







# Produce Picks

**Nectarines** are a very popular summer fruit enjoyed alone as well as in salads, entrees, and desserts. California grows over 95% of the nectarines produced in the United States, with peak season from May through September. Imported nectarines are available January through April.

While nectarines may look similar to peaches, they are two different fruits. Most people can tell the difference based on the smoothness of the nectarine skin compared to the fuzz on a peach. Actually, there are more differences than skin texture. Nectarines are smaller than peaches with a characteristic pink tinge throughout its yellow flesh. Nectarines are a nutritional bargain at 62 calories for one medium fruit with no fat, cholesterol, or sodium. One-serving provides 15 grams of carbohydrates, 2.5 grams of fiber, 285 milligrams of potassium, 8 milligrams of vitamin C, and 471 IU of Vitamin A.

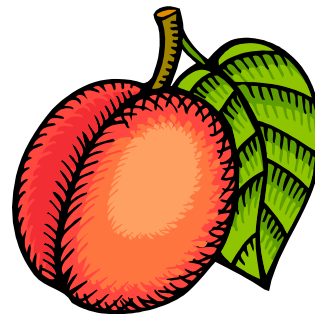
Ripe nectarines are aromatic with a firm, but not hard flesh that gives slightly to pressure. Unripe fruit should be kept at room temperature for 2 to 3 days until ripe. Store ripe fruit in the refrigerator for 3 to 5 days.

## Cuisine Corner

### California Marinated Salad

#### Ingredients:

3 nectarines, chopped  
1/2 pound fresh mushrooms, quartered  
1 cup cherry tomatoes, halved  
1/2 cup pitted ripe olives (optional)  
1/3 cup chopped green onions  
1 (8oz) can artichoke hearts  
1 Tbsp vegetable oil  
1/4 cup lemon juice  
1/4 tsp sugar  
1 tsp tarragon, crumbled  
1/2 tsp thyme



#### Directions:

In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives and green onions. Drain and save liquid from the artichokes. Add the artichokes to the salad. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over the salad. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.

yield: 6 servings

#### Nutrition Information per serving:

80 calories; 3 grams fat; 100 milligrams sodium; 13 grams carbohydrates; 2 grams fiber; 7 grams sugar; 3 grams protein; 10% vitamin A; and 25% vitamin C.

Provides approximately one-cup of fruit per serving.

Source: Centers for Disease Control and Prevention

<http://www.fruitsandveggiesmatter.gov/month/nectarine.html>

# Calls to the Agent

## Did You Know? ...

Plain vegetables are a calorie bargain compared to many popular side dishes. For the calorie conscious person, plain non-starchy vegetables are appealing because they are very low in calories. A ½ cup serving of plain cooked non-starchy vegetables such as broccoli, tomatoes, carrots, green beans, cooking greens, and summer squash provide only 25 calories. The starchy vegetables are also a good deal at just about 80 calories per ½ cup cooked. These would include plain white potatoes, sweet potatoes, corn, winter squash, and sweet peas. Keep in mind, the addition of fat and sugar to vegetables or any other food can substantially increase the calories.



**Q**uestion: What is smoked fish?

**A**nswer: Smoking, like drying and salt curing, is among the oldest methods to preserve food. However, with the widespread use of refrigeration, smoking is primarily done to enhance the flavor of fish rather than to preserve it. There are two methods of smoking fish: cold smoking in which the fish is not cooked and hot smoking in which it is cooked. Either way, the fish is salted, and then dried until a thin, shiny skin, called a pellicule, has formed on the surface. The pellicule which appears as a glossy sheen over the surface of the fish helps seal in the natural juices. Then the fish is smoked. In cold smoking, fish is smoked at a temperature no higher than 85°F, from six hours to 21 days. At such low temperatures, the fish protein does not break down. In some commercial operations, the curing and smoking times are shortened for a moister product. In hot smoking, the fish is smoked at a temperature between 150 and 200°F for only a few hours.

Smoked fish and shellfish found in the supermarket include salmon, haddock, herring, bluefish, mackerel, chub, mullet, and whiting, as well as mussels, shrimp, scallops, clams, and oysters. Usually they have been only lightly smoked to enhance the flavor of the seafood, not to preserve it. Such smoked products should be stored either in the freezer or no longer than 4 to 5 days in the refrigerator.

There are several kinds of smoked fish, including whiting and white fish, chubs, herring, trout, and bluefish, as well as smoked salmon from Denmark, Norway, Sweden, Alaska and other states in the US and countries abroad. They might also carry fish known by traditional names as finnan haddie (a Scottish expression for smoked haddock), Kippers (an 18<sup>th</sup> century term for smoked split herring), Nova (cold smoked salmon) or lox (from laks, the Yiddish word for salmon—lightly cold smoked salmon).

**Q**uestion: Why is a baked potato classified as a potentially hazardous food?

**A**nswer: Since potatoes are grown in the soil, they are a natural source of *Clostridium botulinum*. *C. botulinum* could grow in a cooked; foil wrapped baked potato that is not maintained at proper temperature because the combination of cooking and foil wrap creates an anaerobic (oxygen-free) condition. *C. botulinum* requires an anaerobic environment in which to grow. Therefore, cooked, foil wrapped baked potatoes not immediately consumed, should be kept hot or promptly stored in the refrigerator.

# Meet the Agent

Nancy Gal, Family and Consumer Sciences Agent IV, has been on the faculty of the University of Florida/IFAS Marion County Extension Service since 1987.

She teaches health, nutrition, and food safety to adults and youth promoting wellness and disease prevention. Her areas of specialty include managing type 2 diabetes, cardiovascular disease, weight management, and food safety for home and commercial food handlers. Nancy is well known for her diabetes education programs and was appointed by the governor to serve on the Florida Diabetes Advisory Council. Her professional accomplishments include international, national and state recognition for her work with Dr. Linda Bobroff, Extension Nutrition Specialist, on the development of the University of Florida/IFAS Extension's ***Take Charge of Your Diabetes*** Program.

She has also co-authored UF Electronic Database Information System (EDIS) and for-sale Extension publications including three diabetes publications and [Munchy Adventures](#), a 4-H healthy lifestyles curriculum for youth.

Nancy has been honored for her excellence in program development and teaching receiving the National Extension Association of Family and Consumer Sciences Distinguished Service Award, Epsilon Sigma Phi - National Honorary Extension Fraternity Mid-career Service Award, National Extension Association of Family and Consumer Sciences Program Excellence Through Research Team Award, Florida Extension Association of Family and Consumer Sciences Program of Excellence Awards, and the University of Florida's Sadler Distinguished Extension Professional and Enhancement Award.

## What is Extension?

Extension is a partnership between state, federal, and county governments to provide scientific knowledge and expertise to the public. The University of Florida (UF), together with Florida A&M University (FAMU), administers the Florida Cooperative Extension Service.

University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life.

At the University of Florida, Extension is located in the Institute of Food and Agricultural Sciences (IFAS), along with the College of Agricultural and Life Sciences (CALS) and the Florida Agricultural Experiment Station, and is called UF/IFAS Extension.



**University of Florida/IFAS Marion County Extension**  
**2232 NE Jacksonville Road**  
**Ocala, Florida 34470**  
**352-671-8400**

<http://www.marioncountyfl.org/extensionsservice.htm>