



## PINEAPPLE

### Choose

A ripe pineapple is firm but gives slightly when pressed, has healthy green leaves and a slight scent. Pineapple do not ripen or get any sweeter once they are picked.

### Store

Store whole at room temperature for up to 5 days or cut in the refrigerator for up to 3 days.

### Try it raw

Cube it and toss into a salad, smoothie or stir-fry. Make a tropical parfait with vanilla yogurt, pineapple and coconut.

### Grill it

For a yummy dessert, slice pineapple and grill it on a pre-heated, oiled grill rack for 1-2 minutes on each side.



## PUMPKINS

### Choose

Smaller pumpkins (4-8 pounds) are best for cooking. Look for sugar or cheese pumpkin varieties.

### Store

Store at room temperature for up to 1 month or in a cool, dark place for 2-3 months. Once cut, wrap pieces tightly and refrigerate for up to 5 days.

### Try the seeds

Toss seeds with olive oil and a seasoning of choice. Put a single layer on a baking sheet and toast at 400°F for 10-20 minutes until golden brown. Flip seeds every 10 minutes.

### Stock up on canned

It's packed with fiber and is incredibly versatile. Add it to smoothies, soups, pasta dishes or layered in a yogurt parfait.



## RUTABAGAS

### Choose

Select firm, smooth rutabagas heavy for their size with no soft spots. They should be yellowish-white at the bottom and purple on top.

### Store

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

### Prep it

Before eating or cooking, remove the waxy outer layer with a peeler or paring knife.

Bake, boil or mash it. Prep just like you would potatoes or cube it and toss into stews or soups.



## SWEET CORN

### Choose

Look for ears with green husks, fresh silks and tight rows of kernels.

### Store

Refrigerate corn with husks for up to 3 days.

### Freeze it

Boil corn for 3-5 minutes. Drain and rinse under cold water. Dry well and freeze in an airtight container, like a freezer bag.

### Grill it

Husk the corn. Brush lightly with canola or olive oil. Grill on medium-high, turning occasionally until lightly charred and tender. About 8-12 minutes.