

"We empower Pima County residents to build community wellness and make healthier choices through food, fitness, and gardening education."

del Jardín a la cocina

thegardenkitchen

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COLLEGE OF AGRICULTURE & LIFE SCIENCES
Cooperative Extension

AZ HEALTH ZONE
COOPERATIVE EXTENSION
PIMA COUNTY



Fresh Produce

HOW TO CLEAN IT AND STORE IT

Bone Building Fruit Smoothies

1 cup frozen berries
1 cup skim milk
½ cup low fat vanilla yogurt
1 cup raw chopped kale, washed

Directions:

1. Wash hands with soap and warm water. Wash kale well and pat or spin dry.
2. Combine all ingredients in a blender and process until smooth. Serve immediately.

Try adding any of the following ingredients for different flavors!
-Other frozen fruits such as mangos, peaches, and bananas
-Calcium fortified milk substitutes: soy or almond milk
-Nut butters: peanut, almond, or sunflower
-Nuts: almonds, walnuts, or pecans
-Spinach
-Flax seeds or chia seeds
-Granola







Cleaning and Storing

Herbs

Place the herbs in a bowl of cold water and allow to soak. Pat dry with a paper towel. To store, place in a jar with water and cover loosely with a plastic bag or cling wrap, and keep refrigerated.

Greens

Remove the leaves and place in a bowl of cold water, allowing them to soak. Pat dry with a paper towel. To store, place in a container or plastic bag and keep refrigerated.

Berries

Store berries in their packaging in the fridge for up to 5 days. Keep on a shelf rather than in the crisper drawer. Rinse berries with cool water directly before eating to avoid spoilage.