

# Getting the Most Out of Your Gift from OHCE

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County information and FCS Educator contact here:

\_\_\_\_\_ County's OHCE Groups participating in this project and the contact information for each group's Healthy Living Chair.

OHCE Group	Name	Phone
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# Getting the Most Out of the "Drive by Fruiting" Project



Often older adults find difficulty shopping for and preparing foods because of physical limitations. Also, cooking for one or two is challenging and the "drive by fruiting" gift of fruit and vegetables will enrich the diet and serve as a meal or even two with little or no preparation. This guide gives suggestions on how to prepare the fruits & vegetables you receive from your County OHCE (Oklahoma Home and Community Education) an organization affiliated with Oklahoma State University Cooperative Extension Service.

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*OHCE is a group of adults in the community who meet for the purpose of learning, teaching, helping, serving, and having fun.*



**What is this project?** Each month \_\_\_\_\_ County OHCE members purchase one apple, one banana, one orange, one potato and one tomato (or other fruit when in season such as strawberries, blueberries, grapes, etc) for the purpose of giving to an older adult.

**What is the purpose of the project?** The purpose is three-fold. First when we grow older, it is often difficult to shop for and prepare foods because of physical limitations. Another factor is often when there is just one or two in the home, one just doesn't cook for themselves and as a result has an unhealthy diet. A simple drive-by fruiting gift will *enrich diets* with fresh fruit and the potato can serve as a meal or even two and will require little or no preparation.

The second purpose of the project is to have a *connection* with someone. The provider of the monthly package will have the opportunity to interact with someone who may be fairly isolated or alone. This interaction is good for everyone emotionally and serves to keep up that important human contact.

And finally, it fulfills the purpose of OHCE to *meet the needs* in our community and to make a difference in the lives of those around us.

If you have questions about this project or questions related to health, diet, family, budgets or any topic be sure to contact the OSU Extension Office in \_\_\_\_\_ County at \_\_\_\_\_ (phone number).

## **Pumpkin Ham Soup**

*Ingredients:* (Makes 3 cups)

1 1/2 cups canned pumpkin or 1 cup of cooked and pureed fresh pumpkin  
1 1/2 cup scalded milk (heated just until bubbles start to form and then remove from heat)  
1/2 Tablespoon butter or margarine  
1/2 Tablespoon flour  
1/2 Tablespoon sugar or 1 Tablespoon brown sugar  
1/2 cup finely diced ham  
Salt and pepper to taste

Knead together pumpkin and flour. Add to pumpkin mixture. Add sugar, salt, pepper, spices & ham. Heat, but do not boil. Serve.

## **Roasted Pumpkin Seeds**

Preheat oven to 300 degrees. Cut pumpkin in half or carve like a jack-o-lantern. Remove seeds by scraping pulp from the pumpkin with a large spoon. Rinse seeds in a colander, and pick the seeds from the pulp.

Place seeds in the top of vegetable steamer with water in the bottom. Cover and cook for 30 minutes. Dry seeds with a towel.

Spread seeds on a cookie sheet, spray with vegetable oil & sprinkle with a small amount of salt. Bake seeds for 30 minutes until golden brown. When cool, store in a plastic bag.

## Pumpkins

The pumpkin is one of the only few foods we still eat today that is native to North America. Pumpkin seeds were food & medicine for Native Americans. Pumpkin is a vegetable high in fiber and contains potassium & vitamin A. The tradition of carving pumpkins at Halloween started with the Irish, but the original Jack-o-lanterns were made from turnips.



### Pumpkin Pie in a Bag

*Ingredients:* (Makes two servings)

1 quart size freezer bag  
1/8 cup milk  
2 Tablespoons canned pumpkin  
1 Tablespoon instant vanilla pudding mix  
Dash of cinnamon & a dash of ginger  
Tart size pre-made graham cracker crust or crushed graham crackers or ginger snap cookies

Combine milk and instant pudding in the bag. Remove the air from the bag and seal it tight. Squeeze and knead with your hands until the mixture is blended (1 minute).

Add the pumpkin, cinnamon & ginger. Remove the air and seal the bag again. Squeeze and knead until blended (2 minutes)

Place 1/2 tablespoon of graham cracker crumbs into the bottom of small cups or place a ginger snap cookie in the bottom of the cups. Cut across one corner of the gallon freezer bag and squeeze the pie filling into the cups. Eat one and refrigerate the second cup for later. Refrigerator all leftovers if any.



## Apple

Apples are the most popular fruit in the U.S. The most available varieties are Golden Delicious, Red Delicious, Fuji & Granny Smith.

Apples can be eaten raw or cooked. They are great to eat as a quick snack. The peel is good to eat and has many nutrients.

Chop and add apples to fruit salads, bake them in cakes, muffins and cookies. Apples are fat free, cholesterol free and a good source of fiber and Vitamin C.

### Baked Apple in the Microwave Oven

One 2-1/2 to 3-inch diameter apple  
1 Tablespoon brown sugar  
1/2 Tablespoon butter or margarine

Core apple, place sugar and butter in the cavity. Set in a glass custard cup or other microwave safe cup. Cover tightly with plastic wrap. *(Use extreme caution when removing the plastic wrap after cooking—always open away from the face to let the steam escape).*

Microwave for two minutes and rotate the cup if the microwave does not have a turn table. Cook until fork tender—approximately 2-4 minutes. Let stand 2 minutes before removing plastic wrap and serving. Be careful removing the plastic wrap as steam can burn.



## Orange

Oranges are a fruit that grows on trees and is a member of the citrus family. Florida is the number one producer of oranges in the U.S. 90% of Florida's oranges go into juice.

The United States produces mostly sweet orange varieties including: Hamlin, Parson; Valencia, Parson Brown and Navel. Some oranges have seeds and some are seedless. Do not eat the peel or the seeds.

Oranges are fat free, cholesterol free, sodium free, and a good source of vitamins and high in folate, calcium, potassium, thiamin, niacin & magnesium.

Peel and eat oranges as a whole fruit or add to fruit salads. Squeeze the juice and use in recipes such as the one below:

## Spicy Fruit Salad

2 fresh fruits, diced (bananas, apples, pears, grapes, berries ) to make one cup.  
1/8 to 1/4 cup orange juice

Put fruit in a bowl. Add the juice, refrigerate until serving time. Serve and refrigerate the leftovers if there are any. Note: *Adding yogurt to the above fruit will provide extra calcium.*

## Potato Soup

### *Ingredients:*

1/4 cup chopped onions  
1 stalk celery, diced  
Butter or margarine  
5-6 potatoes peeled & cubed  
1 cup water or chicken broth  
1 cup milk



Cook (sauté) the onions and celery in a skillet or saucepan with the butter. Watch carefully not to burn the butter.

When the celery and onions are soft add the potatoes and 1 cup of water or chicken broth.

Cook until the potatoes are tender. (When a fork pierces easily.)

Add 1 cup milk and heat through. Serve with crackers.

*Source: OK Ag in the Classroom*



*"This is my advice to people: Learn how to cook, try new recipes, learn from your mistakes, be fearless, and above all have fun"-  
Julia Child*

## Peanuts

The peanut is really not a nut, it is a legume related to beans and lentils. The U.S. produces four basic varieties of peanuts: Runner, Virginia, Spanish and Valencia. Each has a distinctive size & flavor. Georgia is the largest producer of peanuts in the U.S. Oklahoma places around 10th. Dr. George Washington Carver researched and developed more than 300 uses for peanuts in the early 1900's. Peanuts are a good source of folate, which can reduce the risk of certain birth defects in the brain and spinal cord. Peanut butter is the leading use of peanuts.



## Banana Peanut Butter Sandwich

### Ingredients:

- 2 Tablespoons peanut butter
- 4 slices of raisin bread
- 1 firm, small banana, peeled and sliced

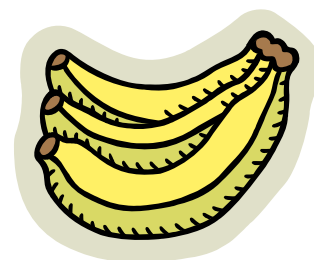
Spread peanut butter on 2 bread slices  
Arrange banana slices over the peanut butter.  
Top with the remaining bread.  
Place sandwich on a cutting board or surface and cut diagonally into quarters.

### Per serving:

*367 calories*  
*12 g total fat (2.6 saturated)*  
*0 mg cholesterol, 351 mg sodium*

## Banana

Bananas are long, thick-skinned fruit. They have a peel which comes off easily. Bananas grow in hanging clusters on plants which look like—but are not—trees.



Bananas ripen after they have been picked. They are ripe when the skin is yellow and speckled with brown spots. Avoid bananas with large brown spots that seem very soft.

Bananas are the most popular fruit in the world. They are inexpensive and available year round. Bananas are delicious eaten after peeling off the skin. Enjoy a banana for lunch or as a snack. Eat sliced bananas in cereal, yogurt or on a peanut butter sandwich.

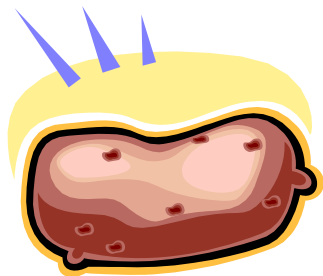
Bananas are high in calories but fat free, cholesterol and sodium free. They are high in potassium, Vitamin C and Vitamin A.

## Banana Muffins

1-3/4 C. all-purpose flour	1 egg, beaten
1/3 C. sugar	1/2 C. milk
2 tsp. baking powder	1/4 C. vegetable oil
1/4 tsp. salt	3/4 C. mashed banana

Mix dry ingredients and set aside. Mix wet ingredients and make a well in the center of the dry ingredients and blend in the wet ingredients just until moistened (batter will be lumpy.) Spoon into prepared muffin cups (greased or lined with paper) & bake at 400 degrees for 20 minutes.

## Potatoes



Potatoes are the second most popular vegetable in the world (after corn). Some newer varieties have purple/blue skin with yellow flesh.

The peel is good to eat and has many nutrients. Cut off any green spots or spouts and do not eat them. Potatoes can be eaten raw but mostly they are cooked. They are a good source of fiber, high in potassium and Vitamin C.

### Easy Baked Potatoes in the Microwave

The potato is the ideal microwave vegetable. Its high moisture content attracts microwave energy, and the naturally tight covering holds in steam. To cook a baked potato in the microwave do the following:

Scrub potatoes and prick twice with a fork so the steam can escape. Place a layer of paper towel on the oven floor to absorb moisture. Turn potatoes over and rearrange them halfway through the cooking time. This helps them cook more evenly. Cook one medium size potato on HIGH power for 3-5 minutes. After cooking, wrap potatoes in foil, shiny side in, or place them on a counter and cover with a casserole to hold in the heat. They will still feel slightly firm, but will complete the cooking process during the 5 to 10 minutes of standing time. This keeps them from becoming rubbery. *Sweet potatoes can be cooked the same way .*

## Sweet Potato

Sweet potatoes are usually the size of regular white potatoes. They are long and tapered. Sweet potatoes have a smooth, thin skin that can be eaten.

In the US, sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia—they have a pinkish white center and can grow up to 6 feet long and weigh 100 pounds.

Sweet potatoes can be eaten raw, but they are usually cooked (boiled, baked, micro-waved, mashed or fried). Add them to stir fries, soups and casseroles. They are especially popular at Thanksgiving and Christmas.

### Sweet Potato Patties

*Sweet Potatoes are mashed and shaped into patties, coated with crushed corn flakes and then baked.*

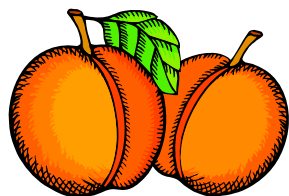
- 1 cooked & mashed sweet potato
- 1/2 tablespoon melted butter
- 2 or 2-1/2 Tablespoons milk
- Pinch of teaspoon salt
- 1/2 teaspoon sugar
- 1/2 cups crushed corn flakes



Combine sweet potatoes, butter, milk, salt, and sugar. Form into a patty; roll in corn flakes to coat. Place on a greased baking sheet and bake at 325° for 15 minutes.

## Peach

Peaches are about the size of a baseball. Their skin color is yellow or cream, sometimes blushed with red depending on the variety. The skin is slightly fuzzy. The flesh inside is usually yellow, but depending on the variety it may also be white.



An oval pit in the center needs to be removed before eating. In the United States, most peaches are grown in California and the southern states. Georgia is known as the "Peach State." Peaches are available in Oklahoma almost all year.

There are two main varieties of peaches: Freestone—the flesh does not stick to the pit, so it is easy to remove. The Clingstone is where the flesh "clings" or sticks to the pit. This variety is most often used for canning. Nectarines are a type of peach which have smooth skin without the fuzz. Peaches are usually enjoyed raw. Fresh peaches are a great snack. Add peaches to cereal, oatmeal, smoothies, ice cream and fruit salads. Peaches can also be baked or grilled.

### Baked Peach with Honey

Preheat oven to 400 degrees. Lightly grease a baking pan or sheet with margarine or butter. Place the peach, sliced in half, and pitted in the baking pan. In the cavity, add 1 tsp. butter or margarine, honey, and a dash of ginger and chopped pecans. Bake for 10-15 minutes until tender. Great served with whipped cream or ice cream.

## Tomatoes

Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.

There are thousands of tomato varieties. The most widely available varieties are classified as cherry, plum or slicing tomatoes.

Tomatoes can be eaten raw or cooked (baked, stewed, grilled or stir-fried). They are great eaten alone or added to salads and sandwiches. Other ways to enjoy tomatoes are in soups, salsas and sauces. Tomato sauce is used in many pasta dishes such as spaghetti and on pizza. Ketchup is made from tomatoes. Tomatoes are a good source of Vitamin A and Vitamin C.

### Herbed Tomatoes

1-2 ripe tomatoes, peeled & thinly sliced  
2-1/2 Tbs. olive oil  
2 Tbs. vinegar  
2 Tbs. chopped green onion, including some of the tops  
1/4 tsp salt  
1/2 tsp thyme  
1/4 of a chopped garlic clove  
3/4 tsp sugar

Place tomato slices in a deep bowl. Mix the remaining ingredients & pour over the tomatoes. Cover and refrigerate at least 6 hours. When ready to serve, place tomatoes on a flat serving dish. Serves 1 or 2.



## Strawberries

Strawberries are the most popular of all berries. However, strawberries are not a "true" berry. Strawberries are available almost all year around but the peak season is from April to July.



Wild strawberries have been known since the times of the Greeks & Romans. The strawberries native to the Americas were bigger than European strawberries.

Strawberries are usually eaten raw with the leaf "cap" removed before eating. They make great snacks and can be added to fruit salads, cereals and smoothies. They can be used as a topping for ice cream, pancakes or waffles. Strawberry shortcake is very popular desert in Oklahoma in the spring and summer. Strawberries are a good source of potassium, Vitamin C and fiber.

### Dip for Fresh Strawberries or other Fruit

1 small package instant vanilla pudding  
1-3/4 C. milk  
1/4 C. orange juice concentrate, thawed

Mix together using instructions on the instant pudding box. Cover, store in the refrigerator. Use as a dip for fresh strawberries or other fruit, or as a dressing for fruit salad.

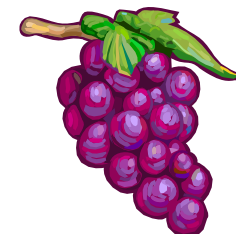
## Grapes

Grapes are one of the oldest fruits to be grown. They can be traced back to biblical times. Grapes come in many colors; black, blue, blue-black, golden, red, green & purple. When buying grapes look for firm, plump, well colored clusters that are securely attached to their green or brown stems.

Grapes are about 80% water, making them a delicious low-calorie snack or dessert.

Grapes are a good source of fiber, Vitamin C and potassium. Some of the most popular ways in which grapes are used is eaten fresh or dried into raisins or made into jelly and jam or 100% juice.

Raisins are dried grapes and contain only about 15% water. For this reason nutrients and calories are more concentrated in raisins.



### Cinnamon Raisin Oatmeal

To cook one serving of oatmeal, use 3/4 cup water and 2/3 cup oatmeal. Bring water to a boil and add 1/4 cup raisins to the water. When boiling add the oatmeal. Add 1 or 2 tablespoons brown sugar, 1/4 teaspoon ground cinnamon, a dash of salt & nutmeg (optional). Stir constantly and cook for 1 minute. Cover, remove from heat and let stand 1 to 3 minutes. Serve with milk.