

\$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.



EGGPLANT

Choose

Select eggplants that are heavy for their size and without cracks or discolorations.

Store

Both cold and warm temperatures can damage eggplant. Store in a cool, dark place for up to 4 days.

Grill it

Cut into 1/4 inch thick rounds. Brush with one tablespoon extra-virgin olive oil. Grill on medium-high, turning occasionally until lightly charred and tender. About 2-3 minutes.



CAULIFLOWER

Choose

Opt for compact, creamy white, clean heads. Leaves should be green.

Store

Refrigerate in a paper or plastic bag for up to 1 week.

Mash it

Steam small pieces until tender. Then blend with low-fat milk or yogurt and prepare like mashed potatoes (find recipe on [page 41](#)). Try roasting or sautéing cauliflower or add to a stir-fry, soup or salad.



DATES

Choose

Look for dates that are plump with shiny skin.

Store

Refrigerate in an airtight container for up to 1 year.

Eat fresh

Dates can be eaten whole or chopped into pieces and added to hot or cold cereal. Try adding to chili for added sweetness.



POTATOES

Choose

Select firm and dry potatoes. Avoid ones that are soft or sprouting.

Store

Store at room temperature for 3-4 weeks. Store them away from onions.

Bake, grill or roast it

Bake, grill or roast whole or sliced potatoes. Add cooked potatoes to soups, stews and egg dishes.



Como se dice? How do you say...?

See if you can name these fruits and veggies from around the world.

- | | |
|---------------------------|-----------------------|
| 1. Aubergine (french) | 2. Gomba (hungarian) |
| 3. Oinniun (Irish/Gaelic) | 4. Arándano (Spanish) |
| 5. EAia (elia) (Greek) | 6. Kartoffel (German) |