



## KALE

### Choose

Opt for dark colored kale bunches with small to medium leaves. Avoid brown or yellow leaves.

### Store

Wrap kale in a damp towel or plastic bag and refrigerate in the crisper drawer to help keep leaves from wilting. Use within a week.

### Freeze

Wash, de-stem and blanch leaves for 2 minutes. Rinse in cold water to stop the cooking, drain and pack into airtight containers or freezer bags.

### Simple substitute or snack

Swap kale into recipes that call for spinach or collard greens. Add chopped sautéed kale to omelets, quiches, scrambled eggs, or mashed potatoes. You can also bake kale for a crunchy snack!

(Find recipe on page 33)



## KIWI

### Choose

Look for kiwi that are plump, smooth and spot-free. Size doesn't affect taste. Press the outside of the fruit with your thumb. If it gives to slight pressure, it's ripe.

### Store

Unripe kiwi can be left at room temperature for several days. Ripe ones can be refrigerated for 4 weeks. To speed up the ripening, put kiwi in a paper bag with an apple or banana.

### Try the peel

The kiwi's peel is safe to eat, but you need to wash it first. You can also cut it in half and eat it right out of the peel with a spoon, or dice it up and toss it into cereal, smoothies, salsa or on a fruit platter.



## PEAR

### Choose

Unripe pears have smooth, firm, shiny skin, while ripe pears have skin that is dull and not shiny.

### Store

Unripe pears can be left at room temperature for 5 days. Ripe ones can be refrigerated for 5 days. To speed up the ripening, put pears in a pierced paper bag with an apple.

### Cooked or uncooked

Pears are tasty when sliced and eaten alone or tossed in a leafy green salad. Choose firm pears for baking, roasting or sautéing.



## ZUCCHINI

### Choose

Opt for smaller zucchini (8 inches or less) with a slightly prickly but shiny skin.

### Store

Refrigerate for 3-4 days in the crisper drawer. Wash right before using.

### Freeze

Keep puréed and grated zucchini on hand by freezing it for use in soup or sauce and breads or muffins.

### Bake it in

Add zucchini to any casserole, pasta sauce, quiche, omelet or lasagna. It's an easy way to pump up the vegetables.

Bulk up your spaghetti sauce with puréed zucchini. It barely alters the taste but packs in nutrients.