

# Knowledge @ Noon

## *“Cool Citrus”*



*Wednesday, July 20, 2016*

*12:00 - 1:00 p.m.*

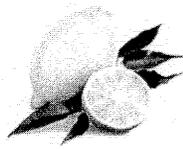
104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District  
Master Food Volunteers*

# The Power of Citrus!

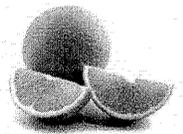
## When Life Gives You Lemons, Limes, Oranges, Tangerines, or Grapefruit, EAT THEM!

Citrus is known for its high vitamin C content that helps to protect against heart disease and a variety of cancers. But it also helps absorb iron, decrease cholesterol, fight stress and support a healthy immune system. Each citrus fruit has its own unique health benefit in addition to vitamin C.



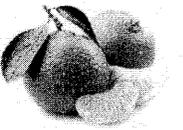
### Lemons and Limes

- Lemons and limes have strong antibacterial properties making them effective in supporting the immune system.
- Lemons help balance pH
- Lemons help soothe a sore throat and calm a cough
- Lemons help clean out respiratory tract



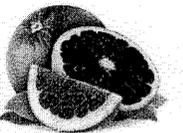
### Oranges

- Oranges contain 170 different phytonutrients (*health-promoting properties including antioxidant, anti-inflammatory, and liver-health-promoting activities*) and more than 60 flavonoids (*providing health benefits through cell signaling pathways and antioxidant effects*)
- May lower blood pressure, cut risk of rheumatoid arthritis in half, and has anti-carcinogenic activity



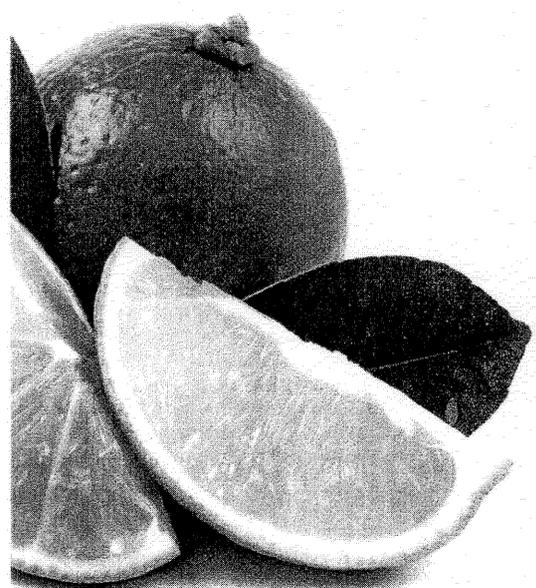
### Mandarin Oranges

- Mandarin oranges such as tangerines and clementines contain hesperidin, a flavonoid that helps support collagen formation and can reduce wrinkles
- Protects skin from pollution, UV rays and chemicals



### Grapefruit

- Full of pectin, a soluble fiber that can help lower cholesterol
- May lower insulin levels, helping prevent weight gain
- Pink and red grapefruits contain lycopene fighting cell damage



# EAT CITRUS, *All Day*

## *Breakfast*

### No Better Way than to Start Your Day with Citrus

**Fill your morning mug with two ingredients:** warm water and the juice of the half of a fresh squeezed lemon. So comforting, it will become a part of your morning routine before you know it.

#### Drinking a cup each morning may:

- Balance your pH; lemons are actually alkaline in the body when digested, not acidic
- Detoxify by stimulating and cleaning the digestive track
- Soothe a sore throat
- Help your respiratory system as it cleans out air vessels
- Give you a dose of antioxidants that fight cell damage
- Prevent kidney stones
- Prevent storage of belly fat

## *Lunch*

### Fight the Work Day Stress with Citrus

Enjoy a Citrus Chicken Pasta Salad for lunch to help power you through the afternoon slump.

#### Citrus Chicken Pasta Salad

(serves 6 – about 1 ½ cups each)

- 2 cups whole grain rotini pasta, uncooked
- 2 cups rotisserie chicken
- 4 tangerines, peeled and sectioned
- 1/2 red onion, julienned
- 1/2 cup olive oil mayonnaise
- 1/3 cup fresh squeezed orange juice
- 1 tsp. orange zest
- Salt and pepper and parsley to taste

#### Directions

1. Cook pasta according to directions. Rinse with cold water and set aside.
2. In bowl, mix chicken, tangerines and onion.
3. Add pasta to bowl and toss gently.
4. In separate bowl, mix together mayo, orange juice and zest.
5. Pour over salad mixture and mix gently. Chill until serving.

## *Evening*

### Drink After Dinner, Enjoy a Healing Tonic

#### Soothe a sore throat and relieve your cough

Research suggests that honey might be just as effective if not more effective than over-the-counter cough medications. Adding lemon juice gives a dose of immune support from all of the vitamin C. Cayenne has capsaicin, a compound that has pain-relieving properties and may help soothe a sore throat. Put all three together and you have a spicy citrus honey tonic!

#### Spicy Citrus Honey Tonic

##### Ingredients

- 8 oz. warm water
- 1 Tbsp. honey
- 2 tsp. fresh squeezed lemon juice
- 1/8 tsp. cayenne pepper

##### Directions

1. Dissolve honey into water.
2. Add lemon juice and cayenne pepper.
3. Stir and adjust amounts based on taste preference.
4. Sip slowly to prolong the healing properties.

**Citrus** is a common term and genus (*Citrus*) of flowering plants in the rue family, Rutaceae.

The most recent research indicates an origin in Australia, New Caledonia and New Guinea. Some researchers believe that the origin is in the part of Asia bordered by Northeast India, Burma (Myanmar) and the Yunnan province of China, and it is in this region that some commercial species such as oranges, mandarins, and lemons originated. Citrus fruit has been cultivated in an ever-widening area since ancient times, with the best-known examples being the oranges, lemons, grapefruit, and limes.

## History

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At various times, citrus plants were thought to be native to Asia (where they were first domesticated), Europe, and Florida. But the European oranges (such as the bitter orange) were originally brought from India at around the time of Alexander the Great, and the "native" oranges of Florida actually originated with the Spanish Conquistadors.

The lemon reached Europe during the time of classical Rome.

## Culinary

Many citrus fruits, such as oranges, tangerines, grapefruits, and clementines, are generally eaten fresh. They are typically peeled and can be easily split into segments. Grapefruit is more commonly halved and eaten out of the skin with a spoon.<sup>[24]</sup> There are special spoons (grapefruit spoons) with serrated tips designed for this purpose. Orange and grapefruit juices are also very popular breakfast beverages. More acidic citrus, such as lemons and limes, are generally not eaten on their own. Meyer lemons can be eaten out of hand with the fragrant skin; they are both sweet and sour. Lemonade or limeade are popular beverages prepared by diluting the juices of these fruits and adding sugar. Lemons and limes are also used as garnishes or in cooked dishes. Their juice is used as an ingredient in a variety of dishes; it can commonly be found in salad dressings and squeezed over cooked meat or vegetables.

A variety of flavors can be derived from different parts and treatments of citrus fruits. The rind and oil of the fruit is generally very bitter, especially when cooked, and so is often combined with sugar. The fruit pulp can vary from sweet and tart to extremely sour. Marmalade, a condiment derived from cooked orange and lemon, can be especially bitter, but is usually sweetened to cut the bitterness and produce a jam-like result. Lemon or lime is commonly used as a garnish for water, soft drinks, or cocktails. Citrus juices, rinds, or slices are used in a variety of mixed drinks. The colorful outer skin of some citrus fruits, known as zest, is used as a flavoring in cooking; the white inner portion of the peel, the pith, is usually avoided due to its bitterness. The zest of a citrus fruit, typically lemon or an orange, can also be soaked in water in a coffee filter, and drunk. *Information taken from Wickpedia.com*

## Interesting Note

Pixie Tangerines- Small and seedless, Pixies are easy to peel and burst in your mouth with sweetness and an edge or tang. Pixies, clementine's, satsumas, Dancy and W.Murcotts are all types of mandarins, the way Fuji and Honeycrisp are varieties of apple. Mandarins are an original species while oranges are actually a mandarin-pummelo cross.

*Tracy Kahn, PhD, botanist and curator of university of California Riverside's City's Variety Collection.*

## Medical

Oranges were historically used for their high content of vitamin C, which prevents scurvy. Scurvy is caused by vitamin C deficiency, and can be prevented by having 10 milligrams of vitamin C a day. An early sign of scurvy is fatigue. If ignored, later symptoms are bleeding and bruising easily. British sailors were given a ration of citrus fruits on long voyages to prevent the onset of scurvy, hence the British nickname of Limey.

Pectin is a structural heteropolysaccharide contained in the primary cell walls of plants. Limes and lemons as well as oranges and grapefruits are among the highest in this level. After consumption, the peel is sometimes used as a facial cleanser.

Before the development of fermentation-based processes, lemons were the primary commercial source of citric acid.

Citrus fruit intake is associated with a reduced risk of stomach cancer. Also, citrus fruit juices, such as orange, lime and lemon, may be useful for lowering the risk of specific types of kidney stones. Grapefruit is another fruit juice that can be used to lower blood pressure because it interferes with the metabolism of calcium channel blockers. Lemons have the highest concentration of citrate of any citrus fruit, and daily consumption of lemonade has been shown to decrease the rate of kidney stone formation.

*Information taken from Wickpedia.com*

## Will drinking lemon in my water damage my teeth?

Theoretically, lemon acid can be detrimental to tooth enamel, but you're diluting it in a glass of water. As long as you don't chew on a lemon for a long period of time you'll be fine; and starting your day with a glass of lemon water does have these other benefits.

1. Aids digestion. The acid in lemons may be especially helpful to supplement stomach acids, which decline as we get older.
2. Hydration help. Most of us don't drink enough water, and a morning lemon water habit is an easy way to get your day off on the right foot.
3. Diet aid. Replacing your orange juice with lemon water will save you more than 3,000 calories a month.
4. Disease protection. Lemons contain phytonutrients, which have been shown to help fight chronic illness, prevent cancer and strengthen the immune system.
5. C source. The juice of half a lemon adds a mere 6 calories to your glass of water and provides more than a sixth of your daily vitamin C – essential to protect your body from cell damage and repair injury.

*Roxanne b. Sukol, M.D. Dept. of Executive Health and Preventive Medicine at Cleveland Clinic's Wellness Institute. From communitytable.com*

## Best Shrimp Ever

Melt a stick of butter in bottom of a cookie sheet that is lined with foil. Slice one lemon and lay over the butter. Place fresh or frozen shrimp on top of the lemon and sprinkle with a package of dried Italian salad dressing seasoning. Bake at 350 for 15 minutes.  
*Recipe submitted by Debi Doering, MFV.*

## Citrus Chicken Supper

### Ingredients

1 tablespoon extra-virgin olive oil	1 (1 oz.) pkg. ranch dressing mix
4 skinless, boneless chicken breast halves	1 ½ teaspoons cornstarch, sifted
1/2 cup fat-free chicken broth	2 cups cooked rice
3 1/2 tablespoons orange marmalade	

### Directions

Heat the olive oil in a skillet over medium heat. Cook the chicken breasts in the skillet until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). While the chicken cooks, stir the chicken broth, orange marmalade, and ranch dressing mix together in a bowl; pour over the chicken. Add the cornstarch to the liquid in the skillet and stir. Bring the mixture to a low boil, reduce heat to medium-low, place a cover on the skillet, and cook another 10 minutes. Serve over the cooked rice.

## Citrus Braised Pork

2 Tablespoon Vegetable Oil	1 ½ cups water
1 Onion, chopped fine	¼ cup frozen orange juice concentrate, thawed
3 Garlic cloves, minced	3 Tablespoons distilled white vinegar
1 teaspoon ground cumin	1 ½ Tablespoons Worcestershire sauce
1 teaspoon dried oregano	5 Bay leaves
½ teaspoon ground allspice	Salt & pepper
½ teaspoon ground cinnamon	1 (2 ½ to 3 lb.) boneless pork but roast,
1/3 cup tomato paste	trimmed and cut into 1 inch chunks

Adjust oven rack to lower-middle position & oven to 300°F. Heat oil in Dutch oven over medium heat until shimmering. Add onion & cook until lightly browned, 4-6 min.

Add garlic, cumin, oregano, allspice & cinnamon & cook until fragrant, about 30 seconds. Stir in tomato paste, & cook, stirring constantly, until paste begins to darken, about 45 seconds. Stir in water, orange juice concentrate, 2 Tbsp vinegar, Worcestershire, bay leaves, 2 tsp. salt, & 1 tsp pepper, scraping up any browned bits.

Add pork and bring to a boil. Transfer to oven, uncovered, and cook until pork is tender, about 2 hours, stirring once halfway through cooking.

Transfer pot to stovetop; discard bay leaves. Using potato masher, mash pork until finely shredded. Bring to a simmer over medium-heat, then reduce heat to medium-low and cook until most of liquid has evaporated, 3 to 5 minutes

Off heat, stir in remaining 1 Tbsp. vinegar and season with salt & pepper to taste.

Use for salads, tacos, sandwiches.

Serves 6

*Recipe from Cook's Country/ June-July 2016*

## Citrus Glazed Salmon

4 servings      Kitchen time: 30 minutes

2 medium limes	1 + ¼ pound salmon fillet, cut into 4 pieces
1 small orange	2 Tablespoons sliced green onions
1/3 cup agave syrup	1 lime slice, cut into 4 wedges
1 teaspoon salt	1 orange slice, cut into 4 wedges
1 teaspoon pepper	Cooked rice, optional
4 cloves garlic, finely chopped	

Preheat oven to 400F. Line 15x10x1" pan (jelly roll pan) with cooking parchment paper or foil. In small bowl, grate lime zest. Squeeze enough juice to equal 2 Tbs.; add to zest in bowl. Grate orange zest into bowl. Squeeze enough juice to equal 2 Tbs.; add to zest mixture. Stir in agave syrup, salt, pepper and garlic. In small cup, measure ¼ cup citrus mixture for salmon (reserve remaining citrus mixture).

On pan, place salmon fillets, skin-side down. Using ¼ cup citrus mixture, brush tops and sides of salmon.

Bake 13-17 minutes or until fish flakes easily with fork.

Lift salmon pieces from skin with metal spatula onto serving plate. Sprinkle with green onions.

Top each fish fillet with lime and oranges wedges. Serve each fillet with 3 Tbs. reserved sauce.

If desired, serve over rice.

Per Serving: Cals.: 320. Protein: 31 g. Fat:8 g. (3 saturated). Chol.: 95 mg. Carbs.:

30g. Sodium: 680gm. Fiber: 3 g. Sugar: 23 g.

## Lemon Potato Soup with Feta

- 2 Tablespoons extra virgin olive oil
- 1 cup chopped onions
- 2 cloves garlic, minced
- 4 cups reduced-sodium chicken broth
- 4 cups chopped Yukon gold potatoes
- 2 cups coarsely chopped kale or spinach
- 1 teaspoon chopped fresh oregano
- 1 lemon, zested & juiced
- 2 oz. feta cheese, crumbled

Heat 1 Tbsp of the oil in a 4-qt Dutch oven over medium-high heat.

Add onion & garlic. Cook & stir 3 to 4 min. or until tender. Stir in broth & potatoes. Bring to boiling; reduce heat. Cover & cook 10-15 minutes or until potatoes are tender.

Stir in kale & oregano. Cover & cook 2 -3 minutes or until kale is wilted.

Remove from heat. Stir in lemon zest, juice & remaining oil. Let stand 10 minutes.

Season to taste with salt & pepper. Top with cheese & if desired, additional lemon zest.

Makes 4 servings

Per serving: 269 cal, 10g fat, 13mg chol, 727mg sodium,36 g carb, 6g fiber,10g pro

*Recipe from Good 7 Fresh @ 2016 Meredith Corporation*

## **Citrus Jell-O(R) Salad**

### Ingredients

- 1 (6 ounce) package orange flavored Jell-O(R) mix
- 2 cups boiling water
- 1 cup cold water
- 1 cup orange juice
- 1 (15 ounce) can red grapefruit, drained
- 1 (11 ounce) can mandarin oranges, drained
- 1 (8 ounce) container frozen non-dairy whipped topping, thawed
- 1 (8 ounce) jar mayonnaise

### Directions

Dissolve orange gelatin in boiling water in a large bowl, stirring for about 3 minutes; mix cold water and orange juice into gelatin. Pour gelatin mixture into a glass serving dish. Stir red grapefruit and mandarin oranges into mixture and refrigerate until set, about 4 hours.

Whisk topping and mayonnaise in a bowl until smoothly combined; serve gelatin salad with a spoonful of dressing over each portion.

*Recipe submitted by Ann Detwiler, MFV*

## **Honey Lime Vinaigrette**

- 1 lime - zested and juice
- 1/4 cup honey
- 2 tablespoons red wine vinegar (original recipe called for white vinegar but I used red wine vinegar instead)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## **Salad**

- 2 cups frozen corn--I dry roasted them in a pan (no oil)--no need to thaw b/c they'll thaw once you put them in a hot pan or you can use fresh corn (Trader Joes has a really good bag of frozen corn that tastes fresh)
- 2 cups multi-colored mini tomatoes cut in half (I used the mixed medley cherry tomatoes from Trader Joes) but any smaller tomato would work
- 15.5 oz can of black beans rinsed and drained
- 1/4 cup cilantro minced
- 2 scallions minced
- 1 avocado diced

Mix the dressing and then combine all salad ingredients, pour the dressing over and mix gently being careful not to mush up the avocado and let it sit in the fridge for several hours or longer.

*Recipe submitted by Janet Rhea, MFV*

## Star-Spangled Salad

Serves 4

6 to 8 cups loosely packed torn lettuce	½ cup unseasoned croutons
12 oz strawberries, washed, halved (2 cups)	½ cup chopped walnuts, toasted
6 oz blueberries	½ cup crumbled feta cheese
½ cucumber, washed, sliced 1/4-inch thick	¼ cup lemon vinaigrette

Toss all ingredients except dressing in a large bowl.

Pour on 1/4 cup dressing and toss well.

Serve extra dressing on the side.

Per serving: 252 cal, 18g fat, 8mg chol, 8g prot. 22g carbs., 6g fiber, 348mg sodium

## Herb Salad with Lime Vinaigrette

¼ cup Fresh lime juice	2 heads Boston lettuce, torn into bite size pieces
2 Tablespoons Honey	1 small red onion, thinly sliced
½ Clove garlic, finely chopped	½ cup basil leaves, thinly sliced
¼ teaspoon Salt	½ cup cilantro leaves
1/8 teaspoon Black pepper	1 bunch chives, snipped
¼ cup Extra-virgin olive oil	

In a bowl, combine first 5 ingredients. Whisk in oil.

In a salad bowl, combine remaining ingredients. Toss with dressing.

8 Servings. Serving: 88 cal, 7 g fat, 1 g pro, 7 g carb, 1 g fiber

Recipe from Family Circle, July 2016

## Lemony Beet Tarts

3 Tablespoons Olive oil	½ 17.3 oz. pkg. frozen puff pastry (1 sheet)
3 Tablespoons Lemon zest	2 oz. soft goat cheese
¼ teaspoon Kosher salt	2 teaspoons snipped fresh thyme
¼ teaspoon Black pepper	Lemon peel (optional)
1 to 1½ lb small beets, scrubbed, trimmed, cut into wedges	

1. Preheat oven to 400°F. In a large bowl stir together olive oil, lemon zest, salt & pepper. Add beets, toss to coat. Divide beet mixture among six 3½ inch muffin cups or six 6 oz. custard cups. Cover with foil & bake 25 min. or until fork tender.

2. On a lightly floured surface roll pastry into 12 X 10 rectangle. Use a 4 in. round cutter to cut pastry into 6 circles. Chill until ready to use.

3. Remove pan from oven. Uncover beets & top each cup with pastry circle. Carefully tuck pastry edges into cups. Bake 15 to 20 min. or until pastry is puffed & brown. Stir goat cheese & thyme. Loosen edges of tart, invert on serving plate & reassemble if needed. Top with goat cheese mixture.

6 Servings. Per Serving: 344 cal, 24 g fat, 293 mg sodium, 26 g carb,

Recipe from All Recipes, Spring 2016

## Lemon Basil Carrots

4 medium carrots cut into 1½ inch pieces                      ¼ teaspoon dried basil  
1 Tablespoon Butter or margarine                                1/8 teaspoon Garlic salt  
1 to 2 Tsp Lemon juice    Dash of pepper

Place carrots in small saucepan & add water to cover. Cook for 10 minutes or until tender. Drain & return to pan. Add remaining ingredients. Cook over low heat until butter is melted and carrots are heated through. Yield: 2 servings.

## Candied Citrus Peel

1 cup orange peel, cut into strips                                ¼ cup water  
½ cup white sugar

Place peel strips in a large saucepan and cover with water. Bring to a boil over high heat, then reduce heat and simmer 10 minutes longer. Drain. Repeat this process two more times.

In a medium saucepan, heat sugar & ¼ cup water over high heat until boiling. Place peel in sugar mixture, reduce heat and simmer 15 minutes, until sugar is dissolved. Remove peel with slotted spoon and dry on wire rack overnight. Store in airtight container.

You can use the peel of orange, lemon, lime or grapefruit. This recipe can be easily doubled. *Recipe from 2016 allrecipes.com*

## Helen's Lemon Bread

1 lemon cake mix  
1 pkg. instant lemon pudding  
½ cup oil  
1 cup warm water  
4 eggs  
Mix above and beat for 2 minutes  
Bake in two medium size loaf pans (or loaf bunt pan) for 40-45 minutes @ 350 degrees  
While bread is baking, mix  
1/3 cup white sugar  
¼ cup lemon juice  
Remove bread from oven and poke holes in top with a fork.  
Pour lemon sugar mixture over top. Cool. Enjoy

*Recipe given to Ann Detwiler, MFV by Helen Carter*

## **Fancy Orange Bread**

### **Dough**

8 cups flour  
1 ½ cups milk heated to 110 – 115 degrees  
½ cup sugar  
2 oranges zested and juiced  
1 packages yeast  
1 cup margarine, melted  
8 eggs  
½ teaspoon salt  
½ teaspoon anise oil

### **Glaze**

2 cups powdered sugar  
¼ cup milk  
Sprinkles if desired

Put flour in a large bowl.

While milk is warming, place sugar in small bowl and mix in orange zest and juice until completely mixed.

Stir into warm milk and add yeast. Let set for 8 to 10 minutes.

Add milk to flour and mix.

Add melted margarine and continue to mix. Add orange juice and mix.

In a small bowl beat together eggs, salt and anise oil.

Add to dough and continue to mix.

May need to add more flour (depends on how much juice you get from oranges)

Keep dough soft. Knead 5 minutes. Place in a greased bowl, cover and let rise for 1 hour or more..

Divide dough in half. Then divide each half again. Roll each piece into 24 inch rope.

Loosely twist roped together and transfer to 2 rings. Brush with melted butter and let rise until nearly double.

Bake at 350 degrees until golden, approx. 30 – 40 minutes. Once cool glaze and sprinkle with sprinkles. Best served warm. Makes 4 medium size loaves or 2 rings.

*Recipe from Mary Ann Maisch, MFV.*

## **Orange Marmalade** (about 7 half-pint jars)

4 cups thinly sliced orange peel (about 6 large oranges)  
4 cups orange pulp cut up (about 6 large oranges)  
1 cup thinly sliced lemon (about 2 medium)  
6 cups water  
Sugar (about 6 cups)

To Prepare Fruit – Add water to fruit in a saucepan. Heat to simmer and simmer for 5 minutes. Cover and let stand 12 to 18 hours in refrigerator. Heat and cook over medium heat until peel is tender, about 1 hour.

To Make Marmalade – Sterilize canning jars. Measure fruit and liquid. Add 1 cup sugar for each cup of fruit mixture. Bring slowly to boiling, stirring until the sugar dissolves. Cook rapidly to the jelling point, about 25 minutes, stirring occasionally. Pour hot marmalade into hot jars, leaving 1/4 inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a Boiling Water Bath.

*Recipe form 'So Easy to Preserve' Cookbook.*

## Key Lime Dessert Bars

1 pouch (1 lb. size) Oatmeal cookie mix  
1 stick (½ cup) firm butter or margarine  
2 cans (14 oz.) sweetened condensed milk  
¾ cup Key Lime or lime juice  
2 (8oz.) cartons frozen whipped topping, thawed

2 (6oz.) containers of Key Lime Pie Yogurt  
Few drops green food color  
1 Tablespoon grated lime zest  
½ cup mixed fresh berries

1. Heat oven to 350 degrees. Spray 9x13 inch pan.
2. Place cookie mix in large bowl and cut in butter until mixture is crumbly and coarse. Lightly press into bottom of prepared pan. Bake 10 to 12 minutes. Cool.
3. In mixer bowl, beat condensed milk and lime juice until smooth and thickened. Mix in yogurt. Reserve 1 cup whipped topping and set aside. Fold remaining topping into milk mixture. Add green coloring to desired color. Spoon mixture into cool crust. Chill about 1 hour until set.
4. Cut dessert into 20 servings. Garnish each serving with reserved topping, lime zest and berries. Cover and chill leftovers.

Nutrition Information: Calories per serving 350, Fat 14 grams, sodium 180 mg. , carbohydrate 51 grams, Dietary Fiber 1 gram.

*Recipe submitted by Royce Collins, MFV.*

## Italian Lemon Pound Cake

3 cups all-purpose flour  
1 teaspoon baking powder  
¼ teaspoon salt  
1 cup unsalted butter, softened  
2 cups sugar  
3 eggs

½ cup buttermilk  
½ cup sour cream  
4 Tablespoons lemon juice  
Zest of 2 lemons (about 2 Tablespoons)  
1 teaspoon of vanilla

### Instructions

Pre-heat oven to 300 degrees

1. Sift flour, baking powder, and salt and set aside. In another bowl, cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Mix in the sour cream, lemon juice, vanilla, and lemon zest.
2. Mix half of the flour mixture into the butter mixture. Mix in the buttermilk and then add in the remaining flour mixture. Mix just until the flour disappears. Pour the cake batter into a bundt pan that has been generously sprayed with baking spray.
3. Bake for 60 to 70 minutes or until a knife inserted in the center of the cake comes out clean. Remove the cake from the oven and allow to cool for 5 minutes. Turn the cake over on a cake platter. Spread half of the lemon glaze over the warm cake so that the glaze can soak into the cake. Let the cake cool completely and drizzle the remaining glaze over the cake.

### Lemon Glaze

¼ cup butter, softened  
1 ½ cup powdered sugar  
3 tablespoon lemon juice, at room temperature

1. Cream the butter and slowly add powdered sugar and lemon juice. Beat well until the glaze is a creamy smooth consistency.

*Recipe from Myrecipeconfessions.com*

# Tips for Storing Fresh Produce

Extension Consumer Food Safety Fact Sheet

**Dr. Londa Nwadike**

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Storage location	Fruits and melons	Vegetables	
Store in refrigerator (<40°F)	Apples (>7 days) Apricots Berries Cherries Cut fruits Grapes	Herbs Carrots Mushrooms Cauliflower Green beans Cut veggies Beets	Leafy greens Broccoli Summer squash Cabbage Sweet corn
Ripen on the counter, then store in refrigerator	Peaches, Pears		
Store at room temperature	Apples (<7 days) Bananas Citrus fruits Muskmelon Watermelon	Basil (in water) Peppers <sup>+</sup> Cucumbers <sup>+</sup> Potatoes* Dry onions* Pumpkins Eggplant <sup>+</sup>	Sweet potatoes* Garlic* Tomatoes Winter Squash

+ Cucumbers, eggplant, and peppers can be kept refrigerated for 1 to 3 days if they are used soon after removal from the refrigerator.  
\*Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.

**Further tips**

- Once any produce is cut or peeled, it must be stored in the refrigerator for safety.
- Refrigerated fruits and vegetables should be stored in moisture-proof bags with a few holes in them to retain moisture but also to allow air circulation and prevent condensation.
- Wash all whole produce under running water just before preparation for eating.
  - No need to use soap or produce washes — clean running water is enough.
  - Wash even if peeling the produce so you don't transfer "dirt" from outside to the inside.
  - Use a clean scrub brush to wash produce such as potatoes and melons.

**References:**

*Storing Fresh Vegetables for Better Taste*. 2012. University of California Davis Post Harvest Technology Program. Available from: <http://ucce.ucdavis.edu/files/datastore/234-1920.pdf>

Publications from Kansas State University are available at: [www.ksre.ksu.edu](http://www.ksre.ksu.edu)  
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