Fruitful Discoveries
Fruit Categories
Pomes

• Winter fruit
• These fruits have 5 compartments that contain seeds
• There are only 2 fruits in this category:
  • Apples and Pears
Berries

• Summer fruit
• These fruits typically grow in small clusters
• Examples are grapes, strawberries, and berries
Melons

• Summer fruit
• Melons grow on a vine on the ground
• Most contain seeds
Drupes

• Summer fruit

• Contain a large pit or stone in the center of the fruit
Citrus

• Tropical fruit

• The fruit is divided into sections and contain Ascorbic Acid (Vitamin C)
Tropical

- Tropical fruit
- Grow in a warm, temperate climate
Preventing Oxidation in Fruit

• When exposed to air, some fruits turn brown
• Prevent browning by dipping in an ascorbic acid solution of:
  • lemon juice, or
  • lime juice, or
  • orange juice, or
  • lemon-lime soda, or
  • a commercial chemical powder
Safe Handling

• Buy right
• Store properly
• Separate for safety
• Prepare safely

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices
References and Resources

Textbook:

YouTube(tm):
• About.com Food
  How to Make Bananas Foster
• Better Homes and Garden
  Grilling Fruit
  [http://youtu.be/Kw4_d3LVUwk](http://youtu.be/Kw4_d3LVUwk)

Website:
• Raw Produce: Selecting and Serving it Safely
  Food Facts from the U.S. Food and Drug Administration
  [http://www.fda.gov/food/resourcesforyou/consumers/ucm114299](http://www.fda.gov/food/resourcesforyou/consumers/ucm114299)