

# Harvest of the Month™

## SUMMER - STONE FRUIT



STONE FRUIT ARE A DIVERSE CROP GROWN IN SAN DIEGO COUNTY. THE MANY VARIETIES ARE ALL DELICIOUS AND NUTRITIOUS! THEY ARE RICH WITH VITAMIN C AND VITAMIN K, PROMOTING IMMUNITY AND STRENGTHENING BONES AND TEETH!

### FOOD WASTE PREVENTION

- WHEN BUYING STONE FRUIT, LOOK FOR FIRM FRUIT WITH FEW SPOTS
- SMELL THE FRUIT AND MAKE SURE THEY SMELL FRESH AND DELICIOUS BEFORE BUYING
- LEAVE STONE FRUITS OUT AT ROOM TEMP UNTIL THEY ARE RIPE TO YOUR LIKING, THEN STORE THEM IN THE CRISPER DRAWER OF THE FRIDGE, UNWASHED AND UNCOVERED

### HEALTHY SERVING IDEAS



ADD TO OATMEAL OR GRANOLA



MAKE A SMOOTHIE!



ADD TO A SALAD FOR SWEETNESS AND COLOR



### FUN FACTS

NECTARINES AND PEACHES ARE GENETICALLY IDENTICAL EXCEPT FOR THEIR SKIN: PEACHES CONTAIN A GENE THAT CREATES A FUZZ, WHERE NECTARINES DO NOT

### STONE FRUIT VARIETIES



#### PEACH

FUZZY SKIN WITH YELLOW OR WHITE FLESH. SWEET AND JUICY AND FLORAL

#### PLUM

PURPLE SKIN WITH YELLOW OR RED FLESH. TART, SWEET, AND RICH TASTE WITH A BIT OF A CRUNCH



#### CHERRY

BITE SIZED FRUIT RANGING FROM RED TO YELLOW. SWEET, NUTTY, AND FLORAL FLAVOR



#### APRICOT

VELVETY ORANGE SKIN WITH TANGY SWEET FLESH. TASTES LIKE A CROSS BETWEEN PEACH AND PLUM



#### NECTARINE

SIMILAR TO PEACHES WITHOUT THE FUZZ! SMOOTH SKIN WITH SWEET AND JUICY FLESH



### FUN FACTS

STONE FRUIT, ALSO CALLED A DRUPE, IS A FRUIT MADE OF AN OUTER FLESHY PART THAT SURROUNDS A SINGLE SHELL WITH A SEED INSIDE, ALSO KNOWN AS THE PIT OR STONE. COMMON STONE FRUITS ARE PEACHES, PLUMS, CHERRIES, APRICOTS, NECTARINES, LYCHEE, AND MANGOES



## STONE FRUIT VIDEO

SCAN THIS QR CODE OR [CLICK HERE](#) TO WATCH SAN DIEGO UNIFIED'S HARVEST OF THE MONTH VIDEO ON STONE FRUIT! FIND OUT WHERE THEY GET THEIR NAME!



THIS VIDEO CONTAINS AN OVERVIEW OF HARVEST OF THE MONTH, A MESSAGE FROM KINGSBURG ORCHARDS, AND AN OVERVIEW OF THE NUTRITIONAL BENEFITS OF STONE FRUIT!

## STONE FRUIT SALSA

### INGREDIENTS

- 1 LB MIXED STONE FRUIT, DICED
- 1-2 JALAPENOS, MINCED
- 1/4 RED ONION, MINCED
- 2-3 TBSP CILANTRO, CHOPPED
- JUICE FROM ONE LIME
- 1-2 TSP HONEY
- SALT AND PEPPER TO TASTE

### INSTRUCTIONS

1. PIT THE STONE FRUITS AND DICE INTO SMALL CUBES
2. IN A BOWL, TOSS TOGETHER STONE FRUIT, JALAPENO, RED ONION, AND CILANTRO
3. SQUEEZE LIME OVER MIXTURE AND ADD HONEY, SALT AND PEPPER
4. STIR AND ENJOY WITH CHIPS OR TOAST!