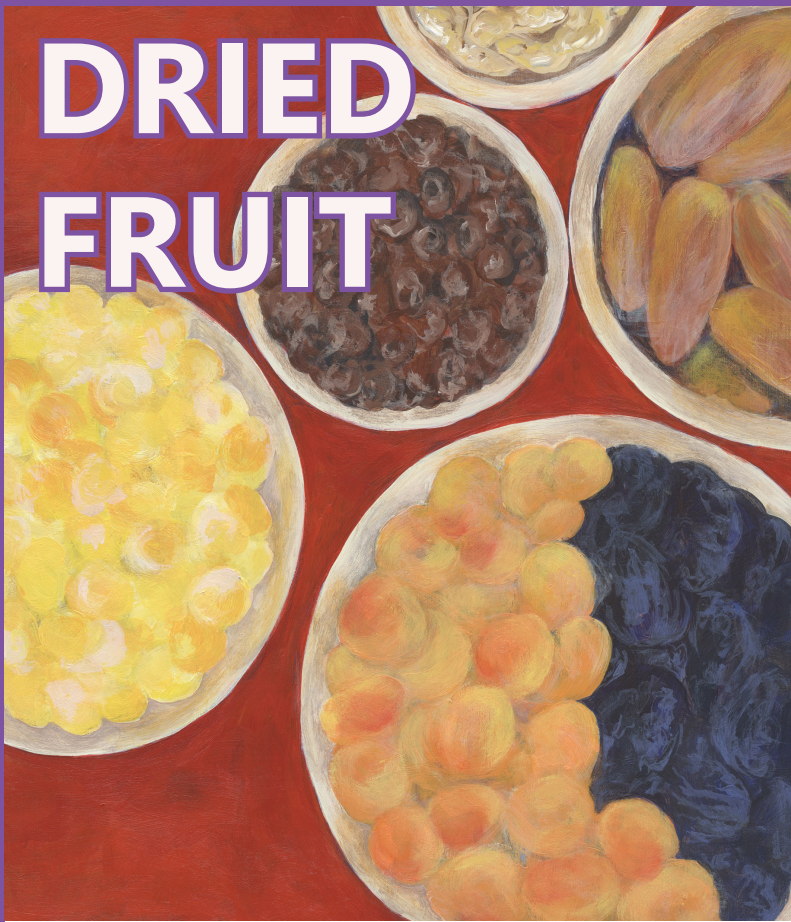


Harvest of the Month



DRIED FRUIT



Local Highlight

Drying, canning, freezing, and juicing are all ways that local farmers turn excess or imperfect fruit into a marketable product. There is not enough of a local dried fruit supply to meet our needs for Harvest of the Month, but we are able to feature fruit from California.

Literature Links

- *First Day in Grapes*, by L. King Perez
- *Go, Go Grapes!: A Fruit Chant*, by April Pulley Sayre

Joke Corner

I would never buy trail mix without dried fruit or chocolate. That's just nuts!

I've started to tell everyone about the benefits of eating dried fruit. It's all about raisin awareness.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month

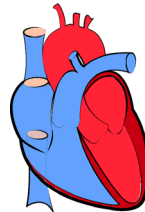


DRIED FRUIT



Nutrition Power

Many dried fruits are a good source of potassium.



Potassium helps your heart to pump and your muscles to move!

History

Drying or dehydrating is one of the earliest ways people learned to preserve food. This method dates back more than 5000 years! Early hunter gatherers discovered that fruit like grapes, dates and figs were still edible after falling and drying in the hot sun.

Raisins and figs were a very important part of the diet and culture in Ancient Rome. Raisins were even used like money in their bartering system!



Did You Know?

- ❑ Dried fruit is fruit from which the majority of the original water content has been removed either naturally, through sun drying, or by dehydrators.
- ❑ Americans eat more raisins per year than fresh grapes.
- ❑ California is the world's leader of dried plums, producing about 65% of the world's supply and almost 99% of the nation's supply.
- ❑ Native Americans used a mixture of dried meat and dried fruit to make pemmican, a high energy food that could be stored for long periods. It is still prepared today.

