

The Most Awesome *Bounty* in the Santa Cruz County!

- A bag full of fruits, vegetables, bread, and surprises now and then -

Each month the Grey Bears' Bag of Goodies delivers nutrition that reflects the season's bounty. Next question...what to do with it ALL, if you can't munch it up right away?

Storing these goodies is the focus in this month's Notes. Some items have good keeping times just sitting on your kitchen table, while others like a dark, cool hiding place in which to await their star performance in one of your upcoming recipes.



See me, Eat me.

Put me on the table/counter for a 10 am or 3 pm snack.

Pineapples keep at room temp (can refrigerate cut ripe fruit for several days)

Avocados, papayas, kiwis, mangoes, melons, pears, peaches, nectarines, plums (after ripe, store in fridge and eat them over the next several days)

Bananas (when spots start to appear, peel, chop, and put in plastic bag in freezer for smoothies and other recipes.

Citrus fruit are long-storage fruits (lemons, limes, oranges, grapefruit (will also keep longer in refrigerator, up to three weeks)

Hide me, but don't forget me.

Tomatoes - keep at room temp in a cool, dark place or in a paper bag to fully ripen (can refrigerate after ripened for a few days. Eat soon!)

Potatoes, onions, shallots, hard-shelled winter squash - keep in a dry, cool, dark place out of the light and these veggies will keep for about a month! Some people have a special 'potato' drawer or bin for these.



Most fruits are quite perishable and require refrigeration. You can leave some fruits out to ripen, but when ripe, they last longer in the fridge.

* **Mushrooms**: Take these out of plastic wrap when purchased and transfer them to a paper sack or DRY towel & a dark, cool spot in your fridge. You can brush them off or quick-rinse them just before using.

** **Salad Greens**: Rinse thoroughly, trim, and dry completely before storing wrapped in paper or cloth towels, or in plastic bags in the crisper drawer in your fridge. Store for 3-4 days (spinach keeps 2-3 days).

Refrigerate me and eat me soon.

Eat Now

Corn, cherries, berries

Eat Soon (2-4 days)

Leafy greens (beet tops, collards, kale, mustard greens etc), spinach, and salad greens*

Artichokes/asparagus, green beans



Refrigerate me then eat me in a week or three.

Up to 1 week – grapes, Broccoli, cauliflower, Mushrooms,** summer squash (zucchini & yellow)

Cucumbers/eggplant put in cold, crisper drawer

Up to 2 weeks

Bell peppers, celery, cabbage

Several weeks

Carrots, garlic, apples

I've got a beautiful Cauliflower 'rose' in my fridge just waiting for this recipe!

Garlic Cauliflower 'Mashed Potatoes' serves 2 - 4

Ingredients

1 fresh cauliflower head, leaves removed
3 Tablespoons RAW cashews, ground
1/4 cup soymilk (or other non dairy milk)
1/4 cup water

1- 5 garlic cloves, peeled and minced
1 teaspoon Italian seasoning
or 1/2 teaspoon Mrs. Dash seasoning mix
(optional) 1/4 teaspoon salt, black pepper (to taste)

Directions

1. Wash and steam cauliflower until it is very tender, approximately 8-10 minutes.
2. While cauliflower is cooking, process cashews to a powder in a blender (or food processor).
3. Add soy milk, water, garlic, and seasonings then process well. Pour this mixture into a small saucepan and over medium heat stir constantly until thickens (when it boils). Turn off and set aside for the next step. You can sub 2 tsp cornstarch for cashews, yet the cashews offer a heavenly non-dairy CREAMY texture that at some day in time you've got to experience. Trust me!!!
4. When cauliflower is cool enough for you to handle, drain off as much water as possible. Break it up into small pieces and put into a food processor. Whirl on high for a minute or just mash with a fork. Add the cashew sauce. Process/stir until the cauliflower is creamy and smooth.
5. Check the consistency. If it is too thick for you, add a tiny bit of soymilk, mix, and check again. Too much liquid and you will end up with soup (and this is good too)!
6. Pepper and salt (optional) to taste. Serve hot/warm along with an awesome salad.

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For more info or to sign up: www.cancerproject.org/classes 🐻 Ask about Grey Bears' discounts.

Sandi Rechenmacher HHP, NC, MH and a Grey Bear!
Nutritional Consultant & Educator 🐻 Food for Life Instructor

PO Box 1403, Soquel, CA 95073 🐻 simplynutritious@gmail.com
Cancer/Diabetes Prevention & Wt Loss 🐻 www.cancerproject.com



California Grey Bears
1055 Chanticleer Ave.
Santa Cruz, CA 95065
831-479-1055
www.greybears.org