



Helping Mississippians live happier, healthier lives!

APRICOTS

Did you know Spanish explorers brought apricots to America? They were planted all over California. The white or pink blossoms on an



apricot tree show up very early in spring. Apricots are smaller cousins to the peach, nectarine, plum, and almond. They are the earliest to ripen.

STORE

- ▶ Apricots ripen after they're picked.
- ▶ Put unripe apricots in a closed brown paper bag at room temperature to ripen quicker.
- ▶ Eat ripe apricots as soon as possible.
- ▶ Store ripe apricots in the refrigerator in a plastic bag for up to a week.
- ▶ They taste better and smell sweeter at room temperature.

PREPARE

- ▶ Wash apricots under cool water before eating.
- ▶ Apricot skin is soft and tender, so no need to peel.
- ▶ Cut fruit on the natural line around the apricot.
- ▶ When cut open, a ripe apricot's pit will simply fall out.
- ▶ To freeze apricots: Wash, cut in half, and put on a baking sheet in a single layer in the freezer until frozen. Once frozen, put them in resealable freezer bags, then back in the freezer.



BENEFIT

- ▶ Apricots contain many nutrients. They are packed with vitamin A (beta-carotene), vitamin C, fiber, iron, and potassium.
- ▶ Vitamin A helps to keep our skin, eyes, and hair healthy.

FUN WITH FOOD

CHILDREN CAN HELP:

- ▶ Select apricots in the grocery produce section.
- ▶ In the kitchen by washing apricots before cooking or eating.



- ▶ To learn more about storing and freezing apricots, visit HappyHealthy.MS and click on Tips and Videos.
 - How to Store Fruits and Vegetables
 - How to Freeze Fresh Fruits and Vegetables



ENJOY



KALE SALAD

- 1 bunch kale
- 1 (15-ounce) can peaches or apricots in 100% juice
- 1 tablespoon vegetable oil
- 1 tablespoon apple cider vinegar
- 1/3 cup 100% fruit juice (from canned fruit)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup parmesan cheese, grated

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Wash the kale and pat it dry with paper towels.
3. Remove the stems, stack and roll the leaves, and finely chop them. Add to a large bowl.
4. Drain the fruit, reserving the juice, and cut into bite-size pieces.
5. Add the fruit pieces to the kale.
6. Combine the oil, apple cider vinegar, 100% fruit juice, salt, and pepper in a small bowl and mix well with a fork.
7. Add the dressing mix to the kale and fruit. Mix the salad with tongs.
8. Add parmesan cheese, then place the covered bowl in the refrigerator to chill for at least an hour. Toss before serving.
9. Refrigerate leftovers within 2 hours.



CREAMY FRUIT SALAD

- 1 (15-ounce) can peaches or apricot halves in 100% juice
 - 1 (20-ounce) can pineapple chunks, no added sugar
 - 1 cup strawberries
 - 1 cup grapes
 - 1/2 cup low-fat vanilla yogurt
1. Wash your hands well with soap and warm water for at least 20 seconds.
 2. Drain the peaches and pineapple in a colander. Add the peach halves and pineapple chunks to a medium mixing bowl.
 3. Rinse the strawberries and grapes under cool water. Drain in a colander. Cut the stems off the strawberries and then cut them in half. Cut the grapes in half, then transfer the strawberries and grapes to the mixing bowl.
 4. Add the yogurt to the bowl and mix gently with a spoon until the fruit is well coated.
 5. Refrigerate leftovers within 2 hours.



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EXTENSION

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