

FFVP Snacks – Week of September 28, 2020

Asian Pear

Asian pear is the generic name for over 25 different varieties of this fruit. Although the outside appearance of each Asian pear may differ, all varieties are crunchy, juicy and sweet. Depending on the variety, Asian Pears vary in size. Their color may also vary from yellow to brown, and the skin may be smooth or speckled. Chilled or cooked, Asian pears always make an excellent addition to any meal! Usually sold ripe and ready to eat, choose pears that are hard and fragrant. Once purchased, the fruit can be stored at room temperature for up to 5 days or in the refrigerator for up to three months.



Spring Mix Salad

Spring Mix can consist of some twelve to seventeen varieties of very young specialty lettuces. Spring Mix is preferred for reasons of taste, health and the environment. Enjoy with light salad dressings, such as raspberry vinaigrette for a healthy as well as tasty experience.

Kiwi

Kiwis have a juicy, slightly tart flavor reminiscent of melon and fresh berries. Kiwis have more Vitamin C than citrus and can be used in marinades as a meat tenderizer. Beautiful and eye-catching when sliced and used as a garnish, the crunchy, tiny black seeds add a wonderful texture and are perfectly designed to be eaten! Harvested when ripe and firm, choose solid, unblemished fruit. With a very long shelf life, Kiwi can be refrigerated for two or three weeks and then stored at room temperature for a few days until they yield to gentle pressure. Kiwis continue to get juicier when kept at room temperature.

