

# HOW TO WASH AND PREPARE DIFFERENT FRUITS AND VEGETABLES.

## FRUIT

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### Papaya

**Wash:** Carefully wash the papaya.

- Prepare:**
- 1.) First, cut the papaya in half.
  - 2.) Next, scrape out the seeds; it is easiest to do this with a spoon.
  - 3.) Peel the papaya; use a knife to cut the peel off. Place your thumb on the peel to stabilize – be careful!
  - 4.) Cut the fruit into slices or cubes and it's ready to eat!



### Kiwi

**Wash:** Wash the fruit with water before cutting into it.

- Prepare:**
- 1.) Peel the skin. To do this, cut off each end of the kiwi.\*
  - 2.) Then get your knife underneath the skin of the kiwi and cut all the way around the entire fruit.
  - 3.) Slice the kiwi keeping in mind the core in the center.

\* You do not need to peel and cut a kiwi fruit in order to eat it. The skin and seeds of kiwi fruits can be eaten; while washing the fruit, rub off the fuzz.



### Pomegranate

**Wash:** Rinse the fruit with water and wipe with a towel or paper towel.

- Prepare:**
- 1.) To peel a pomegranate, first cut off the crown and gently scoop out some of the center core without disturbing the seeds.
  - 2.) With a knife, score just through the outer rind around the fruit in quarters.
  - 3.) Put your thumb in the center core and gently pull apart the sections.
  - 4.) Peel away the inner white papery skin covering the seeds and discard.
  - 5.) Gently invert the skin inside out and the seeds will pop out to be easily removed without bruising. Enjoy the bright, shiny red seeds in green salads or alone.



### Avocado

**Wash:** Rinse with water.

- Prepare:**
- 1.) Choose an avocado that isn't too hard or too soft.
  - 2.) Use a paring knife and cut the avocado in half. Avoid the pit.
  - 3.) Rotate the fruit until it becomes two halves. Use a spoon to remove the pit. Slice vertically and cut into square chunks.
  - 4.) Eat alone, sprinkled with salt and pepper or on a salad.



## Star Fruit

**Wash:** Rinse the star fruit, or lightly wash it with a vegetable wash.

- Prepare:**
- 1.) Hold the star fruit vertically over a cutting board or countertop. Using a knife, cut very shallowly down along each of the five ridges (or "star points"), removing and discarding the brown outer edge.
  - 2.) Turn the star fruit on its side.
  - 3.) Now your star fruit is ready to be sliced. Like an apple, you can cut thin or thick slices — it's up to you.
  - 4.) Using the tip of your knife, remove and discard any seeds you find (star fruit seeds are similar to apple seeds, but can be slightly larger and flatter).
  - 5.) Star fruit makes a great snack – just sprinkle with a little cinnamon. Or add it to a smoothie with an orange, a mango, ice cubes and some cinnamon.



## Fig

**Wash:** Place the fresh figs into a colander and run cool water over them. Rub the figs briskly with your hands to wash them.

- Prepare:**
- 1.) Set the figs on a cutting board. Cut the stems from the tops of the figs by slicing straight across the tops with a knife.
  - 2.) Remove the peel with a knife, if you desire, removing as little fig pulp as possible as you remove the skin.
  - 3.) Slice the figs in half from top to bottom. Place the halved figs onto the cutting board with the flat side down and slice into 1/2-inch wide slices.
  - 4.) Eat figs as is.



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## VEGETABLES

### Kale

**Wash:** Rinse kale well in large bowl of warm water; place in colander. Drain.

- Prepare:**
- 1.) Discard any discolored leaves, and trim off the tough ends.
  - 2.) Roll the leaves together to prepare.
  - 3.) Slice the rolled leaves crosswise into 1/2-inch thick slices with a knife.
  - 4.) Separate the kale into strips.
  - 5.) Eat kale raw by mixing it with lemon and garlic. Or add tomatoes, avocado and chickpeas, and toss with olive oil and balsamic vinegar.



## Rutabaga

**Wash:** Rinse rutabaga under cool running water.  
Be sure to dry thoroughly so that it will not be slippery.

- Prepare:**
- 1.) Using a knife or vegetable peeler remove the outer layer of your rutabaga. (Rutabagas are usually dipped in wax so that they will hold up better in storage, be sure to remove every bit of wax before cooking.)
  - 2.) Cut off the very bottom of the rutabaga so that you will have a flat surface for chopping.
  - 3.) While resting on its flat bottom, use your large chef's knife to halve and then quarter your rutabagas.
  - 4.) Continue chopping rutabagas until you have 1/2-inch cubes. Keeping them consistent in size will allow for even cooking.
  - 5.) Boil and mash the cubes and add a little butter to make mashed rutabagas or you can slice them thin and sprinkle with rosemary, garlic and olive oil for rutabaga fries.



## Spaghetti Squash

**Wash:** Rinse the squash with water before you begin to prepare the veggie.

- Prepare:**
- 1.) Cut the squash in half lengthwise and remove the seeds.
  - 2.) Then bake or boil it until tender. (Tip: you can wrap the squash in plastic wrap and microwave on high for 10 to 12 minutes.)
  - 3.) Once cooked, use a fork to rake out the "spaghetti-like" stringy flesh (all the way to the rind), and serve with tomato sauce for a great, nutrient-packed option.

