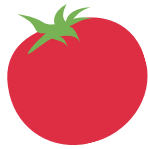


# URI SNAP-ED NUTRITION NEWSLETTER



## SUMMER PRODUCE GUIDE

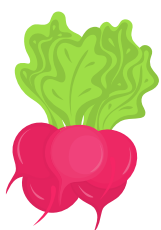
Summer is the perfect time of year to load up on fresh, tasty fruits and vegetables. Whether from the farmers' market, grocery store, or your garden, fresh produce is a healthy choice. However, many people find that fresh produce goes bad before they can eat it. Keep reading to learn how to make the best use of your fruits and vegetables to save money and waste less food.

Check your refrigerator and pantry before you shop. Plan to use up what you already have before buying more. Only buy enough fresh produce to last a week.



Do not wash fresh berries until you are ready to eat them. Washing berries and then putting them in the fridge will make them spoil more quickly.

Plan one "fridge clean out" meal per week. Soups, stews, casseroles, and stir-fries are great for using up fresh produce items that need to be eaten.



The green leafy tops of beets, radishes, carrots, and turnips are tasty and healthy. Instead of throwing them out, toss them into a soup or stir-fry.

Make sure to visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and nutrition information!



RISNPed



URI\_Nutrition\_Ed



Community Nutrition Education RI



URI Nutrition



Where in RI is...

SNAP-Ed this summer?



Farmers' markets!



Summer meals sites!



DHS offices!



Scan the QR code with your smartphone to find out where we will be!

Or visit

<https://uri.edu/community-nutrition/snaped/events/>



## WHERE SHOULD I STORE FRESH PRODUCE



### In the refrigerator

- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Greens (kale, collards)
- Lettuce
- Mushrooms
- Strawberries
- Sweet corn
- Sweet peas
- Zucchini

### Ripen on the counter, then refrigerate

- Avocado
- Banana
- Kiwi
- Mango
- Papaya
- Pear

### Can be kept at room temperature\*

- Apple
- Cantaloupe
- Grapefruit
- Orange
- Tomato

*\*Once cut or peeled, store in the refrigerator*

### In the pantry (or any dry, dark place)\*

- Garlic
- Potatoes
- Sweet Potatoes
- Winter squash

*\*Once cut or peeled, store in the refrigerator*

## Pasta with Greens & Beans

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Serving size:** 1 cup

**Servings per recipe:** 8

**Cost:** \$4.23 per recipe, \$0.60 per serving

### Ingredients:

- 2 cups uncooked **whole wheat pasta**
- 1 tablespoon vegetable **oil**
- 1 tablespoon minced **garlic**
- 8-10 ounces **fresh or frozen spinach**
- 2 cups **fresh diced tomatoes** (or 1 15-ounce can, with liquid)
- 1 (15 ounce) can **cannellini beans**, drained & rinsed
- ½ teaspoon **salt**
- ½ teaspoon **black pepper**
- ½ cup grated **parmesan cheese**

### Directions:

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large pan. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with liquid, beans, salt, and pepper. When the mixture bubbles, cook on low heat (uncovered) for 5 minutes.
4. Add pasta and parmesan to spinach mixture. Toss well and serve.

### Fridge clean out idea

Instead of spinach, use whatever veggies you have that need to be eaten. Zucchini, green beans, bell peppers, celery, carrots, or cabbage all work great in this recipe! Just add to the pan and cook until soft.

