



# How to...



## HEALTHY SNACKS

Bananas, strawberries, and grapes are the most commonly eaten fruits in the US.

# Pick your own fruit

Visit a local farm to enjoy the best of summer's bounty.

**B**iting into a juicy peach or a sweet strawberry is a refreshing treat, especially when these fruits are in season and you can get fresh ones. Although you can probably find delicious fruit at your supermarket, it's a fun activity with family or friends to pick your own at a local farm. Here's what you need to know.

### Find out what's ready

Across the US, blackberries, blueberries, cherries, peaches, raspberries, strawberries, and tomatoes are typically ready to be picked at some point during the summer months. When exactly they might be harvested at a farm near you depends on the weather and temperature in your community. To learn what's ripe where you live right now, go to [pickyourown.org](http://pickyourown.org). At this site, you can find a harvest schedule specific to your state as well as local farms in your area. Since fruit availability can change quickly, have an adult call the farm to confirm whether enough of the fruit you want to pick is ready.

### Get prepared to head out

Farms often have little shade because they rely on sunshine to help crops grow. Be sure to wear or bring a hat, sunglasses, sunscreen, and water. You may also want to wear lightweight pants, instead of shorts, to

protect your legs from scratchy plants and mud. Wear closed-toe shoes to protect your feet. Old sneakers that you don't mind getting dirty are ideal. Bring a basket or a reusable bag to put fruit in while you're picking.

### Ask for advice

When you arrive, take time to talk to a staff member. They are likely very knowledgeable about what's ready for picking at the farm. Ask which fruits are at their best and if there are any fields that have more ripe fruit available than others. You can also ask about any signs that a fruit is ready to pick. For example, strawberries don't continue to ripen after you pick them, so you should choose ones that are fully red. For other fruits, like peaches, you'll know they're ready to pick when they are a little bit soft when you press on them. Ripe peaches also separate easily from the branch.

### Enjoy your bounty

When you get home, wash and dry your fruit. Separate different types into their own containers and store in a cool place. Now it's time to savor your efforts. You can create a plan for what recipes you want to make. The ones at right are easy to try. Or you may enjoy eating your fruit right out of the container!



Bring a basket.

## 4 easy recipes to make with fruit

Try these delicious ideas to enjoy what you picked.

### Fruit salad

Chop up fruit, such as strawberries and peaches, into bite-size pieces. Add berries. Mix in a squeeze of fresh lemon juice and a drizzle of honey.



### Yogurt parfait

Place a layer of yogurt at the bottom of a



small glass bowl or cup. Next, add a layer of cut-up fruit or berries. Layer granola on top of the fruit. Repeat layers until your bowl or cup is nearly full.

### Fruit pizza

Spread a thin layer of yogurt all over one pita bread. Top the yogurt with chopped fruit. Cut the bread into four pieces, in the shape of pizza slices.



### Smoothie

Pour a cup of peeled fruit in a blender. Add ½ cup of liquid, such as milk or



juice, and ¼ cup of something thicker, such as yogurt. Blend until smooth. Taste and add honey, if needed.