



# AUGUST PROVIDES GUSTO FOR LOCAL PRODUCE



**CAULIFLOWER** — has been associated with reduced risk of prostate cancer. Cauliflower is very low in fat and carbs, but high in dietary fiber, folate, and vitamins C, K, and B6. When shopping for cauliflower, look for those with clean, creamy white, compact heads. Spotted or dull cauliflower heads should be avoided. Heads that are surrounded by thick green leaves are better protected and will be fresher. Size does not affect quality. Refrigerated in a plastic bag, uncooked cauliflower will keep for up to a week.



**CUCUMBERS** — with tasteless thick-skins and wax coating, commonly available in grocery stores, should be avoided. Seek out the flavorful cucumber varieties in farmers' markets instead. Once you have found a local source for cucumbers, make sure to buy fruits that are unblemished and firm. Store them in the refrigerator, wrapped in plastic to keep them hydrated and separate them from ethylene producing fruits like bananas and tomatoes, which will turn cucumbers yellow. Give warty cucumbers a good scrub with a vegetable brush to get rid of the tiny spines. Mature cucumbers may need to be seeded. As the fruit matures, so do the seeds and they become not only more fibrous but more bitter as well. To seed a cucumber, slice it length-wise and scoop the seeds out with a spoon. Keep in mind that when you seed a cucumber, you are throwing away valuable fiber so don't do it automatically, make the decision based on how you will be using it.



**PUMPKINS** — are really a squash. They are a fantastic source of beta-carotene, vitamins A, C, E, K, potassium, magnesium, fiber, and iron. The seeds of the pumpkin, called "pepitas," are also loaded with nutrients and delicious! Shop for a pumpkin that is heavy for its size, as lighter ones are drier. Pumpkins will keep well for a while in a cool, dry place. But once cut open they must be eaten or frozen in a couple of days to prevent spoilage. The flesh of the pumpkin may also be cut into chunks and roasted, as well as puréed or made into soups, pies and breads.



**SWEET POTATOES** — are actually only distantly related to the potato, and are therefore often marketed as "yams." However, the sweet potato is very distinct from the actual yam, which is native to Africa and Asia and belongs to the monocot family Dioscoreaceae. Sweet potatoes are rich in complex carbohydrates, dietary fiber, beta carotene (a vitamin A equivalent nutrient), vitamin C, and vitamin B6. Pink and yellow varieties are high in carotene.



Information provided in this flyer is presented to you by the DGFUMC

Environmental Stewardship Committee

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