm, well colored, free of bruises or insect damage
 - 4-6 weeks in refrigerator
 - Wash before eating
- Pears- 11 varieties in Ohio**
 - Firm, free from bruises, color best indicator for ripeness
 - Handle gently
 - Refrigerator
- Peaches**
 - Look for under color for ripeness & small
 - Firm but not hard
 - Store at room temperature
 - Refrigerator up to a week
- Cherries**
 - Firm, plump, bright & glossy
 - Refrigerated ASAP
 - Do not wash before storing

9



10

References CFAES

<https://ohioline.osu.edu/factsheet/SS-151>

<https://celebrateyourplate.org/>

<https://www.foodnetwork.com/grilling/summer-parties/photos/grilled-summer-fruits>

https://www.myplate.gov/myplate-kitchen/recipes?search=&items_per_page=20&sort_bef_combine=title%20ASC&sort_by=title&sort_order=ASC&page=40

22

11



Not Your Everyday Apples



Ingredients

- 3 medium **apples**, chopped (3" diameter)
- ½ cup **raisins**
- 2 teaspoons soft **margarine** or **butter**
- 2 teaspoons **brown sugar**
- ¼ teaspoon **cinnamon**

Directions

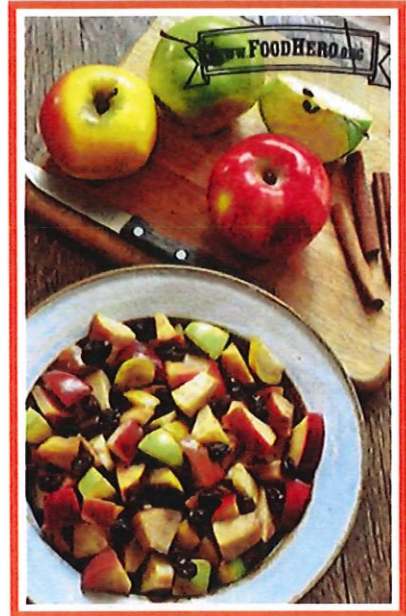
1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Mix apples with raisins, margarine, sugar and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil.
Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.

Notes

- Try serving this recipe with vanilla or plain yogurt.
- No raisins? Use any dried fruit cut into bite-sized pieces, if needed.

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Makes: 3 cups
Prep time: 10 minutes
Cooking time: 20 minutes



Nutrition Facts

4 servings per container	
Serving size	3/4 cup (159g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 27g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 285mg	6%
Vitamin A 4mcg	0%
Vitamin C 7mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grilled Bananas with Mexican Chocolate Sauce



Recipe courtesy of Marcela Valladolid

Show: Mexican Made Easy Episode: Grilling

Level: Easy
Total: 25 min
Prep: 15 min
Cook: 10 min
Yield: 4 servings

Ingredients:

One 3.2-ounce disk Mexican chocolate, chopped
1/2 cup heavy cream
1/2 cup granulated sugar
2 teaspoons ground cinnamon
4 firm, ripe bananas, peeled, halved lengthwise, cut into 4 pieces each
Vanilla ice cream, softened, for serving
Sweetened shredded coconut, for serving

Directions:

- 1** In a medium saucepot on medium heat, melt the Mexican chocolate with the heavy cream. Whisk constantly until the chocolate is fully melted, and take care not to burn the chocolate. Turn the heat off and reserve.
- 2** Preheat a gas or charcoal grill, or a stovetop grill pan, over medium-high heat.
- 3** In a medium mixing bowl, mix the sugar with the cinnamon until evenly incorporated. Toss the bananas with the sugar-cinnamon mixture until fully coated. Transfer to the grill, flat-side down. Grill until the bananas are browned and the sugar is caramelized, about 2 minutes per side. Transfer the bananas to a serving platter. Drizzle with the Mexican chocolate sauce, sprinkle with some shredded coconut and serve with vanilla ice cream.



Cheat Sheet: Ohio Produce by Season

Whether you're headed to the farmer's market, placing an online produce order or running to the store with a good old fashioned grocery list, you'll want to make note of what's in season in Ohio, so you can get the best tasting and nutrient-dense options available.

FALL

September, October, November

Apples	Leeks
Lima Beans	Mustard Greens
Snap Beans	Okra
Beets	Dry Onions
Blackberries	Green Onions
Blueberries	Parsley
Broccoli	Parsnips
Cabbage	Peaches
Cantaloupe	Bell Peppers
Carrots	Hot Peppers
Cauliflower	Sweet Peppers
Cilantro	Potatoes
Collards	Pumpkins
Sweet Corn	Radishes
Cucumbers	Spinach
Dill (Dry and Seed)	Winter Squash
Eggplant	Tomatoes
Endive & Escarole	Turnip Greens
Grapes	Turnips
Kale	Watermelon
Leafy Lettuce	Zucchini

SPRING

April, May

Asparagus
Cabbage
Collards
Kale
Mustard Greens
Radishes
Rhubarb
Spinach
Strawberries
Turnip Greens

SUMMER

June, July, August

Apples	Mustard Greens
Asparagus	Okra
Lima Beans	Onions
Snap Beans	Green Onions
Broccoli	Parsley
Cabbage	Peaches
Cantaloupe	Sweet peppers
Carrots	Potatoes
Cilantro	Radishes
Collards	Black Raspberries
Sweet Corn	Red Raspberries
Cucumbers	Rhubarb
Currants	Spinach
Dill	Summer Squash
Eggplant	Winter Squash
Endive & Escarole	Strawberries
Gooseberries	Tomatoes
Grapes	Turnip Greens
Kale	
Leafy Lettuce	
Leeks	

Source: <https://ohfb.org/whats-in-season>

Tips

Wash and chop your fruits and veggies when you get home from the store and put them in clear containers. You'll be more inclined to grab them as ingredients or a snack if the work is already done.

Oh man! You had to punt on dinner plans and now you have a slew of veggies you're not sure you'll use before they go bad? Freeze them! They can be quickly defrosted or used as smoothie ingredients for an extra nutritional punch.

Don't let your fruits & veggies fraternize. Fruits give off a ripening agent called ethylene and can prematurely ripen and spoil your young, impressionable veggies.



Give Them More
of the
Good Stuff!

Peach Basics



Shop and Save

- Choose peaches that are smooth and without bruises or green areas. The red blush on some varieties is not a sign of ripeness.
- Ripe peaches feel heavy for their size and the flesh will give to gentle pressure. Handle peaches carefully to avoid bruising them.
- Find fresh peaches grown in the U.S. from May through October. Find Oregon-grown peaches at local markets and U-pick farms from July through September.
- Frozen and canned peaches are available year round. To avoid added sugars in canned peaches, look for "Packed in 100% juice."

Peaches are a good source of vitamin C and fiber.



Yellow Peach



White Peach



Types of Peaches

- Freestone** — the flesh pulls away from the pit. Good for eating fresh, baking and preserving.
- Clingstone** — the flesh clings to the pit. These are used mostly for commercially canned peaches but may be available at farmers markets. Best for eating fresh because the pit can be messy to remove.
- Yellow or White** — Peaches of both stone types can have yellow or white flesh. White peaches taste sweeter, even before they are fully ripe. White peaches should not be preserved by any canning method because they are too low in acid to kill harmful bacteria.

store Well Waste Less

- Store peaches at room temperature until ripe. To ripen faster, store in a closed paper bag. To speed ripening even more, add an apple or banana to the bag.
- Refrigerate ripe peaches in a container with airflow. Use within 3 to 5 days.
- Gently rub peaches under cool running water just before eating.
- To reduce browning, cut peaches just before serving. Dipping pieces into water with lemon juice also reduces browning. For each cup of water add 1 Tablespoon lemon juice.
- Freeze peaches for longer storage. Put pieces on a baking sheet and freeze until firm. Move pieces to labeled freezer containers and use within 8 to 12 months.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Peaches

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FoodHero.org
for easy, tasty
peach recipes



Peach and Carrot Smoothie

Ingredients:

- 1 can (15 ounces) **peaches**, undrained or 1½ cups fresh or frozen peach slices and ½ to ¾ cup water or 100% fruit juice
- 1 cup **carrots** (frozen, cooked from fresh, or canned and drained)
- 1 medium **banana** (fresh or frozen)

Directions:

1. Wash hands with soap and water.
2. Combine all ingredients in a blender or food processor.
3. Blend until smooth and serve right away.
4. Refrigerate or freeze leftovers within 2 hours.

Makes 3 cups

Prep time: 5 minutes

Quick Fix

- Add cut peaches to yogurt or any cold or hot cereal for sweetness and flavor.
- Peaches can be mixed into the batter of pancakes, waffles, muffins or bread.
- Grill fresh peach halves for a simple dessert.

One pound of peaches =
about 3 to 4 medium peaches =
2 cups sliced peaches

Peach Salsa

Ingredients:

- 1 cup chopped **peaches** (canned or fresh)
- 1 large **tomato**, chopped
- 1 **bell pepper**, chopped (see Note)
- ½ cup chopped **onion**
- ½ cup chopped **cilantro**
- 1 Tablespoon **lime juice**
- ¼ teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper. Stir gently to mix.
3. Cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

Note: For extra flavor, add cayenne pepper or diced jalapeno peppers.

Makes 2 cups

Prep time: 15 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rinse fresh fruits and vegetables under running water.
- slice peaches on a cutting board. Ripe peaches can be cut with a plastic knife.
- fill a blender half full to leave room for food to spin. Fit the lid on tightly before blending.



Give Them More
of the
Good Stuff!

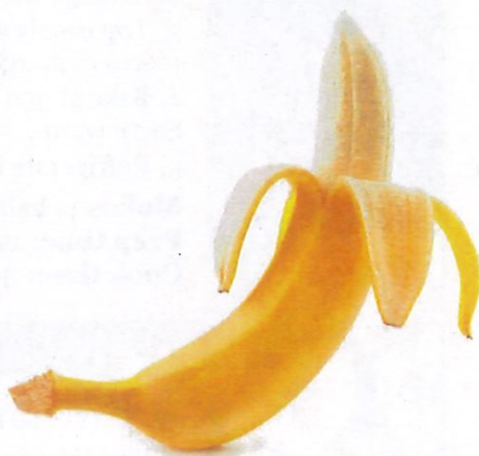
Banana Basics

Shop and Save

• Bananas are available year-round at low prices. Yellow bananas are the most common and can be eaten at several stages of ripeness. Red bananas are shorter, plumper and only eaten when ripe. Plantains are related to bananas but are starchy, like root vegetables. They are usually cooked rather than eaten raw.

• Choose bananas according to the ripeness desired. As they ripen, the skin color changes from green to yellow to speckled with brown to more brown or black. The flesh becomes softer and more flavorful.

Bananas provide potassium, which may protect against high blood pressure and other heart diseases.



More About Bananas

• When bananas are peeled or cut, the flesh starts to brown. Browned bananas might not look attractive but they are safe to eat. Reduce browning by:

- Peeling or cutting just before using.
- Dipping in fruit juice that is acidic or high in vitamin C, such as lemon, lime, orange or pineapple.

• Use banana to replace egg in baked goods:
1/4 cup mashed banana (about 1/2 banana) = 1 egg

• Bananas can also substitute for up to half of the fat in baked goods. They will add a banana flavor and some sweetness.

store Well Waste Less

• Bananas are usually stored at room temperature. They continue to ripen after harvest. The warmer the temperature, the faster they ripen.

• To speed ripening, place in a closed paper bag in a warm area. Adding a ripe apple can speed the process. Check daily.

• To slow ripening, choose a cool spot or refrigerate. Ripe bananas

can be refrigerated for up to 2 weeks. The skin may turn black but the flesh will be fine.

• Freeze bananas for longer storage.

• In their skin - Use within 3 months for best quality. Thaw in refrigerator. Squeeze banana from the skin.

• Peeled - Use within 4 to 6 months for best quality. Package as chunks or mashed in measured amounts. Use frozen or thawed.



Banana Math

1 pound =
3 medium bananas
(7 to 8 inches) =
2 to 2 1/2 cups sliced =
1 1/2 cups mashed

Frozen banana
chunks are great
for smoothies.

Enjoy Bananas!

Banana Oatmeal Muffins

Ingredients:

- 1 cup **quick rolled oats**
- ¼ cup **milk**
- 2 **eggs**, lightly beaten
- ⅓ cup **oil**
- 1 cup mashed ripe **bananas**
- 1 ½ cups **whole wheat flour**
- ½ cup **sugar**
- 2 teaspoons **baking powder**
- 1 teaspoon **baking soda**
- ¼ teaspoon **salt**

Directions:

1. Preheat oven to 400 degrees F. Lightly oil or spray the bottoms of 12 muffin cups.
2. Mix oats with milk. Stir in lightly-beaten eggs, oil and bananas. Let stand while measuring dry ingredients.
3. In a separate bowl, combine dry ingredients and stir well.
4. Add oat mixture to dry ingredients and stir gently to moisten. Don't overmix.
5. Fill muffin cups ¾ full.
6. Bake at 400 degrees F until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.

Note: To bake as Banana Oatmeal Bread, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins or 1 loaf

Prep time: 15 minutes

Cook time: 18-20 minutes

Very ripe bananas give muffins more flavor.

Cuban Baked Bananas

Ingredients:

- 6 **bananas**, peeled and sliced lengthwise
- 4 Tablespoons **brown sugar**
- 4 Tablespoons **margarine** or **butter**
- ½ cup **raisins** or other dried chopped fruit
- ⅓ cup **pecans** or **other nuts**, chopped

Directions:

1. Lightly spray or oil a 9 x 13-inch pan.
2. Arrange the split bananas in the pan.
3. Top evenly with brown sugar, small pieces of margarine, raisins and pecans.
4. Bake at 350 degrees F for 30 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 12 half bananas

Prep time: 10 minutes

Cook time: 30 minutes

Dried Bananas

1. Peel bananas and slice evenly into slices ⅛ to ¼-inch thick. Thicker pieces take longer to dry.
2. Optional: Dip in acidic fruit juice (lemon, lime, orange, or pineapple) to reduce browning. Sprinkle with cinnamon or other flavorings if desired.
3. Dry until pieces bend like thick leather and no longer feel sticky.

❁ **Oven** – set at lowest temperature (175 to 200 degrees F); use convection bake if available; takes 1 to 3 hours.

- Arrange pieces in a single layer on a wire rack or baking sheet. A wire rack helps them dry faster. A baking sheet takes longer and pieces need to be turned over part way through the drying.

❁ **Dehydrator** – set to 135 degrees F; takes 6 to 12 hours.

- Arrange in a single layer on dehydrator racks.

4. Cool. Store in an airtight container or bag.



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ **peel bananas.** Try starting at the end away from the stem. The skin is less fibrous and easier to pull apart.
- ❁ **mash bananas with a fork.** A flat dish or plate might make mashing easier.

Food Preservation: Freezing Fruits

HYG-5349

Family and Consumer Sciences

Date: 05/28/2015

Revised by: Bridgette Kidd, MPH, RD, former Healthy People Program Specialist, Family and Consumer Sciences

Freezing fruits is the simplest, easiest and quickest method of preservation. Freezing costs more than canning or drying because of freezer purchase and operating costs, but it preserves more nutrients and fresh flavor, if done properly. Freezing does not completely destroy bacteria, molds and yeasts that cause food spoilage, but it does significantly retard their growth. As soon as food is thawed, microorganisms will continue to grow. Freezing also slows chemical changes that affect quality. Natural enzymes in fruits cause flavor, color, texture and nutritive value changes. Freezing slows enzyme activity but does not stop it. You can prevent enzyme-browning in light-colored fruits by treating them with ascorbic acid and other commercial products.

Selecting and Washing Fruits

Fully ripe fresh fruits lose quality rapidly after harvesting. Harvest only the amount you can preserve within a few hours; otherwise, refrigerate, then freeze as soon as possible. Choose fully ripe but firm fruit. Under-ripe fruits may be bitter. Freeze soft, very ripe fruits as purées. To thoroughly remove dirt, bacteria and pesticide residue,



wash all fruits in cold water. Drain and rinse several times with cold water. Lift fruits from water to prevent redepositing of dirt and residues. Do not let fruits soak.

Packaging Materials

Air leads to flavor loss or off-flavors. If moisture evaporates, frozen food becomes dry, tough and might develop grayish spots called "freezer burn." To prevent air exposure and moisture loss, use only moisture-proof, vapor-proof packaging designed for freezing. Examples are "can or freeze" glass jars, plastic freezer containers, heavyweight

aluminum foil, plastic-coated freezer paper, and heavy duty plastic wraps and bags. Only sealing tape designated for freezer use will adhere at freezing temperatures.

Rigid freezer containers are often reusable and have straight sides and flat lids to allow for easy stacking in the freezer. The straight sides also make it easier to remove frozen food. Place freezer bags in rigid containers for easy stacking.

Do not use cardboard cartons; they are not sufficiently moisture-resistant and vapor-resistant for long-term frozen food storage. Also, do not reuse plastic containers from cottage cheese, ice cream, whipped topping, margarine, etc. These containers are not designed to protect foods in long-term freezer storage. Pack fruit and syrup tightly in freezer bags or rigid containers. Squeeze air from bags before sealing. Leave ½ to 1 inch of headspace for expansion in rigid containers. Whole berries and cut fruit pieces may be frozen in a single layer on a tray until solid; package at once in freezer bags or freezer containers. Label and date product and return it to freezer.

Freezing

Because water in fruits expands during freezing and breaks cell walls, thawed fruits might leak juices and be soft. To retain quality, freeze fruits quickly at lowest possible freezer setting. Freeze only 2 to 3 pounds of food per cubic foot of available storage space in 24 hours.

Storing

Maintain freezer at 0°F or less to best protect the quality of foods, including fruits. If power fails, keep freezer closed; food should stay frozen 24 to 48 hours. If available, protect food with 25 pounds of dry ice per 10 cubic feet of freezer space. Food can safely be refrozen if it still contains ice crystals. Some loss of quality and food value will occur. Keep an inventory, and use oldest foods first. The more food you put into your freezer in a year, the less the operating cost per pound. Use frozen fruits within one year. Citrus fruit and juices should be used within 6 months.

Thawing

Defrost fruit in its original package in one of the following ways: (1) at room temperature in a pan of cool water—use only the thawing-in-water method if water can be kept cool (under 70°F) and the food can thaw in less than 2 hours; (2) in a microwave oven (only if fruit is to be used right away); or (3) in the refrigerator.

Directions for Freezing Fruit

1. Wash and sort fruit. Discard poor-quality pieces. Work with small quantities. Pare and remove pits, seeds and blemishes. Leave whole, slice or purée (see Table 2 or directions for individual fruits).
2. Treat washed and sorted fruit with ascorbic acid (available at drugstores, 1 teaspoon = 3 grams) or some other treatment to prevent discoloration, particularly with apples, peaches and nectarines. Add crystalline ascorbic acid to chilled syrup just before using, or follow manufacturer's directions if using other anti-darkening products.
3. Pack with sugar or syrup, or leave unsweetened (dry). Unsweetened fruits lose quality faster than sweetened fruits. Sugar helps fruit retain its flavor, color and texture, but it is not necessary to preserve fruit safely. Artificial sweetener can also be added to fruit prior to freezing. Artificial sweeteners give a sweet flavor but do not furnish the beneficial effects of sugar.

Types of Pack

The type of pack used will depend on the intended use. Fruits packed in syrup are generally best for uncooked dessert use; those packed in dry sugar or left unsweetened are best for most cooking purposes because there is less liquid in the product.



SUGAR PACK

Sprinkle sugar over the fruit and mix gently. Allow to stand for 10 to 15 minutes to draw out juice—which will dissolve sugar—or freeze immediately.

SYRUP PACK

Dissolve sugar in lukewarm water until the solution is clear. Cool, then add ascorbic acid and just enough syrup to cover fruit (about $\frac{1}{2}$ to $\frac{3}{4}$ cup per pint). To keep fruit under syrup, place a small, crumpled piece of plastic or freezer wrap on top and press fruit down into syrup before sealing the container. One-fourth of the sugar may be replaced by light corn syrup or mild-flavored honey.

DRY PACK

Pack fruit in container, seal and freeze. Good for small, whole fruits that taste good without sugar.

10/2/23, 12:17 PM

Food Preservation: Freezing Fruits | OhioLine

Allow 6 to 8 hours in the refrigerator for thawing a 1-pound package of fruit packed in syrup, or thaw slightly longer for unsweetened fruit. Allow one-half to 1 hour for fruit thawing in running, cool water. Serve fruit with a few ice crystals still remaining. Completely thawed fruits will be limp or mushy and may discolor.

TRAY PACK

Spread a single layer of fruit on shallow trays and freeze. When frozen, package promptly and return to freezer. This pack allows portions to be used when needed.

OTHER UNSWEETENED PACKS

Unsweetened fruit may also be packed in water, unsweetened juice or pectin syrup. Pectin syrup is often used for fruits such as strawberries or peaches that retain their texture better than if frozen in water or juice. (To make pectin syrup, dissolve one package powdered pectin in 1 cup water, heat to boiling and boil for 1 minute. Add 1¾ cup water and cool.) To keep the fruit under liquid, follow directions for syrup pack.

ARTIFICIAL SWEETENERS

Sugar substitutes can be used in any of the unsweetened or dry packs, or they can be added to the fruits before serving. However, sugar substitutes do not offer the beneficial effects of sugar.

Table 1. Syrups for Use in Freezing

<i>Type of Syrup</i>	<i>Percent Syrup*</i>	<i>Cups of Sugar**</i>	<i>Cups of Water</i>	<i>Yield of Syrup in Cups</i>
Very light	10	½	4	4½
Light	20	1	4	4¾
Medium	30	1¾	4	5
Heavy	40	2¾	4	5½
Very heavy	50	4	4	6

*Approximate

**in general, up to one-fourth of the sugar may be replaced by corn syrup or mild-flavored honey. A large proportion of corn syrup may be used if a very bland, light-colored type is selected.

Table 2. How To Prepare Fruits for Freezing

<i>Fruits</i>	<i>Preparation</i>
Apples	Wash, peel, core and slice.

	<p>Syrup pack: Use cold 40 percent syrup; add $\frac{1}{2}$ teaspoon (1,500 mg) ascorbic acid per quart of syrup. Slice apples into syrup in container, seal and freeze.</p>
	<p>Sugar pack: To prevent darkening, dissolve $\frac{1}{2}$ teaspoon (1,500 mg) ascorbic acid in 3 tablespoons water. Sprinkle over fruit or steam blanch $1\frac{1}{2}$ to 2 minutes. Mix $\frac{1}{2}$ cup sugar to 4 cups fruit. Pack, seal and freeze.</p>
	<p>Dry or tray pack: Treat with $\frac{1}{2}$ teaspoon (1,500 mg) ascorbic acid in 3 tablespoons water to prevent browning.</p>
Applesauce	<p>Wash, peel if desired, core and slice. Add $\frac{1}{3}$ cup water to each quart of slices. Cook until tender. Cool and strain. Sweeten to taste with $\frac{1}{4}$ to $\frac{3}{4}$ cup sugar per quart of sauce. Pack into containers.</p>
Apricots	<p>Wash, halve and pit. Peel and slice if desired. If not peeled, heat in boiling water $\frac{1}{2}$ minute to keep skins from toughening during freezing. Cool in cold water and drain.</p>
	<p>Syrup pack: Use cold 40 percent syrup and add $\frac{3}{4}$ teaspoon (2,250 mg) ascorbic acid per quart of syrup. Seal and freeze.</p>
	<p>Sugar pack: Pretreat fruit by dissolving $\frac{1}{4}$ teaspoon (750 mg) ascorbic acid in 3 tablespoons cold water; sprinkle over 4 cups fruit. Mix $\frac{1}{2}$ cup sugar per quart of fruit and stir until dissolved. Pack, seal and freeze.</p>
Avocados	<p>Peel, cut in half, remove pit and purée. Add $\frac{1}{4}$ teaspoon ascorbic acid to each quart of purée, or add 1 tablespoon lemon juice for each 2 avocados. Pack, seal and freeze.</p>
Bananas	<p>Peel and mash thoroughly. Add $\frac{1}{2}$ teaspoon (1,500 mg) ascorbic acid per cup of mashed banana. Pack, seal and freeze.</p>
Blackberries	<p>Wash carefully in cold water, discarding soft, under-ripe or defective fruit. Drain well.</p>
	<p>Syrup pack: Pack berries into containers and cover with cold 40 to 50 percent syrup. Seal and freeze.</p>
	<p>Sugar pack: Gently mix $\frac{3}{4}$ cup sugar with 1 quart (4 cups)</p>

	berries. Pack, seal and freeze.
	Dry pack: Pack, seal and freeze berries. Or, freeze first on a tray and then pack into containers, seal and return to freezer.
Blueberries	Dry pack: Do not wash (washing results in a tougher-skinned product). Pack berries into container or freeze on a tray, then package. Wash before using while berries are still frozen.
	Sugar pack: Wash first, then mix $\frac{2}{3}$ cup sugar to 4 cups berries. Pack, seal and freeze.
Cherries, red sour	Wash, stem and pit.
	Syrup pack: Use cold 50 percent syrup. Pack, seal and freeze.
	Sugar pack: Mix $\frac{3}{4}$ cup sugar to 4 cups cherries, then pack, seal and freeze.
	Dry pack: Pack, seal and freeze. Or, freeze first on a tray and then pack into containers, seal and return to freezer.
Cherries, sweet	Wash, stem and pit.
	Syrup pack: Use cold 30 to 40 percent syrup with $\frac{1}{2}$ teaspoon ascorbic acid per quart syrup. Pack, seal and freeze.
	Dry pack: Pack, seal and freeze. Or, freeze first on a tray and then pack into containers, seal and return to freezer.
Cranberries	Stem and sort. Wash and drain.
	Syrup pack: Use cold 50 percent syrup.
	Dry pack: Pack, seal and freeze. Or, freeze first on a tray, then pack into containers, seal and return to freezer.
Grapes	Sort, stem and wash. Leave seedless grapes whole, cut grapes with seeds in half and remove seeds.
	Syrup pack: Cover with 40 percent cold syrup, seal and freeze.
	Juice: Crush grapes. Add 1 cup water per gallon of grapes. Simmer for 10 minutes, then strain through a jelly bag. Let set overnight in refrigerator to remove tartrate crystals. Pour off clear juice for freezing and discard sediment. Pack, seal and freeze.

Mangoes	Wash, peel and slice.
	Syrup pack: Use 30 percent syrup. Pack, seal and freeze.
	Dry pack: Tray freeze, then pack into containers, seal and return to freezer.
	Purée: Mash slices thoroughly or chop in a food processor. Pack, seal and freeze.
Melons (cantaloupe, honeydew or watermelon)	Scrub melon, peel and remove seeds. Then, cut melons into slices, cubes or balls.
	Syrup pack: Put in containers and add cold 30 percent syrup. Seal and freeze.
	Dry pack: Pack into containers, seal and freeze.
Peaches, nectarines	Sort, wash and peel.
	Syrup pack: Use cold 40 percent syrup and add ½ teaspoon (1,500 mg) ascorbic acid per quart (4 cups) of syrup. Slice peaches directly into cold syrup in containers, press fruit down and add syrup to cover.
	Sugar pack: To retard darkening, sprinkle ascorbic acid solution (¼ teaspoon in 3 tablespoons cold water) on each quart fruit. Mix ¾ cup sugar to 4 cups fruit. Pack, seal and freeze.
Pineapple	Pare and remove core. Slice, dice crush or cut the pineapple into wedges or sticks.
	Dry pack: Pack, seal and freeze.
Plums, prunes	Wash, halve or quarter and pit.
	Syrup pack: Cover with cold 40 to 50 percent syrup. To improve quality, add ½ teaspoon (1,500 mg) ascorbic acid to each quart syrup. Seal and freeze.
Raspberries	Sort, wash, and drain well.
	Syrup pack: Pack berries in containers and cover with cold 40 percent syrup. Seal and freeze.
	Sugar pack: To 1 quart berries, add ¾ cup sugar and mix carefully to avoid crushing. Pack, seal and freeze.

	Dry pack: Pack, seal and freeze berries. Or, freeze first on a tray and then pack into containers, seal and return to freezer.
Rhubarb	Wash, trim and cut into 1-inch lengths. Heating rhubarb in boiling water 1 minute, then cooling promptly in cool water helps retain color and flavor.
	Syrup pack: Pack into containers and cover with cold 40 percent syrup, seal and freeze.
	Dry pack: Pack tightly into containers without sugar. Seal and freeze.
Strawberries	Wash and remove caps.
	Syrup pack: Cover berries in container with a cold 50 percent syrup. Seal and freeze.
	Sugar pack: Mix $\frac{3}{4}$ cup sugar to 4 cups berries, stir and let stand 15 minutes. Pack, seal and freeze.
	Dry pack: Pack, seal and freeze berries. Or, freeze first on a tray and then pack into containers, seal and return to freezer.

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Selecting, Storing, and Serving Ohio Apples

HYG-5507

Family and Consumer Sciences

Date: 07/08/2021

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Summer and fall are perfect times to try the many varieties of Ohio apples. Ohio is one of the top 10 states in apple production in the United States. It produces around 50 different varieties, including Ohio originals. Each of the Ohio apple varieties possesses its own appearance, flavor, and texture characteristics. For best results, select the apple variety according to its intended use.

For information on apple varieties in Ohio, contact your [county educator in agriculture and natural resources](#) at Ohio State University Extension, or a [master gardener volunteer](#).

Selection

- Choose apples that are firm and lack mealiness or softness.
- Apples should be well colored and free of bruises, pitting, decay, or insect damage.
- Fruit should be ripe when picked to have good flavor, texture, and storing ability.

Yield

Due to many variables such as moisture content, size, and variety, it is difficult to give specific recommendations. The recommendations below are approximations.

- 1 pound = about 3 medium apples
- 1 pound = approximately 1½ cups applesauce



- 2 pounds (6–8 apples) = a 9-inch pie
- 1 peck = 10½ pounds
- 1 bushel (40 pounds) = about 16–19 quarts canned or frozen sauce (an average of 2¾ pounds per quart)

Figure 1. Ripe apple ready for harvest. Photo: S. Hermann & F. Richter, Pixabay

Nutrition

The *Dietary Guidelines for Americans* recommends two cups of fruits per day as part of a healthy diet. A medium, raw, 3-inch apple is low in calories (about 95 calories) and contains these nutrients:

- vitamin C
- potassium
- 4.4 grams of dietary fiber if eaten with the skin or 2 grams if peeled

Storage

Ideal temperature storage for apples is near 32 F, however, most people do not have access to that type of storage. For home food storage of apples, follow these guidelines:

- Apples may be stored in the refrigerator for 4–6 weeks.
- Store apples in a perforated, plastic bag as this helps control moisture and humidity.
- If the refrigerator has a crisper drawer or a drawer identified for fruit, store the apples in that drawer.
- Check fruit often for any signs of rotting and discard spoiled apples.
- Wash apples by rinsing in cool water just before eating or adding to a recipe. Do not wash apples with soap, detergent, or bleach because these liquids absorb into the fruit.

Serving

- Make applesauce by peeling and dicing 4–5 apples and cooking them for about 30 minutes over medium heat with ½ cup of water and 2–3 teaspoons of cinnamon.
- Pair apples with dried cherries or cranberries for a colorful chutney.



Figure 2. Apples ready for market. Photo: Couleur, Pixabay

- Cut apples into slices and offer to children with a low-fat vanilla yogurt dip.
- Pack apple slices and some peanut butter for an anytime energy snack.
- Thinly slice apples and cheddar cheese and place the combination between two slices of whole-grain bread. Grill for a toasty sandwich.
- Put diced apples in green, leafy salads to add crunch.

Ohio Apple Variety	Taste	Culinary Use				
		Raw	Salads	Pies	Baking	Sauces
Cameo	Sweet, Crisp	X	X			
Cortland	Tart, Spicy	X	X	X	X	X
Crispin	Spicy, Firm			X	X	
Empire	Tart	X	X		X	
Fuji	Sweet, Hard	X	X		X	
Gala	Sweet, Firm	X	X		X	
Golden Delicious	Sweet, Firm	X		X	X	
Granny Smith	Tart, Hard			X	X	
Honeycrisp	Sweet, Crisp	X	X			
Jonagold	Firm	X	X	X	X	X
Law Rome	Sweet, Firm			X	X	X
Lodi	Sour, Tart				X	X
McIntosh	Sweet, Tart					
Red Delicious	Sweet, Firm					
Winesap	Sour, Firm					

Apple Raisin Tossed Salad

Prep: 15 minutes

INGREDIENTS

- 1 head of lettuce, chopped (about 10 cups)
- 2 medium apples, sliced
- ½ cup walnuts, chopped (optional)
- 1 cup raisins
- ½ cup sliced green onions
- ¼ to ¾ cup light or reduced-fat red wine vinaigrette (or Italian salad dressing)

PREPARATION INSTRUCTIONS

1. Toss lettuce, apples, raisins, and onions in large bowl. If using walnuts, add now.
2. Add ¼ cup dressing; mix well. If desired, add more dressing to suit your taste.
Serve right away or refrigerate until ready to serve.

Variation: Use 1 cup dried cranberries in place of the raisins.

Nutrition Information for one serving of Apple Cranberry Tossed Salad, as listed in the U.S. Department of Agriculture (USDA) SNAP-Ed Connection website:

Calories 150; Calories from Fat 75; Total Fat 8 g; Saturated Fat 1 g; Cholesterol 0 mg; Sodium 290 mg; Total Carbohydrate 20 g; Dietary Fiber 3 g; Sugar 15 g; Protein 2 g; Vitamin A 168 retinol activity equivalents (RAEs); Vitamin C 11 mg; Calcium 32 mg; Iron 0 mg

For information on preserving apples, go to ohioline.osu.edu or contact your local Ohio State University Extension office for the following fact sheets:

- Canning Basics, HYG-5338
- Basics for Canning Fruit, HYG-5343
- Freezing Fruits, HYG-5349
- Jams, Jellies, and Other Fruit Spreads, HYG-5350
- Drying Fruits and Vegetables, HYG-5347
- Preserving Pie Fillings, HYG-5355

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Infused Water with Ohio Local Foods

HYG-5363

Family and Consumer Sciences

Date: 11/07/2017

Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences, Lucas County

Infused water is a healthy alternative to beverages that are high in sugar. It is as simple as adding some clean, rinsed and sliced produce and herbs to your glass or pitcher of water. There is no right or wrong way to make infused water, but these tips might enhance the flavor experience:

- Depending on the added ingredients, either slice, chop or lightly mash fruits or vegetables, and either tear or julienne fresh herb leaves.
- Although the flavored water will be served in a single-sized glass, it could be made in either a drinking glass or a larger amount in a water pitcher.
- No special kitchen equipment is needed, although there are pitchers and water bottles designed to contain the produce so those ingredients are not floating in the water when it is time to drink it.
- Infused water could be served immediately after it is mixed, but it will not have the maximum amount of flavor. It's very nice chilled. It is recommended that the water is chilled in the refrigerator from 30 minutes to overnight for optimum flavor. Often, the longer it is chilled, the more flavor it will have.
- As in any food or beverage preparation, do not forget to wash hands with soap and water before handling the food, as well as wash all produce with clean running water. Use clean containers and sanitize preparation surfaces before starting.
- For food safety, treat the infused water as you would treat any other refrigerated food. The water can be enjoyed today, stored in the refrigerator until tomorrow or freeze it for longer storage. Do not take a batch of infused water from a previous day and add to it—go ahead and make a fresh pitcher!
- The produce used in infused water is often thrown away in the trash or down the disposal. Don't forget, the kitchen compost is always a great option for these waterlogged ingredients.
- Please remember that to gain the most nutrition benefits from fruits and vegetables, it is recommended that you eat the produce. While infused water is a great way to stay hydrated, these will not count as your servings of fruits or vegetables for the

day. The next time you are slicing Ohio produce to eat, consider adding a handful to your water pitcher. Infused water can be low-cost by using ends and pieces of produce that are not going to be used for meal preparation. Because it's so easy to make, and there is not a right or wrong recipe to try or invent, get the entire family involved!



There is nothing wrong with purchasing lemons and limes at the grocery store, but Ohioans are fortunate to have many options of flavors growing in containers, backyards, community gardens, school gardens and farms across the state.

OHIO FRUITS TO FLAVOR WATER

- Berries – strawberries, raspberries, blackberries, mulberries, blueberries
- Melons – cantaloupe, honeydew, watermelon
- Apples, pears, peaches, grapes

OHIO VEGETABLES

While vegetables are not as common as fruits in infused water, it is not unusual to use cucumber. Some additional vegetables to add color and flavor include: celery, red or yellow peppers, spinach or zucchini.



FROM THE OHIO HERB GARDEN

Mint is a common flavor to infuse water and there are many varieties of mint beyond the traditional

peppermint and spearmint. Try pineapple mint or grapefruit mint for a tropical taste. While this list is not exhaustive, the following herbs can maximize options for water flavor combinations: basil, rosemary, sage, lavender and lemon balm.

A SAMPLE OF LOCAL FOOD COMBINATIONS FOR INFUSED WATER

- Strawberry melon (choose any variety of melons)
- Pear blackberry
- Pear rosemary
- Watermelon rosemary
- Peach sage
- Strawberry basil
- Match mint with any of the following: cucumber, cantaloupe, watermelon or blackberry



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