

# \$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).



## ASPARAGUS

### Choose

Look for firm green stalks with tightly closed tips.

### Store

Refrigerate unwashed for 2-3 days.

### Roast it

Wash and snap off the bottom part of the spears. Drizzle with olive oil, sprinkle with a pinch of salt and roast for about 10 minutes at 400°F.



## BRUSSELS SPROUTS

### Choose

Pick firm, compact heads that are bright green. Smaller sprouts, less than 1-inch in diameter, taste best. Buy on the stalk when possible. Look for firm green stalks with tightly closed tips.

### Store

Refrigerate unwashed in a plastic bag for up to 4 days.

### Try it raw

Wash sprouts. Slice thin and toss into salads or slaws. Mix it up by roasting or blanching the sprouts but don't overcook them because they'll turn bitter.



## CUCUMBER

### Choose

Look for firm, well-shaped cucumbers that are dark green in color and heavy for their size. Avoid cucumbers with spongy spots and wrinkles.

### Store

Refrigerate unwashed in a plastic bag for 3-5 days.

### Eat it raw

Wash before using. Peel waxed cucumbers and scrub unwaxed ones lightly. They're best eaten raw or barely cooked, but can add crunch to a variety of dishes. Amp up your salsa, chicken, shrimp, tuna salad and more by adding finely diced cucumber.



## HONEYDEW

### Choose

Select melons that are creamy-yellow on the outside and not too firm or soft. Shake the melon and if the seeds inside rattle, it's a sign of a juicy melon.

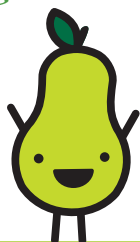
### Store

Store uncut at room temperature for 2-4 days. Once ripe, refrigerate for 5 days.

### Eat fresh

Wash well and cut in half. Scoop out the seeds and cut into wedges, cubes or melon balls. Add honeydew to a fruit platter, salad, yogurt or make it part of a colorful fruit kabob!

*Budget-friendly tip!*



To help keep greens like spinach, lettuce, or kale fresher longer: store them together in a crisper drawer of the fridge. Put them in a plastic bag with a dry paper towel to absorb excess moisture.