

# Reasons for the Seasons

*Produce Tips for Placer & Nevada County Consumers*

Local Season-  
June thru  
July



## APRICOTS

**Apricots:** The versatility of the apricot has long been recognized and it is probably used in more specialty items than any other fruit. For example, there is apricot syrup, apricot baby food, apricot preserves, apricot-flavored coffee. More and more food and gourmet specialty shops feature brandied apricots, sweet pickled apricots, apricot fruit roll and apricot candy.

### Nutrition Benefits

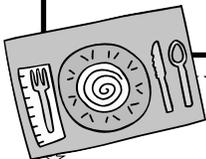
Apricots supply 18% of the recommended daily allowance for vitamin A.

Apricots are:

- ◆ High source of vitamin A
- ◆ High source of vitamin C
- ◆ Iron and potassium

### Serving Tips

- ◆ Eat them raw!
- ◆ Chop and add to fruit or green salads.
- ◆ Cook overripe apricots down and make a sweet topping for yogurt or ice cream.



### Tips for Good Nutritional Habits

- Introduce the five food groups (Vegetables, Fruits, Grains, Protein, and Dairy) which make up *MyPlate*. Encourage children to eat a variety each day.
- Allow your children to explore their senses while learning about food. Let them touch, smell, see, and even taste different types of foods. The more curious they are, the more likely they are to remember their food experience.
- Talk to your children about how we need to eat healthy foods for our bodies to grow big and strong. Review which foods are healthy (fruits and veggies) and which are not so good for us (chips and cookies).
- Support your children in their physical activities. It's so important to be physically active, along with eating well. Tell them it is good for their heart to exercise.

# Reasons for the Seasons

## *Produce Tips for Placer & Nevada County Consumers*

### APRICOTS



#### Locally Grown Varieties

*Autumn Royal, Royal (Blenheim), Sungold, Tilton, Golden Amber, Plumcot, Peachcot, Moongold, Chinese (Mormon), Chinese Sweet Pit, Moorpark, and Perfection.*

#### Shopping Tips

Apricots should be picked at their peak of ripeness to have best flavor. They should be plump, well formed, and with good color.

- ✓ Choose firm, plump, deep yellow or yellow-orange skinned fruit (*yellow fruit with some green will ripen at room temperature*).
- ✓ Green, wilted, shriveled, dull-looking, soft, over-ripe or deeply bruised fruit.
- ✓ Choose apricots that are firm-ripe, if you are planning to eat them fresh.
- ✓ Choose soft-ripe apricots, if you are planning to cook or puree them.

#### Handling and Storage

- ◆ Apricots should be handled with care after purchase.
- ◆ Return home directly after purchasing apricots. They can loose quality quickly, especially in a hot car.
- ◆ To ripen apricots keep at room temperature for 1-4 days.
- ◆ Ripe apricots can be stored in the refrigerator for up to one week.
- ◆ Fully ripe apricots should be used immediately.



#### Preparation

Wash apricots gently in cold water before serving them.

- ◆ **Cooking:** Cut apricots in half and remove the pit. Cut apricots into chunks and place them in a sauce pan over medium heat. Add a 1/4 to 1/2 cup of water or fruit juice to the pan, and let the fruit simmer until soft. Add a bit of sugar or honey if needed. Serve warm over ice cream or chill and use to top plain yogurt.

# Reasons for the Seasons

## *Produce Tips for Placer & Nevada County Consumers*

### **APRICOT SMOOTHIE**

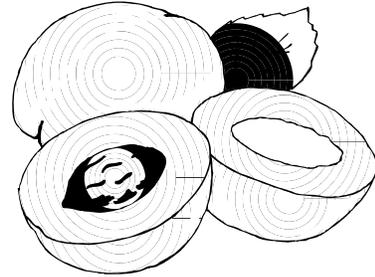
(2 SERVINGS)

#### **INGREDIENTS:**

- 1 cup chopped ripe apricots or 1 (15oz) can apricot halves drained
- 1 cup (8 oz.) plain or vanilla yogurt
- 2-3 drops vanilla extract, to taste
- 6-8 ice cubes

#### **DIRECTIONS:**

- 1. Combine ingredients in blender.
- 2. Cover and blend on high until smooth.
- 3. Add more ice cubes for a thicker consistency.



### **APRICOT COBLER**

(8 SERVINGS)

#### **INGREDIENTS:**

##### *For filling*

- 3 cups fresh apricots, pitted & cut into wedges
- 7 tablespoons sugar

##### *For topping*

- 3/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

- 1 tablespoon all-purpose flour
- 1 1/2 teaspoons fresh lemon juice
- 3/4 to 1/4 teaspoon almond extract

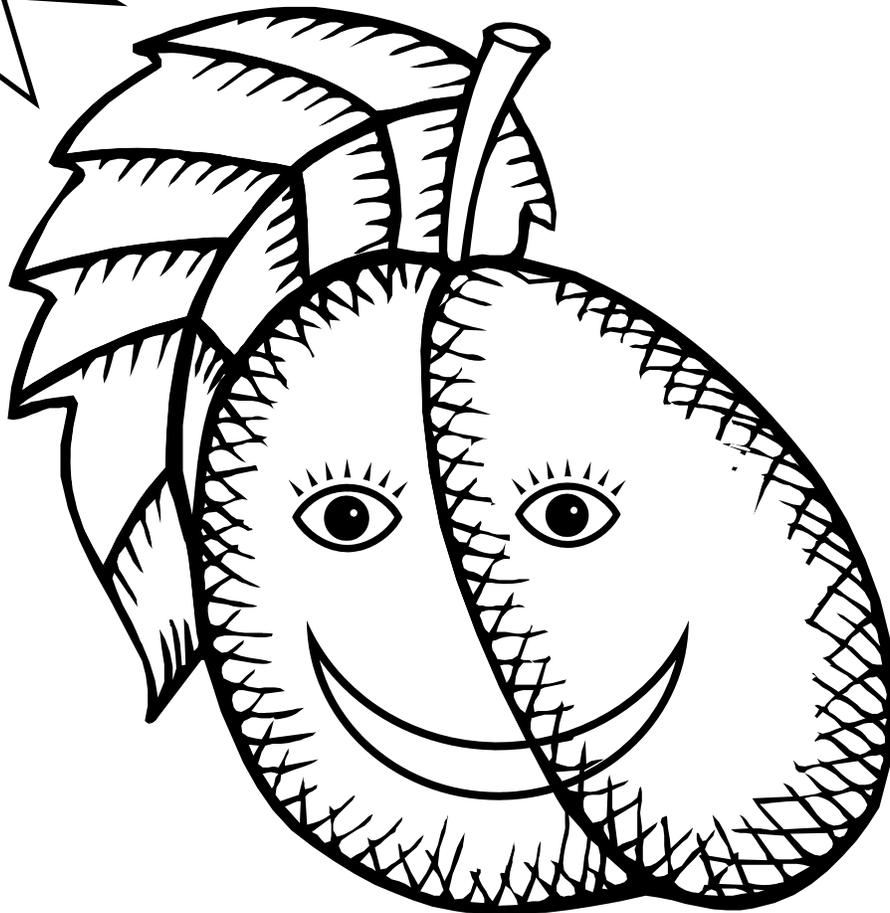
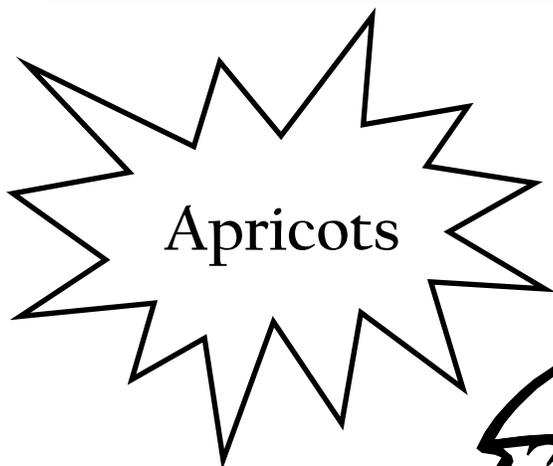
- 3 teaspoons sugar
- 2 tablespoons cold unsalted butter, cut into bits
- 1/2 cup well-shaken buttermilk

#### **DIRECTIONS:**

- 1. Toss all filling ingredients together in a 9-inch glass pie pan and let stand until juicy, about 30 minutes.
- 2. Preheat oven to 400°F.
- 3. Sift together flour, baking powder and soda, salt, and 1 teaspoon sugar in a bowl.
- 4. Blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal.
- 5. Stir in buttermilk with a fork just until combined.
- 6. Drop rounded tablespoons of dough over filling, leaving spaces in between to allow topping to expand. Sprinkle with remaining 2 teaspoons sugar.
- 7. Bake cobbler in middle of oven until fruit is tender and topping is golden, about 30 minutes. Cool slightly, about 15 minutes, and serve warm.

# Reasons for the Seasons

## Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs  
University of California Cooperative Extension - Nevada/Nevada Counties  
11477 E Avenue, Auburn, CA 95603  
Phone: (530) 889-7350 Fax: (530) 889-7397  
Website: <http://ceplacervevada.ucdavis.edu>



**UC  
CE** University of California Cooperative Extension  
Division of Agriculture and Natural Resources

2012

The University of California ) Division of Agriculture & Natural Resources (ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994; *service in the uniformed services* includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services).

University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.

The University is an affirmative action/equal opportunity employer. The University undertakes affirmative action to assure equal employment opportunity for minorities and women, for persons with disabilities, and for covered veterans (including veterans with disabilities, recently separated veterans, Vietnam era veterans, veterans who served on active duty in the U.S. Military, Ground, Naval or Air Service during a war or in a campaign or expedition for which a campaign badge has been authorized, or Armed Forces service medal veterans). University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.