



## Selecting Fruit in Season

Type of Fruit	How to Select	Nutritional Info	Ideas for Use	In Season
Mango	Choose slightly firm, heavy mangoes with sweet aroma; avoid ones with sap on the skin. When ripe, the flesh at the stem end will yield slightly to gentle pressure, squeeze, softer as ripen. Color not a good indicator of ripeness.  Has a large pit and thick skin. Wash before cutting.	Good source of vitamin A and vitamin C; fiber; antioxidants; potassium	Smoothies Sorbet Chutney/salsa to serve over fish, chicken, pork and vegetables Fruit Salad Puree for ice cream topping	Different varieties available all year, peak April to August
Peaches	Pick sweet smelling fruit, gives to pressure. Pick most local for tree ripened quality. Yellow or white flesh. Should have an even color.	Vitamin A and C Fiber	Cobbler or pie Fresh Cut up over ice cream Fruit Salad Jelly/jam/preserves Recipes Dried	June to end of August
Kiwi	Brown and fuzzy on the outside, green and juicy on the inside. Size does not determine sweetness. Press with thumb, give equals ripeness.  Refrigerate. If need to ripen, keep on counter a few days.	Antioxidants Vitamin C Fiber Potassium Vitamin E, Zinc, Folate	Frozen yogurt Sliced Fruit salad Smoothie	October to May

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Papaya  <i>Caution if you have latex allergy.</i>	Orange flesh with black seeds which are edible but bitter. Pick slightly soft to touch and reddish orange skin not hard or green.	Vitamin C, A, folate, fiber, potassium, magnesium, and copper	Eat cut up or in recipes Fruit salad Salsa Cold soup	summer and fall
Cantaloupe	Heavier when ripe. Makes deep sound when tapped. Thumb pressed on stem end has give. Ripe melons have fragrant aroma. Shouldn't be mushy.	Vitamin A, C, E Potassium, folate Vitamins B3, B1, B6, magnesium and copper	Fresh Fruit salad Roast seeds Cold soup Juice Smoothies Side dish	June through September
Watermelon	If buying cut, pick the deepest red color flesh. If buying whole, it should be heavy for its size, ground spot best when creamy yellow not white, skin should be dull not shiny. If you thump it, listen for deep sound.	Lycopene Antioxidants Vitamin C and A, potassium, Vitamins B1 and B6	Fresh Fruit salad Smoothies Cold soup Roasted seeds Pickled rind Sorbet Popsicle	peak in May, June and July but available year round
Pomegranate	Ripe when heavy, skin should be firm and taut, deep red in color.	Antioxidants, Vitamin C, fiber, potassium	Fresh Juice Preserves Recipes- juice or seeds Decorations	August through December

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