

# \$tretching your produce dollars

Save money and make your produce last longer with these tips. Plus, find new ways to use your favorite fruits and veggies. Find even more at [powerup4kids.org](http://powerup4kids.org).



## BEETS

### Choose

Pick firm, small and deep maroon colored beets with bright green leaves.

### Store

Trim beet leaves 2 inches from the root. Store beet leaves and root bulbs in the fridge in separate bags. Use leaves in 2 days and bulbs with in 10 days.

### Roast it

Wash, peel and cube beets. Toss with a drizzle of olive oil, pinch of sea salt and sliced onions. Roast at 375°F for 15-30 minutes or until the mixture begins to caramelize. Enjoy as a side dish or chill and toss into a salad.

### Try beet leaves

Eat in a salad (like spinach), toss into soups or sautee with garlic and herbs.



## BLOOD ORANGES

### Choose

Find blood oranges that are heavy for their size with thick skin. They look similar to regular oranges but tend to be smaller.

### Store

Store at room temperature for up to 3 days or refrigerate unwashed for up to 2 weeks.

### Toss it

Blood oranges have a scary name but they're very sweet and tasty! They can be tricky to peel so try cutting them into slices. Enjoy them tossed in a citrus or beet salad.



## CHERRIES

### Choose

Look for shiny, plump, firm cherries. Cherries with the stem still attached will last longer.

### Store

Store at room temperature for up to 2 days or refrigerate unwashed in a plastic bag for up to 2 weeks.

### Freeze it

Wash, remove pit and allow to dry. Place on baking tray with baking paper and freeze. Once frozen, transfer to a freezer bag and freeze up to 1 year.

### Blend it

Wash before using. Try tossing fresh or frozen cherries into a smoothie with a banana and vanilla yogurt. Or, add to salads or fruit trays.



## RED GRAPEFRUIT

### Choose

Select grapefruit with firm, smooth and thin skins.

### Store

Store at room temperature for 1 week or refrigerate for up to 2-3 weeks.

### Broil it

Cut in half. Add a drizzle of honey, a shake of cinnamon and a few minutes under the broiler.

### Drink it

For a fizzy drink, mix grapefruit slices with sparkling water and a splash of 100 percent grapefruit juice.