

Food and Fitness

November 2019
Volume 208

Inside this issue:

Are You
Correctly
Storing Your
Produce? **1-2**

Produce
Storage Cheat
Sheet **3-4**

Fruit—
Blackberries **5-6**

Recipe—
Lemon
Blackberry
Trifle **7-8**

Brain Exercise **9**

Monthly
Observances **10**

Monthly
Motivator Tips **11**

Are You Correctly Storing Your Produce?

Produce is tricky when it comes to exactly how we should store each one.

Some of our produce needs to be stored in the refrigerator, while others need to be stored at room temperature. Then, some

produce needs to be stored at room temperature until the desired ripeness, then refrigerated. To make matters even more confusing, some produce should not be stored with others because they can speed up the ripening process.

For a quick reminder, the MyPlate model shows that we should make half of our plate fruits and vegetables at every meal. Adult men need about five cups of fruits and vegetables total in a day. Women need at least three and a half cups in a day. If we are following the MyPlate guidelines, we are storing a large amount of produce and want to keep it at its best.

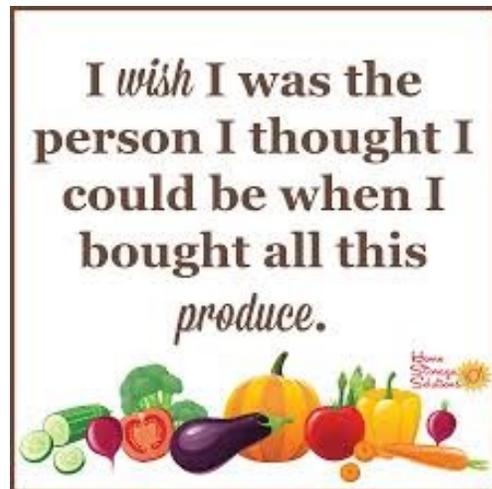
It is easy to just follow suit and do what we have observed from others. However, produce storage can be considered an art form. Storing produce in the right ways can lead to a better quality product and increase the produce's lifespan before rotting.



Are You Correctly Storing Your Produce?

(Continued from Page 1)

The first rule to storing produce is the rule for cleaning. You should always wash fresh produce before you eat it. Harmful bacteria and other contaminants are possible when traveling from the farm to your table. Simply washing the produce with water and removing the wax with a towel is best. Even though it is important to wash your produce, it is recommended to store your produce unwashed and wash it prior to eating. Excess moisture from washing can cause them to rot quicker.



The next method is refrigeration. Vegetables are most often kept in the crisper drawers where they have humidity controls. According to the Cornell Cooperative Extension Center, there are four different types of storage: cold (32-39°F) with moist storage, cool (40-50°F) with moist storage, cold (32-39°F) with dry storage, and warm (50-60°F) with dry storage. As a reference, refrigerator temperatures are generally kept around 34°F. Examples of the different types of storage are:

Cold, Moist

Apples

Broccoli

Carrots

Lettuce

Eggplant

Cold, Dry

Garlic

Onions

Warm, Dry

Hot Peppers

Pumpkins

Winter Squash

Sweet Potatoes

There are listed on pages three and four some of the most popular produce and how they should be stored. For additional information, there are some great phone apps that shows you how to properly store all foods not just the produce. The Food Keeper app gives details for all your favorite foods to keep them lasting longer with a better overall quality.

PRODUCE STORAGE CHEAT SHEET

Whole Fruits & Veggies

Pantry/
Room Temp

Refrigerator

Freezer

	Pantry/ Room Temp	Refrigerator	Freezer
APPLES	Until ripe	1 month	
APRICOTS	Until ripe	5 days	
ARTICHOKES		5-7 days	
ASPARAGUS		2-3 days	8 months
AVOCADOS	Until ripe	5 days	
BANANAS	Until ripe	5 days (fully ripe)	1 year (peeled)
BEETS		2 weeks	
PEPPERS, BELL OR HOT		1-2 weeks	
BERRIES	Until ripe	3-5 days	1 year
BROCCOLI		5-7 days	
BRUSSELS SPROUTS		5-7 days	
CABBAGE		1-2 weeks	
CARROTS		2 weeks	
CAULIFLOWER		1 week	
CELERY		1-2 weeks	
CHERRIES	Until ripe	3-5 days	
CORN		3-5 days (in husks)	8 months (out of husks)
CUCUMBERS		1 week	
EGGPLANT		1 week	
GRAPEFRUIT	Until ripe	1-2 weeks	
GRAPES	Until ripe	5 days	
GREEN BEANS		3-5 days	8 months
GREEN PEAS		3-5 days	8 months
LEMONS	Until ripe	1-2 weeks	
LETTUCE		5-7 days	

PRODUCE STORAGE CHEAT SHEET

Whole Fruits & Veggies

Pantry/
Room Temp

Refrigerator

Freezer

	Pantry/ Room Temp	Refrigerator	Freezer
LIMA BEANS		3-5 days	8 months
LIMES	Until ripe	1-2 weeks	
MANGO	Until ripe	2-3 days	
MELONS	Until ripe	5 days	
MUSHROOMS		5-7 days	
NECTARINES	Until ripe	5 days	
ONIONS	1-2 weeks	2-3 weeks	
ORANGES	Until ripe	1-2 weeks	
PEACHES	Until ripe	5 days	1 year
PEARS	Until ripe	5 days	1 year
PINEAPPLE	Until ripe	5-7 days	
PLUMS	Until ripe	5 days	
RADISHES		2 weeks	
RHUBARB		3-5 days	
SNAP BEANS		1 week	
SPINACH		5-7 days	8 months
SQUASH, SUMMER		3-5 days	
SQUASH, WINTER	1 week		
SWEET POTATOES	1-2 months		
TOMATOES	1 week	Not recommended	
TURNIPS		2 weeks	
WATERMELON	Until ripe	5-7 days	
WHITE POTATOES	1-2 months		

Fruit—Blackberries

Blackberries are a fruit that belong in the Rosaceae family. Blackberries are also be called lawers, thimbleberries, dewberries, and brambleberries. Blackberries are similar to raspberries except blackberries have a larger seed. When picking the berries, the blackberry’s stem remains attached to the berry, and with raspberries the stem remains attached to the plant. Blackberries can be grown on farms or in the wild. They are commonly found in North America and can be found in other parts of the world.

For consumption, blackberries are known for their high levels of antioxidants. Antioxidants are defined as “a substance such as vitamin C or E that removes potentially damaging oxidizing agents in a living organism.” In other words, they prevent or slow down potential damage to the cells. The blackberries are low in calories and contain dietary fiber. The blackberries also contain notable amounts of vitamin A, vitamin, C, vitamin E and vitamin K.

Blackberry season is from June until September. Once picked, the berries quickly become perishable and last for only a few days. Blackberries can be eaten cooked or raw. Jams, jellies, muffins, and teas are just a few of the many ways we can enjoy them.



What do you get when you eat a blackberry?
A Bluetooth



NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Folate, Magnesium, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin C, Vitamin K and Manganese.

The bad: A large portion of the calories in this food come from sugars.

Estimated Glycemic Load

4

0 250

Typical target total is 100/day or less

[? What is this?](#)

Caloric Ratio Pyramid [? What is this?](#)

Caloric Ratio Pyramid for Blackberries, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

79%	10%	11%
Carbs	Fats	Protein



Blackberries, raw

Serving size: ▾

NUTRITION INFORMATION

Calorie Information

Amounts Per Selected Serving		%DV
Calories	61.9 (259 kJ)	3%
From Carbohydrate	49.3 (206 kJ)	
From Fat	5.9 (24.7 kJ)	
From Protein	6.7 (28.1 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	14.7 g	5%
Dietary Fiber	7.6 g	31%
Starch	0.0 g	
Sugars	7.0 g	

[More details ▾](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.7 g	1%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.4 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	135 mg	
Total Omega-6 fatty acids	268 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▾](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.0 g	4%

[More details ▾](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	308 IU	6%
Vitamin C	30.2 mg	50%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.7 mg	8%
Vitamin K	28.5 mcg	36%
Thiamin	0.0 mg	2%
Riboflavin	0.0 mg	2%
Niacin	0.9 mg	5%
Vitamin B6	0.0 mg	2%
Folate	36.0 mcg	9%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	12.2 mg	
Betaine	0.4 mg	

[More details ▾](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	41.8 mg	4%
Iron	0.9 mg	5%
Magnesium	28.8 mg	7%
Phosphorus	31.7 mg	3%
Potassium	233 mg	7%
Sodium	1.4 mg	0%
Zinc	0.8 mg	5%
Copper	0.2 mg	12%
Manganese	0.9 mg	47%
Selenium	0.6 mcg	1%
Fluoride	~	

Ingredients

For the Lemon Cake:

- 1 cup granulated sugar
- 2 tbsp packed lemon zest from one large lemon
- 1 1/2 cups all-purpose flour
- 2 1/2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup milk at room temperature
- 1 tbsp vegetable oil
- 3 oz butter, at room temperature (6 tbsp)
- 2 tsp lemon extract
- 2 large eggs at room temperature

For the Lemon Curd:

- 3 ounces unsalted butter
- 1 cup granulated sugar
- 2 eggs
- 2 egg yolks
- 2/3 cup freshly squeezed lemon juice

Directions

To Make the Lemon Cake:

1. Preheat the oven to 350 degrees Fahrenheit. Spray a 9x13-inch pan with nonstick cooking spray.
2. Place the sugar and lemon zest in the bowl of a large stand mixer fitted with a paddle attachment. Rub the zest into the sugar with your fingers until the sugar is moist and very fragrant. Add the flour, baking powder, and salt. Mix everything on low speed until well-combined. Add the milk, oil, butter, and vanilla to the mixing bowl and once it's incorporated, raise the mixer speed to medium-high and beat for 2 minutes.
3. Scrape down the bottom and sides of the bowl, then add the 2 eggs and beat for 2 minutes more on medium-high speed. Scrape the bottom and sides of the bowl once more.
4. Pour the batter into the prepared pan. Bake at 350 for 25-30 minutes, until a toothpick inserted in the center comes out clean and the top springs back when lightly pressed. Let the cake cool completely on a wire rack.



(Continues on Page 8)

Directions

(Continued from Page 7)

To Make the Lemon Curd:

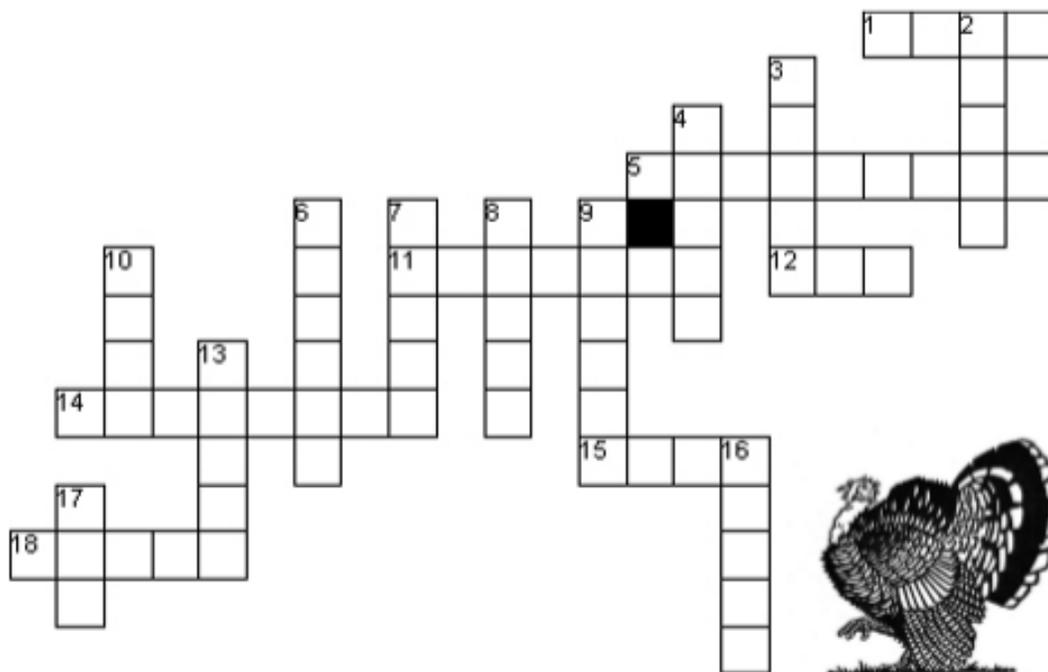
1. Fill the bottom of a double boiler (or a regular saucepan) with about an inch of water and bring it to a simmer on the stovetop.
2. In a large mixing bowl, cream together the butter and the sugar with a handheld or stand mixer until the mixture is light and fluffy. Slowly add the eggs and yolks, and beat for 1 minute more. Add the lemon juice and mix—at this point the mixture will look curdled.
3. Pour the liquid into the top of a double boiler or a bowl that fits snugly over your saucepan. (I actually like to use the metal mixing bowl that goes on my stand mixer so I'm not dirtying too many dishes.) Cook the mixture over the simmering water, whisking frequently, until it thickens enough to coat the back of a spoon. If you want to use a candy thermometer, cook the curd until it reaches 175 degrees F.
4. Once the curd thickens, remove the pan from the heat and pour it through a fine mesh strainer to remove any bits of cooked egg. Press a layer of cling wrap directly on top of the curd and refrigerate it until it is chilled and thick.

Assembly:

1. Combine 12 ounces of blackberries and 2 tablespoons of sugar in a medium bowl. If you are using frozen berries, they should be completely defrosted. Mash the blackberries with a fork or potato masher until they're coarsely broken down and release their juices. Add the finely chopped mint leaves, if you're using them, and stir them in.
2. Whip the cream and the powdered sugar together until the cream holds firm peaks.
3. Cut up the lemon cake into small cubes.
4. Assemble the trifle in a large glass bowl or trifle bowl. (A 3-4 quart bowl is perfect.) Spread a little whipped cream on the bottom of the bowl and cover the cream with a single layer of cake cubes. Top the cubes with about a third of the lemon curd, then spoon half of the blackberries on top of that, then add a layer of whipped cream. Repeat this process with more cake cubes, the rest of the lemon curd, the rest of the blackberries, and more cream. Top the bowl with a layer of cake cubes. Spread a thin layer of cream over the cubes. Decorate the top with the remaining fresh blackberries, the rest of the whipped cream, and any other garnishes you'd like, like fresh mint leaves or a twist of lemon.
5. Chill the trifle in the refrigerator for at least 2 hours to let the cake absorb some of the moisture. The trifle can be chilled overnight and served the next day. Leftovers will keep, well-wrapped and refrigerated, for up to a week.

Don't Just Exercise Your Body, Workout Your Brain!

Talking Turkey



Across

- 1. Very soft feathers sometimes used for making pillows.
- 5. Small bump-like growths of skin that cover the turkey's neck; these change color when the turkey is upset or courting.
- 11. Prior to the 20th century, turkeys were primarily bred for their beautifully colored _____.
- 12. A male turkey.
- 14. The last name of the Founding Father who suggested that the turkey -- not the eagle -- serve as the national symbol.
- 15. Turkeys have great hearing, but no visible _____.
- 18. A patch of dark hair on the male turkey's chest.

- 3. A young turkey
- 4. A group of female turkeys assembled during mating season.
- 6. A male turkey makes this sound.
- 7. Turkeys from Central America were introduced to this European country in 1519.
- 8. A stiff, hard feather.
- 9. The red pouch-like area that hangs down from the front of the male turkey's throat.
- 10. Turkey eggs take approximately _____ weeks to hatch.
- 13. A red ornament that grows from the turkey's forehead over its bill.
- 16. Wild turkeys can fly, but only for a _____ distance.
- 17. A female turkey.

Down

- 2. In the wild, turkeys prefer to live in the woodlands close to _____.

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 All Saint's Day	2 Deviled Egg Day
3 Sandwich Day	4 Check Your Blood Pressure Day	5 U.S. General Election Day	6 Saxophone Day	7 Men Make Dinner Day	8 Cook Something Bold Day	9 Chaos Never Dies Day
10 USMC Day	11 Veteran's Day	12 Chicken Soup for the Soul Day	13 Caregiver Appreciation Day	14 World Diabetes Day	15 Clean Your Refrigerator Day	16 National Fast Food Day
17 Homemade Bread Day	18 Occult Day	19 Have a Bad Day Day	20 Beautiful Day	21 False Confession Day	22 Go For a Ride Day	23 Eat A Cranberry Day
24 Evolution Day	25 National Parfait Day	26 Shopping Reminder Day	27 National Tie One On Day	28 French Toast Day	29 Black Friday	30 Stay At Home Because You Are Well Day

Monthly Observances

- Aviation History Month
- Child Safety Protection Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Railroad Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Real Jewelry Month
- National Sleep Comfort Month

Ketogenic and Paleo Diets Fad

By Cheryl Kaczor, WVU Extension Agent – Marshall County



Monthly Challenge: Choose a lean protein to eat at least twice a day.

Health Motivator Talking Points

The ketogenic and paleo diets have been very popular fads in the last several years. Let's explore why these diets are popular and why they may be unsafe.

The ketogenic diet . . .

- Is a high fat, low carbohydrate and moderate protein diet.
- Has existed for 100+ years. It has been used to treat drug resistant epilepsy in children, under medical supervision.
- Is bad for your heart, since it promotes high fat foods.
- It may lead to nutrient deficiencies, because high carbohydrate foods (vegetables, fruits, whole grains, legumes) are eliminated or limited.

The paleo diet . . .

- Is sometimes called the caveman diet, because it promotes foods (supposedly) eaten in the hunter-gatherer, Stone Age period.
- Promotes foods high in protein and very low in carbohydrates, eliminating all grain foods, legumes and dairy.
- Is not nutritionally balanced. Following this diet for a long time can pose health risks. For example, not enough calcium increases the chance of osteoporosis. Vegetarians would find it difficult to get enough protein on this diet.

Quick Club Activity: Pass the Water

This is like the hot potato game. Form a circle. The leader has two full water bottles. Pass both to the right around room. Crossing arms over body. When bottles return to leader, pass them in the opposite direction. Make sure you use your entire body to pass them. For a fun twist, add music and stand up.

Learn More

www.mayoclinic.org



Chuckle of the Month:

So you want to eat like a caveman?

Remember, he chased down his food and only lived to be about 35 years old.

