



# FLORIDA Blueberries



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#### Yield 6 Servings

### Blueberry Breakfast Casserole

- 2 cups fresh Florida blueberries, rinsed and dried
- 8 large Florida eggs, beaten
- 1/4 cup maple syrup
- 1 loaf bread (any kind)
- 1 1/2 cups low-fat milk
- 4 ounces low-fat cream cheese (cold so it can be cubed)
- 1/4 cup butter, melted
- Cooking pan spray

#### Preparation

Preheat oven to 350 degrees. Cut bread into 1-inch cubes. Cut cream cheese into small cubes.

Lightly spray a 9 x 9 x 2-inch baking dish. Place half of the bread cubes in the dish. Evenly place the cream cheese cubes and 1 cup of the blueberries over the bread. Add the remaining bread cubes and blueberries to the top of the casserole. In a medium-sized bowl, combine eggs, milk, maple syrup and butter. Slowly pour egg mixture over bread. Cover casserole with foil and bake for approximately 45 minutes. Insert a toothpick in the center of the casserole. When the toothpick comes out clean, remove the foil so the casserole can brown on top. Let cool slightly and serve warm with extra maple syrup on the side.



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#### Yield 4 Servings

### Blueberry and Blue Cheese Salad

- 1 cup fresh Florida blueberries
- 8 cups salad greens (spring mix, romaine or your favorite)
- 1/2 lemon, juiced
- 2 tablespoons Florida honey
- 1/2 cup blue cheese (Stilton or Gorgonzola can also be used)
- 3 tablespoons low-fat sour cream
- 1/4 cup vegetable oil, or olive oil if you prefer
- 1 tablespoon mild vinegar (white or rice wine vinegar)
- Kosher salt and fresh ground pepper to taste

#### Preparation

In a small bowl, whisk together oil, sour cream, honey, vinegar and lemon juice. Taste vinaigrette and adjust seasoning with salt and pepper. Rinse and dry blueberries.

In a medium-sized bowl, dress the salad greens with a small amount of vinaigrette and toss. Add more vinaigrette if necessary. Place dressed salad greens on serving plate, and top with blueberries and blue cheese.



## Florida Blueberries

Grown in mostly inland Florida counties, the blueberry is available from March through May, with peak availability in April. Blueberries, like all other dark purple and blue fruits, are high in antioxidants, which can help with the aging process.

### How to buy:

They should be firm and brightly colored. Always check the bottom of the container for stains from rotting or moldy berries. Blueberries should be consumed two to three days after purchase.

### Tips for storage:

Never allow blueberries to dry out. Use a damp paper towel to help keep moisture in the package, but do not rinse them until it is time to eat them. As soon as blueberries start to wilt, separate by hand. To freeze blueberries, arrange them in a single layer on a cookie sheet. This way they will freeze evenly and you won't end up with a brick of frozen berries. After they are frozen, transfer them to a freezer bag and be sure to label with the date. They can be stored frozen for up to six months.

### Cooking tips:

Wash blueberries before eating. Add blueberries to batters or mixes at the last minute to prevent them from breaking. Use frozen leftover blueberries in smoothies or milkshakes. Lightly heat with sugar and a splash of brandy to make a wonderful topping for desserts or ice cream.

### Flavors well with:

Lemon, cinnamon, cloves, pecans, peaches, yogurt, mint

### Nutrition info:

*Serving Size: 148g (1 cup) • Calories 84*

*Calories from fat 4.41g • Total Fat 0.49g*

*Total Carbohydrate 21.45g*

*Protein 1.10g*

*Fiber 3.6g*

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## Blueberry Breakfast Casserole



## Blueberry and Blue Cheese Salad



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# FLORIDA Snap Beans



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## Yield 4 to 6 Servings

### Snap Bean and Tomato Sauté

- 2 pounds of fresh Florida snap beans
- 3 large Florida tomatoes, seeded and chopped
- 3 cloves garlic, minced
- 2 onions, finely chopped
- 1 cup of olive oil
- 1 Florida green pepper, sliced thin
- 1/2 bunch of fresh parsley, finely chopped
- 1/4 cup of water
- Kosher salt and fresh ground pepper to taste

#### Preparation

Wash and rinse the snap beans, then cut off the tip of each end.

In a tall-sided pot, sauté the onions in olive oil until they start to turn translucent. Stir in the garlic and continue cooking a few minutes more. Add the snap beans and green pepper and cook for another five minutes. Add the tomatoes, water, salt and pepper. Bring liquid in pan to a boil, reduce heat and cover. Simmer for 5 minutes or until desired tenderness. Serve warm as a side dish.

Top this dish with fresh grated parmesan cheese and finely chopped parsley.



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## Yield 4 to 6 Servings

### Asian Style Snap Beans

- 1 pound fresh Florida green beans
- 1/4 cup of your favorite Asian sauce (spicy or sweet)
- 2 tablespoons fresh grated ginger root (or 1 teaspoon dried)
- 1 tablespoon sesame seeds (black or white)
- Kosher salt and fresh ground pepper to taste

#### Preparation

Cook green beans in a large pot of tightly salted water until desired tenderness (about 4 minutes). Drain beans and place in a mixing bowl. Toss hot beans with sauce, ginger and sesame seeds; stir well. Taste and adjust seasoning with salt and pepper. Serve warm.



# Florida Snap Beans

Florida ranks first nationally in the production, acreage and total value of fresh market snap beans. They are available from October through May, with peak months of February, March and April.

## How to buy:

If the snap beans are bendable, leave them behind; they should break or snap crisply. The pods should be smooth and uniformly colored. The pointy ends should be perky and undamaged, and there should be no wrinkling, bruises or shriveled spots.

## Tips for storage:

Store beans in a ventilated plastic bag in the refrigerator.

## Cooking tips:

To get the best flavor out of snap beans, do not overcook them. Cook them in slightly salted water for four to seven minutes, than plunge them into ice water to stop the cooking process. Make sure to trim the top of the bean where it was attached to the plant.

## Flavors well with:

Bacon, olives, onion, tomatoes, basil, oregano, dill, rosemary, marjoram

## Nutrition info:

Serving Size: 110g (1 cup) • Calories 34

Calories from fat 1.17g • Total Fat 0.13g

Total Carbohydrate 7.84g

Protein 2g

Fiber 3.7g



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Snap Bean and Tomato Sauté



Asian Style Snap Beans



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# FLORIDA Strawberries



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#### Yield 4 to 6 Servings

### Strawberry Clouds

- 2 cups fresh Florida strawberries, rinsed, dried, hulled and sliced
- 1 lemon, zested and juiced
- 1 cup heavy cream
- 1 cup plain low-fat yogurt
- Powdered or superfine sugar to taste
- 1/2 cup light brown sugar

#### Preparation

In a chilled bowl, whip the cream and a tablespoon of the powdered sugar until soft peaks start to form. Slowly fold in the yogurt, adding only small amounts of the lemon juice and zest at a time. Taste as you go, adding more lemon or sugar if needed. In the bottom of six small bowls or one large bowl, add the sliced strawberries in an even layer on the bottom. Cover the strawberries with the whipped cream mixture, being careful not to compress the whipped mixture. Sprinkle the top with the light brown sugar and carefully smooth the sugar over with the back of a small spoon until the cream mixture is completely covered. Chill in the refrigerator for at least two hours until sugar forms a crust. Serve cold with whole strawberries on the side.



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#### Yield 4 Servings

### Strawberry and Pecan Salad with Honey Dressing

- 1 cup Florida strawberries, rinsed, dried, hulled and sliced
- 1 ripe Florida avocado, sliced
- 3 cups salad greens (arugula, romaine, leaf lettuce)
- Toasted pecans
- 2 tablespoons olive oil
- 2 teaspoons natural Florida sugar
- 4 teaspoons Florida honey (tupelo, orange blossom)
- 1 tablespoon cider vinegar
- Juice from 1/2 lemon
- Kosher salt and fresh ground pepper to taste

#### Preparation

In a small bowl, whisk together sugar, olive oil, honey, vinegar and lemon juice. Taste vinaigrette for seasoning and adjust with salt and pepper. Arrange the salad greens in a serving bowl or on individual plates and add slices of avocado and strawberries on top. Lightly drizzle dressing to taste and then top with toasted pecans. Serve as soon as salad is complete.



# Florida Strawberries

Florida is known for being the largest producer of strawberries during the winter, and the primary growing area is Plant City. Strawberries are available from November until the beginning of April, with peak months of production in February and March.

## How to buy:

Choose strawberries that are plump, fragrant and firm, with no signs of bruising, leaking or mold on the bottom of the container and no greenish white shoulders at the stem.

## Tips for storage:

It is always best to eat strawberries the day of purchase. The best way to store strawberries is to cook them into a sauce or jam. You can freeze strawberries by hulling, lightly washing and then drying them. Next, freeze them on a tray in a single layer before transferring them to a freezer bag with the date.

## Cooking tips:

Never hull strawberries until they have been washed or they will absorb too much water and become mushy and waterlogged. There are many modern and traditional recipes for strawberries, but the best way to enjoy them is how nature intended - simply prepared and fresh.

## Flavors well with:

Balsamic vinegar, cereal, cheese, chocolate, honey, mint

## Nutrition info:

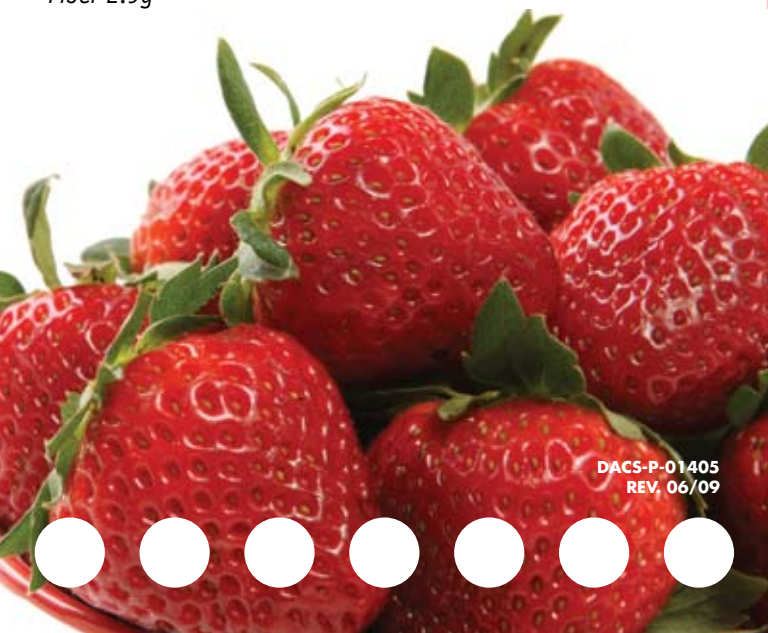
Serving Size: 144g (1 cup, whole) • Calories 49

Calories from fat 3.87g • Total Fat 0.43g

Total Carbohydrate 11.06g

Protein 0.96g

Fiber 2.9g



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## Strawberry Clouds



## Strawberry and Pecan Salad with Honey Dressing



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# FLORIDA Sweet Corn



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## Yield 4 to 6 Servings

### Sweet Corn and Ricotta Fritters

- 2 ears fresh Florida sweet corn, kernels removed
- 1/2 bunch fresh Florida cilantro, chopped fine
- 4 ounces low-fat ricotta cheese
- 2 large Florida eggs, beaten
- 1/3 cup self-rising unbleached or whole-wheat flour
- Olive oil (for shallow pan frying)
- Kosher salt and fresh ground pepper to taste

#### Preparation

In a medium-sized bowl, combine corn, cilantro, ricotta, eggs, flour and a pinch of salt and pepper. Add a small amount of olive oil to a medium-high preheated sauté pan. Carefully add spoonfuls of the corn mixture to the hot pan. Cook on both sides until golden brown. Test the first done fritter, and adjust seasoning with salt and pepper. Serve with low-fat sour cream if desired.



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## Yield 4 Servings

### Sweet Corn with Southern BBQ Butter

- 1/4 cup of your favorite barbecue sauce (sweet, spicy, etc.)
- 1/4 stick butter
- 4 ears fresh Florida sweet corn, shucked
- Kosher salt and fresh ground pepper to taste

#### Preparation

Preheat oven broiler on high. In small saucepan over low heat, combine barbecue sauce and butter until melted and smooth. Place sweet corn in a medium-sized baking dish and pour barbecue mixture over sweet corn. Broil sweet corn, 4 inches from broiler, being sure to watch the whole time. Turn and baste the sweet corn until golden. Serve warm.



## Florida Sweet Corn

Florida is the largest producer of market fresh sweet corn in the U.S. Sweet corn is mostly grown in the southeast and central parts of Florida. Sweet corn is available from October through June, with peak availability in April and May.

### How to buy:

It is best to buy fresh sweet corn with the husk still attached. Sweet corn cobs should feel and look moist and plump, with the kernels inside fat and shiny; press against the husk and you should be able to feel the kernels inside. The silk of the corn should be a little sticky and should look glossy, stiff and moist. Do not purchase sweet corn that has straw colored husks; they should be green.

### Tips for storage:

Store sweet corn in the husk, placed in a refrigerator or a cool dry place. Keep the ears separated during storage to prevent mold.

### Cooking tips:

Cook your corn as soon as you can. As corn sits, the sugars convert to starch. Steam corn for five to seven minutes or try roasting and grilling for a smoky flavor. Easily remove kernels from the cob by standing the corn on end on a cutting board and cut down the cob with a sharp knife. Salt can make corn tough, so only lightly salt the corn before cooking, and be sure to add or serve salt after cooking.

### Flavors well with:

Seafood, onion, tomato, chili peppers, thyme, rosemary

### Nutrition info:

Serving Size: 154g (1 cup) • Calories 132  
Calories from fat 16.38g • Total Fat 1.82g  
Total Carbohydrate 29.29g  
Protein 4.96g  
Fiber 4.2

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Sweet Corn and Ricotta Fritters



Sweet Corn with Southern BBQ Butter



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# FLORIDA Tomatoes



Florida Department of Agriculture and Consumer Services  
[www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)

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#### Yield 4 Servings

### Tomato Linguini Sauté

- 2 pounds ripe Florida tomatoes
- 3 garlic cloves, minced
- 1/2 bunch fresh Florida basil, hand torn (or 1 tablespoon dried)
- 1/2 cup olive oil
- 1 lemon, zested and juiced
- 1 pound whole wheat linguini (or your favorite pasta)
- Freshly grated Parmesan cheese
- Kosher salt and fresh ground pepper to taste

#### Preparation

Wash, rinse and dry tomatoes. Core and cut in half. Remove most of the seeds with a spoon. Chop tomatoes coarsely. Add chopped tomatoes to a colander, sprinkle with a few pinches of salt and let sit so they can release some of their water. Takes about a half-hour and can be done ahead of time.

Combine drained tomatoes, olive oil, lemon juice, lemon zest and garlic into a large sauté pan. Heat mixture over low heat. The idea is to warm the mixture, not cook it. Cook and drain pasta according to package directions. Combine pasta and tomato mixture in a bowl. Add fresh basil and parmesan. Taste and adjust seasoning with kosher salt and fresh ground pepper. Serve warm with crusty bread or chill for later.

This recipe is a great way to enjoy that fresh tomato taste. Use as a side dish or add any seafood to make it a main course. Add vegetables if desired. Remember to season the just-cooked pasta with salt and pepper.



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#### Yield 4 Servings

### Fresh Tomato Chop Salad

- 3 fresh Florida tomatoes, diced
- 1 Florida cucumber, seeded and chopped
- 1 red or sweet onion, chopped
- 1 Florida green bell pepper, chopped
- 1/2 bunch fresh Florida basil, hand torn
- 1/2 bunch fresh Florida parsley, chopped
- 2 garlic cloves, minced
- Kosher salt and fresh ground pepper to taste
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil

#### Preparation

In a large glass or plastic bowl, combine all ingredients and let marinate in the refrigerator for at least 20 minutes. Serve over salad greens if desired.

Try adding feta cheese and olives to this recipe.



# Florida Tomatoes

Botanically the tomato is a fruit; however, they are legally considered a vegetable. They are mainly produced in South Florida, although some production takes place in North Florida. Tomatoes have two growing seasons in Florida - one from early September into early January, then late January through July. The peak months of production are December and early January as well as March, April and May.

## How to buy:

The best test for a great tomato is not color but aroma. Smell the stem end, and you should smell a strong sweet-acidic fragrance. Choose tomatoes that are plump, shiny and that give slightly when pressure is applied. The perfect looking tomato does not mean it will have the best aroma and taste.

## Tips for storage:

Tomatoes should be stored at cool room temperature, out of their packing and never in the refrigerator. Storing tomatoes in the refrigerator will diminish the flavor. If you purchase an unripe tomato, you can leave it in a warm place exposed to sunlight to ripen. Tomatoes can be frozen whole, as long as you peel them after thawing.

## Cooking tips:

When cooking tomatoes one should remove the skin since the skin will separate from the flesh on its own during cooking and chewing on the skin itself can be a bit unpleasant. To quickly peel tomatoes, use a small sharp knife to cut a small cross shape into the base of each tomato, then drop them a few at a time into boiling water for about twenty seconds. Remove with a slotted spoon and plunge into iced water. Finally, peel the skin away starting at the cross-shaped incision. To seed tomatoes, cut them into quarters after the skin and stem have been removed. Use your fingers to nudge the seeds and the flavorful jellylike substance surrounding them out.

## Flavors well with:

Garlic, capers, cumin, rosemary, basil, dill, marjoram, tarragon, sage

## Nutrition info:

*Serving Size: 180g (1 cup, chopped or sliced)*

*Calories 32 • Calories from fat 3.24g*

*Total Fat 0.36g • Total Carbohydrate 7.06*

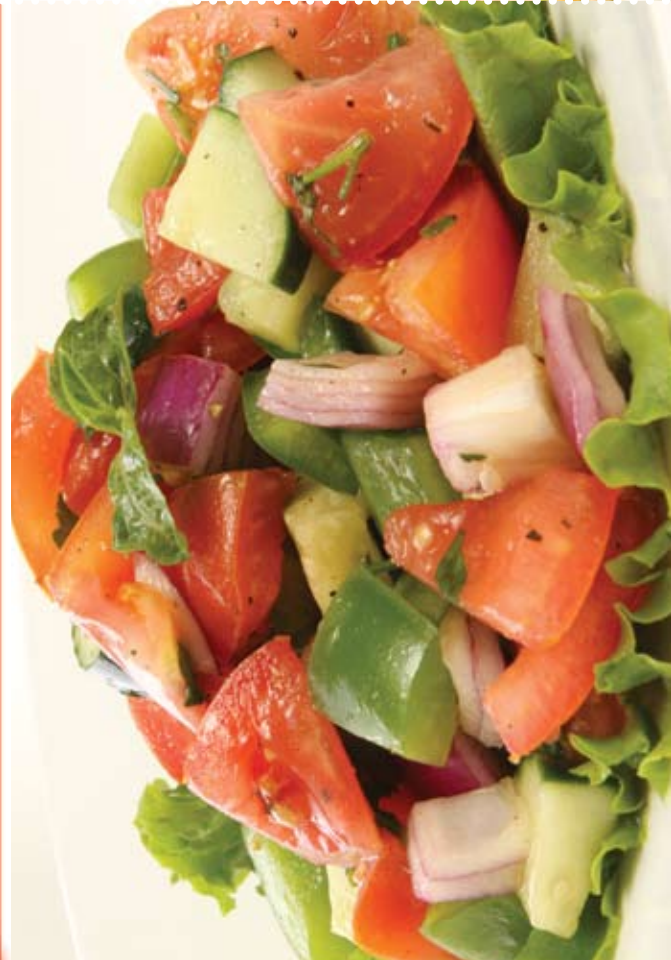
*Protein 1.58g • Fiber 2.2g*

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Tomato Linguini Sauté



Fresh Tomato Chop Salad



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#### Yield 4 Servings

### Watermelon and Shrimp Cocktail Skewers

- 1/2 medium-sized Florida watermelon, peeled, seeded and cubed (about 32 cubes)
- 32 large Florida shrimp, cleaned, poached and chilled
- 1/2 bunch fresh Florida basil leaves
- 2 cloves fresh garlic, minced
- 1 tablespoon fresh grated ginger (or 1 teaspoon dried)
- 1/4 cup peanut butter
- 1/2 cup rice vinegar (or mild flavored vinegar)
- 1 tablespoon low-sodium soy sauce
- Kosher salt and fresh ground pepper to taste
- 8 six-inch bamboo skewers

#### Preparation

In a small bowl, whisk the vinegar and the peanut butter until completely blended. Add in the garlic, ginger and soy sauce until fully combined. Taste sauce and adjust seasoning with salt and pepper. Pour most of the dressing over the shrimp, reserving some sauce for dipping. Chill marinated shrimp for 1 hour. To assemble, alternate shrimp, watermelon cubes and torn basil leaves on 8 skewers. Serve skewers with leftover sauce.



## FLORIDA Watermelon



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#### Yield 4 Servings

### Open Face Watermelon Sandwiches

- 1/4 medium-sized Florida watermelon, seeds and rind removed
- 1 handful fresh Florida mint leaves, chopped
- 8 ounces goat cheese
- 1/2 loaf of your favorite crusty bread, sliced thin
- Olive oil
- Kosher salt and fresh ground pepper to taste

#### Preparation

Crumble chilled goat cheese into a small bowl. Lightly mix cheese and chopped mint. Taste for seasoning and adjust with salt and pepper. Cut bread into 8 small slices and drizzle with olive oil. Toast bread slices until golden brown and crispy on top. Let bread cool slightly.

Spread cheese mixture on the top of each slice of bread. Cut watermelon slices into fun shapes and layer watermelon on top of cheese. Lightly season the top of the sandwiches with salt and pepper. Serve at room temperature.



# Florida Watermelon

Florida watermelons are a summer treat. Grown in the western parts of the state - from north Collier County to Columbia County - watermelon from Florida is available from late march until mid-July. The peak production time is in May and early June.

## How to buy:

The exterior of a ripe watermelon should be a smooth, waxy green, with or without stripes. Watermelons will not ripen after they are picked, so it is important to select a ripe watermelon at the market. Ripe watermelons have a yellow or cream-yellow "ground spot" in the place the melon rested on the soil. If this spot is green or white, the watermelon is probably not ripe. If the watermelon has been cut, choose one with a bright, crisp, even-colored flesh.

## Tips for storage:

Whole melons will keep in the refrigerator for no longer than a week. Once cut, they should be kept refrigerated and covered with plastic wrap.

## Cooking tips:

Before cutting your watermelon, be sure to wipe it with a clean cloth and light soapy water. Every part of the watermelon is edible, including the rind and the seeds. The fiber-rich rind can be pickled, candied or turned into jam or jelly. The seeds are highly nutritious, packed with protein, vitamin E and potassium, and make a healthy, tasty snack if roasted in a low oven and salted.

## Flavors well with:

Honey, salt, pepper, mint

## Nutrition info:

*Serving Size: 152g (1 cup, diced) • Calories 46*

*Calories from fat 2.07g • Total Fat 0.23g*

*Total Carbohydrate 11.48g*

*Protein 0.93g*

*Fiber 0.6g*

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Watermelon and Shrimp Cocktail Skewers



Open Face Watermelon Sandwiches



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