

\$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.



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.