

# American Farm Bureau Federation Food Checkout Week – 2010

## Produce Station

**Objective:** To teach and show observers how to increase fruits and vegetables in their diet by demonstrating a basic salad recipe that emphasizes nutritional benefits, serving sizes, buying in season, versatility and shopping on a budget. Guests will receive a salad recipe incorporating many of these facts.

**Set up and supplies needed:** Demonstration table with tablecloth, medium cutting board, paring knife, large bowl for mixing, tongs for serving salad, ingredients for recipe (listed below), sample cups, forks, napkins, copy of recipe card for distribution, food service nonlatex gloves when preparing and serving food, and wipes for cleaning/sanitizing.

**Recipe: Romaine Strawberry Citrus Salad** – 8 servings (1 serving = Calories: 140; Fat: 9g; Cholesterol: 14g; Protein: 4g)

8 cups chopped Romaine lettuce or bagged salad greens

1 cup Mandarin oranges, drained or sliced, fresh orange segments

1 cup sliced, fresh strawberries

½ cup red onion, sliced thinly

2 oz. goat cheese or feta cheese

½ cup chopped walnuts

½ cup Raspberry or Citrus flavored **light** vinaigrette

Combine lettuce and onions in a bowl or on a platter. Top with berries, oranges, cheese and walnuts. Drizzle dressing over salad and serve.

### Talking Points:

- What do you notice when you look around the produce section?
  - Many colors, shapes, sizes (point to various areas of produce and provide examples like apples, oranges, bananas, melons, eggplant, lettuce, etc.)
  - Fruits and vegetables help you to **EAT A RAINBOW!!**
- Colors in produce represent nutrients that increase immune system function, heart health, brain health, and cancer-fighting agents. These nutrients also help lower the risk of dementia, lowers bad cholesterol numbers and keep you regular, to name just a few of the benefits.
- Here are some benefits of that vegetables and fruits:
  - High potassium which helps lower blood pressure.
  - Orange produce contains beta carotene, also known as vitamin A. Identify produce items that are orange (cantaloupe, oranges, and carrots).
  - Purple produce contain powerful antioxidants that fight cancer cells. Identify produce items that are purple such as grapes, eggplants or purple onions.
  - Green produce is full of B vitamins, vitamins K, C, and calcium along with antioxidants & omega 3 fatty acids. The darker the green the more nutrients it has!

- Fiber which helps control appetite, aids in managing blood sugar levels, helps to lower cholesterol, reduces the risk of certain cancers and acts as a “scrub brush” for our digestive system. The strawberry is particularly high in fiber and vitamin C.
  - The ability to make you feel fuller longer, while being low in calories. They help to control appetite.
- When preparing and serving the salad for taste testing note all the colors found in the salad recipe (i.e., purple onion, green lettuce, red strawberries and orange segments).
- Serving sizes for fruits and vegetables:
  - 1 cup fresh and ½ cup cooked/canned and ¼ cup dried equal one serving
    - Thinking in those sizes makes 5-9 servings/day easier to swallow.
  - Eat food first before supplements as Mother Nature’s own package enables the best absorption of the nutrients in our bodies.
- Budget considerations:
  - Bagged greens (buy if on sale) or chop up heads of lettuce and mix varieties of lettuce for more colors.
  - Buy produce in season for best prices and only purchase what you will eat in 4-5 days.
  - Frozen fruits and vegetables that contain no added ingredients may offer more flexibility and minimize waste.