

## Plan, Shop and Eat Smart



# Enjoy More Fruits and Veggies

Fresh fruits and vegetables grown nearby are available from Spring through Fall at your community farmers' market, farm stand, and grocery store. Enjoy some fresh produce now, and save some for later. You will need a large pot, a baking sheet, and freezer bags or containers. Use tape and a permanent marker to label and date your frozen produce. Use frozen produce in the coming months to enjoy the flavors of the harvest all year long.

Spring	Summer	Fall
Berries	Summer Squash	Apples
Leafy Greens	Corn, Green Beans	Pears
Herbs	Tomatoes	Winter Squash
Onions, Garlic, Scallions	Peaches, Nectarines, Plums	Broccoli, Cauliflower
Beets	Hot and Sweet Peppers	Carrots, Beets



### Flash Cook and Freeze Vegetables:

Leafy greens, beets, summer squash, corn, green beans, tomatoes, peppers, broccoli, cauliflower, and carrots will all keep well in the freezer.

1. Wash vegetables
2. Cut vegetables into smaller pieces (remove tough stems from greens, cut corn off the cob)
3. Add veggies to a pot of boiling water
4. Cook for 3 minutes
5. Cool cooked veggies in ice water for 5 minutes
6. Drain well and squeeze out excess water from leafy greens
7. Freeze in labeled freezer bags or containers for up to 6 months



### Freeze Fresh Fruit:

Berries, sliced peaches, plums, and nectarines all keep well in the freezer.

1. Wash fruit and drain well
2. Spread fruit, in a single layer, on a baking sheet and freeze until hard
3. Transfer fruit to a labeled freezer bag or container and store in the freezer for up to 6 months



### Go From Apples to Applesauce

with this easy recipe <https://go.umd.edu/applesauce>



### Freeze Fresh Herbs:

Freeze Fresh Herbs: Add frozen herb cubes to soups, sauces, pasta dishes, casseroles, and stir-frys to boost flavor without adding fat or salt.

1. Wash, dry, and chop fresh herbs
2. Place 1 Tablespoon of fresh herbs into each section of a clean ice cube tray
3. Fill each section with water and freeze until solid
4. Transfer frozen herb cubes to a freezer bag and label and date for future use

## Smart Tips



**PLAN** - Make a list of family favorite fruits and vegetables and make a note when they are in season. Plan meals and snacks for the week to include seasonal produce now and make time to prepare and freeze some for later.



**SHOP** - Shop in season when produce tastes best and can cost less. Look for seasonal sales and discounts so you can buy a variety of fruits and veggies. Ask family members to choose a new fruit or veggie to try - you might find a new family favorite!



**EAT** - Enjoy fresh produce in different ways - raw or cooked. Wash and cut up fruits and veggies and store within easy reach for a quick healthy snack on the go. Stay hydrated with fresh produce - it has lots of water inside!

For more information, follow us @eatsmartmd on:



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