

# How to Buy & Store **FRESH Fruit**

First — you will NEVER find RIPE Ready to eat fruit in the grocery store. Here is why?

A friend was over the other day for lunch and noticed the abundance of fresh fruit I had laying on the kitchen counter. A colander was full of oranges, lemons and limes; a grapefruit was lying on the counter along with a mango, a kiwi, bananas and a few apples.



She asked why I didn't have them in the fridge and I explained I only keep



berries, grapes and cherries in the fridge. Of course I store prepared fruit salad in the fridge.

You will get 10 times more juice from citrus that is room temperature plus I just think citrus is FRESHER when not refrigerated. When pears, plums, peaches and apricots are in season I do not refrigerate

them. I simply let them sit NOT TOUCHING (they don't play nice together) on the counter to allow air to circulate around them. I will turn them everyday to keep them from getting premature soft spots.

She asked what about apples -- don't they go bad? I explained I NEVER buy fruit in a bag except



grapes and cherries and I ONLY buy what will be eaten in the next week. I want to examine my precious produce by touch and smell before I spend my hard earned money. Again I just think fruit is FRESHER when FRESH and not refrigerated.

Well what about bananas she asked -- sure to trip me up -- saying she always keeps ALL of her fruit in the fridge. I smiled and said I only buy more than one banana when the grandchildren are coming to visit or I need more than

one for fruit salad for a cookout or covered dish. She looked surprised and said, "Don't you like bananas"? I certainly do but I don't like all the sugar and starch in bananas and find that ONE each week on grocery shopping day is most often PERFECT for me. And I usually eat it on the way home for my snack, tossing the peel in the trash barrel before I unload the groceries.

I went on to explain how ALL fruits except berries should be eaten ALONE as a snack between meals, three hours after your last meal and preferably one hour before your next meal. That way the natural sugars can be burned immediately as fuel. Berries can be eaten with any meal because they are LOW in sugar and HIGH in fiber. When you eat fruits high in sugar with a meal or as a dessert the sugars will attach to the fat, protein and starch in the meal and store itself in the body and not burn as immediate fuel. **Try it you'll FEEL the difference.**

Eat lots of fruit 4-5 servings everyday! Remember ½ apple is ONE serving so it is easy to get in your 4-5 EVERYDAY! Same with veggies ½ cup is equal to ONE serving so it too is easy to get in 4-5 a day.

Remember . . . fruits and veggies are SINGLE ingredient LIVING foods that do NOT require a label.

### HOW TO BUY THE BEST FRUITS

Notice how the grocer always keeps most fruit cool? All fruit is stored in COLD warehouses immediately after picking to keep them from ripening. They are then shipped to your market in a COLD truck and put in a fridge immediately upon arrival again to keep from ripening. Then they are put out for your selection.

It is the intention of the grower and the grocer that you buy them NOT yet ripe. They want you to take them home to finish ripening in your nice warm kitchen to RIPEN NATURALLY on your kitchen counter in a day or two. Yes it takes planning ahead, which is one of the TOP tricks to having fresh RIPE fruits and veggies.

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### PLEASE DO NOT SQUEEZE FRUITS AND VEGGIES

It only leaves dark bruises that you will discover when you slice them open. Simply HOLD fruit in your hand. Is it heavy? That is the first secret – heavy means full of juice and fiber. There is a difference in HARD and HEAVY.

### BUY GREEN AND FIRM

Apples and Pears: What about the color? Is it green and firm? You DON'T have to squeeze them. After you get your pears home everyday simply and VERY gently TOUCH (DON'T press) the top of the pear NEAR the stem. When it gives ever so slightly it is sweet, and ripe all the way through.

ALL stone fruit, those with a pit (yes even Avocados) check the stem. Is it brown or even gone? You want it dark, dark brown or even gone. I buy avocados in stages from hard (don't squeeze you can tell from simply holding in your hand) green to dark black. That way I have a RIPE one nearly everyday! See page **28 Volume 3.**

Cooking with Judy

### How to pick GREAT Grapes

I was blessed to be in the produce dept. when a handsome white haired gentleman was selecting his own purchase of grapes. As I began to look over the grapes, the red on sale the green not, the gentleman asked if I knew how to pick out good grapes? I said, please share and he did indeed. He said he had the pleasure of meeting a



gentleman who was a grape grower in California. The gentleman told him to first look at the stem, take hold of it to make sure it is supple and a pretty healthy green color.

Then take a grape, wipe off any residue with your fingers and pop it in your mouth. Bite down -- if it snaps and crackles it is FRESH. If it is soft or if the stems are not bright and supple it has been off the vine too long.

**Comparison** is the **thief of joy.**  
*Theodore Roosevelt*