



Iowa State University Extension and Outreach Resources and Programs

IOWA STATE UNIVERSITY
Extension and Outreach
Healthy People. Environments. Economies.

SPEND SMART. EAT SMART.



Online Suite of Resources

- **Website** (10,000 users per month)
 - Recipes, videos and easily accessible nutrition information
- **Weekly blog** (4,000 readers per week)
- **Social Media** (5,000 followers)
 - Facebook, Twitter and Pinterest
- **Mobile app** (8,000 users)

Audience

- Families and individuals with low income
- Direct education participants and past participants
- Program staff and partners
- General consumers interested in eating healthy on a budget

Purpose of Spend Smart. Eat Smart.

- Regularly updated source of research-based information on nutrition and food budget management as well as recipes and how-to videos.
- Maintain connection with program participants.
- Extend reach beyond direct programming.
- Resource for staff and partners.

Blog

- New blogs every week featuring recipes, nutrition information, meal planning tips and trending health topics.
- Subscribe using the RSS feed widget to receive the blog by email every Monday.
- *Suggest topics that interest you!*

What you don't see

- AA accessibility standard
 - Screen readers
 - Color and contrast
- Automatic live translation

A close-up, top-down view of a lush garden filled with various green leafy plants. The leaves are vibrant green, with prominent veins and some showing signs of being eaten, such as small holes. The plants are densely packed, creating a textured, layered appearance. Overlaid on the center of the image is the text "Teaching Resources" in a large, white, sans-serif font.

Teaching Resources

Produce Seasons and Storage

Iowa Fruit and Vegetable Harvest Calendar

Produce	May	June	July	Aug	Sept	Oct
Apples						
Apricots						
Asparagus						
Beans						
Blueberries						
Broccoli						
Cabbage						
Cantaloupe						
Carrots						
Cauliflower						
Cherries						
Cucumbers						
Eggplant						
Grapes						
Kohlrabi						
Leeks						
Lettuce						
Okra						
Onions						

Produce	May	June	July	Aug	Sept
Peaches					
Pears					
Peppers					
Plums					
Potatoes					
Pumpkins					
Radishes					
Raspberries					
Rhubarb					
Rutabaga					
Spinach					
Squash					
Strawberries					
Sweet Corn					
Sweet Potato					
Tomatoes					
Turnips					
Watermelons					
Zucchini					

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How to Store Fruits and Vegetables

Storing fruits and vegetables properly will help them last longer and taste better. When storing any kind of fruits and vegetables, develop a system so that you use the oldest fruits and vegetables first; this is called first in first out.

Storage Tips

PACKAGED FRUITS AND VEGETABLES

Frozen: Usually last about 6 months in a freezer that is 0°F or colder.

Canned: Store in a pantry or cupboard at room temperature. Use by the date marked on the can.

Dried: Store in a pantry or cupboard, unless the packaging indicates refrigerator storage is necessary. Use by the date marked on the package.

Juice: Storage times vary depending on form. Check dates on the packaging. Once opened, juice should be stored in the refrigerator and consumed within a week for best quality.

FRESH FRUITS AND VEGETABLES

REFRIGERATE

- Apples
- Berries
- Cherries
- Grapes
- Asparagus
- Green beans
- Broccoli
- Carrots
- Cauliflower
- Celery
- Leafy greens

Anything that is cut up must be refrigerated to prevent foodborne illness.

KEEP AT ROOM TEMPERATURE

Can be stored on the counter away from direct sunlight

- Bananas
- Citrus
- Melons
- Tomatoes
- Squashes

Best if kept in a dark area such as a pantry

- Onions
- Potatoes
- Sweet potatoes

RIPEN ON COUNTER, THEN REFRIGERATE

- Avocados
- Kiwis
- Nectarines
- Peaches
- Pears
- Plums



CHECK OUT OUR VIDEOS
spendsmart.extension.iastate.edu/videos for more information on basic food preparation, safety, storage, and easy recipes!

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SPEND SMART. EAT SMART. Pantry Picks

BEANS

- NUTRITION BENEFITS**
 - Fiber: Helps to reach and maintain a healthy weight by being more filling than low fiber foods. Helps reduce cholesterol levels and may lower your risk of heart disease.
 - Protein: Makes and repairs body cells.
 - Iron: Helps with production of healthy red blood cells.
- SELECTION**
 - To limit sodium, select canned beans that list "no salt added" or "reduced sodium."
 - Avoid bulking or dental cases of beans.
 - There are a variety of beans, including black beans, navy beans, pinto beans, chickpeas, and great northern beans. For the most part, any bean variety can be substituted for another. This does not include green beans.
- STORING**
 - Canned beans can be stored for up to 2 years unopened.
 - Dry beans in a bag are good for 1 year or in the depression date on the package. After this time, the beans are not bad to eat but they lose their oil and become too dry so they will not rehydrate correctly when cooked.
 - Store any leftover beans from the can or any cooked beans in a covered container in the refrigerator and use within 3-4 days. Or freeze and use within 3 months for best quality.
- CLEANING**
 - Drain and rinse canned beans under cool running water in a colander or strainer.
 - Spread dried beans on a baking sheet. Remove any small stones, dirt pieces, or withered beans. Rinse in a colander.
- PREPARING**
 - Canned beans are ready to eat after rinsing. Let them on their own or use them in a recipe.
 - See instructions for preparing dry beans on the back of the package.
 - Beans can be a substitute for meat in chili, tacos, and burgers.
 - Add beans to a vegetable or pasta salad to make it a protein-rich main dish.



QUICK BLACK BEAN SALSA

- Serves:** 12
Serving Size: 1/4 cup
- INSTRUCTIONS**
1. Stir to mix first three ingredients in a medium mixing bowl.
 2. Serve as a dip for baked tortilla chips or roll up into a flour tortilla.
- INGREDIENTS**
- 1 can (15 ounces) black beans (drained and rinsed)
 - 1 1/2 cups frozen corn, drained
 - 1 jar (24 ounces) salsa
 - Tortilla chips or flour tortillas

PREPARING DRY BEANS

- INGREDIENTS**
- 1 package dried beans (such as pinto, navy, black, or kidney)
- INSTRUCTIONS**
- Stove-top Method**
1. Spread dried beans on a baking sheet. Remove any small stones, dirt pieces, or withered beans. Rinse.
 2. Place rinsed beans in a large cooking pan. Cover with 3 cups of water per 1 cup of beans. Use 10 cups for a 1 pound bag. Do either a short soak or a long soak. **Short Soak**—Bring beans to a boil, boil for 2-3 minutes, remove from heat, and let stand covered for 1-4 hours; rinse beans. **Long Soak**—Cover beans with cold water and soak overnight in an uncovered pot; rinse beans.
 3. Cover beans with fresh cold water and bring to a boil. Reduce heat and simmer until tender. Cooking time varies with bean varieties and soaking times. Long soaks can shorten cooking times. Follow package directions. In general, cook black, great northern, kidney, navy, small white, and pinto beans for 2 hours; cook garbanzo (chickpeas) and red beans for 3 hours.
- Slow-cooker Method**
1. Rinse beans. Remove any small stones, dirt pieces, or withered beans. Combine 1 pound dried beans (2 cups) with 8 cups water in a slow cooker. Cook on low for 6-8 hours or overnight until beans are soft.
- Cook a large pot of beans at one time and freeze in 1 1/2-cup portions. This is about the amount in a 15-ounce can of beans. Thaw using the defrost cycle of the microwave, in the refrigerator overnight, or by setting in a pan of water for 1 hour.



For more information, visit PantryPicks.spendsmart.extension.iastate.edu/cook/pantry-picks.

SPEND SMART. EAT SMART. Pantry Picks

LENTILS

- NUTRITION BENEFITS**
 - Fiber: Helps to reach and maintain a healthy weight by being more filling than low-fiber foods.
 - Helps reduce cholesterol levels and may lower your risk of heart disease.
 - Protein: makes and repairs body cells.
 - Iron: Helps with production of healthy red blood cells.
- SELECTION**
 - Fresh is best, old lentils may take longer to soften when cooking.
 - There are a variety of colors available, all taste fairly similar. Whole lentils take 15-20 minutes to cook while split red lentils cook in 5-7 minutes.
- STORING**
 - Dry lentils in a bag are good for 1 year or to the expiration date on the package. After this time, cooking time will increase and the quality of the lentils will decrease. Once the package is open, transfer the lentils to an airtight container to take advantage of the one-year shelf life.
 - Store cooked lentils in a covered container in the refrigerator and use within 4-5 days. Or freeze them and use within 3 months for best quality.
- CLEANING**
 - Spread lentils on a baking sheet. Remove any small stones, dirt pieces, or withered lentils. Rinse in a colander under cool running water.
- PREPARING**
 - Lentils do not require soaking before cooking.
 - Put 1 cup lentils and 3 cups water in a large stockpot. Bring water to a boil. Cover with a lid, reduce heat and simmer until tender, about 15-20 minutes. If cooking split red lentils, it will only take 5-7 minutes.
 - NOTE:** If seasoning with salt or lemon juice, add them after cooking as they will prevent the lentils from softening. Use 1/4-3/4 teaspoon salt to season 2 cups cooked lentils.
 - Lentils can be a substitute for meat in chili, tacos, and burgers.
 - Add lentils to rice, vegetables, salad, or pasta to make a protein-rich main dish.



LENTIL TACOS

- Serves:** 6
Serving Size: 2 tacos
- INSTRUCTIONS**
1. Heat the oil in a skillet over medium high heat. Add the onion and garlic and cook for 4-8 minutes or until they become soft and fragrant. Stir several times during cooking.
 2. Add the lentils and seasoning. Stir so that the seasoning is mixed in.
 3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes or until the lentils are tender.
 4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
 5. Heat corn tortillas according to package directions.
 6. Spread 1/4 cup lentil mixture onto each tortilla.
 7. Serve with salsa, cheese, and lettuce.
- INGREDIENTS**
- 1 tablespoon oil (canola or vegetable)
 - 1 onion, diced
 - 2 cloves garlic, diced
 - 1 cup dried lentils
 - 1/2 package (1.25 ounces) of 60% less sodium taco seasoning
 - 3 cups water
 - 12 corn tortillas
 - 1 cup salsa
 - 1 cup cheddar cheese, shredded
 - 2 cups lettuce, shredded



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Protein Sources

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VENISON

- NUTRITION BENEFITS**
 - Protein: Makes and repairs body cells.
 - Iron: Helps with production of healthy red blood cells.
- SELECTION**
 - Cuts of venison are similar to cuts of pork and beef when it comes to tenderness and cooking methods. However, venison is somewhat less tender than beef or pork because the animal gets more exercise.
- STORING**
 - Store raw and cooked venison in the refrigerator for 3-5 days.
 - Place raw meat on a plate on the lowest shelf so it does not drip onto other foods.
 - In the freezer, venison will maintain best quality for 6-9 months.
- PREPARING**
 - Cook ground venison to an internal temperature of 160°F to ensure it is safe to eat.
 - Cook whole cuts like steaks or roasts to an internal temperature of 145°F.
 - Venison can be substituted for beef or pork in most recipes, such as lasagna or meatloaf.

SKILLET LASAGNA

- Serves:** 8
Serving Size: 1 cup
- INSTRUCTIONS**
1. Cook ground meat and onion in a large skillet over medium heat, stirring continuously.
 2. Add spinach, spaghetti sauce, garlic, and water to the skillet. Stir. Bring to a boil.
 3. Add noodles. Stir until noodles are covered by liquid. Cover with a lid. Turn heat to low and cook 5 minutes.
 4. Stir in mushrooms. Cover and simmer 5 minutes. Add a small amount of water, if needed, to prevent sticking—no more than 1/4 cup at a time. Stir well.
 5. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese. Do not stir. Put the lid on and cook 5-10 minutes until heated through and noodles are tender.
- INGREDIENTS**
- 1/2 pound ground venison
 - 1/2 onion, diced (about 1/2 cup)
 - 1 package (10 ounces) frozen chopped spinach, thawed
 - 1 can (24 ounces) spaghetti or pasta sauce
 - 2 cloves garlic, minced
 - 1 cup water
 - 8 ounces whole wheat egg noodles
 - 1 can (14 ounces) mushrooms, drained (optional)
 - 1 container (12 ounces) cottage cheese
 - 1/2 cup mozzarella cheese, shredded

For more information, visit PantryPicks.spendsmart.extension.iastate.edu/cook/pantry-picks.

This program is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension and Outreach. The Supplemental Nutrition Assistance Program, known as Iowa's Food Assistance program, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit www.iosnap.iastate.edu. Iowa State University Extension and Outreach does not discriminate on the basis of race, ethnicity, national origin, gender, religion, sexual orientation, marital status, or social/economic status, or status as a U.S. veteran, or other protected classes. Contact requests for this document at 515-281-1600, extension@iastate.edu, or 1-877-345-2720.

Food Pantry Partnerships

- Growing Together Iowa
- Healthy Food Access Specialists

Plan Shop Save and Cook

- Face to face lessons with small groups
 - Four 1-hour lessons
- Participants learn strategies to eat healthy on a tight budget
- Currently offered in: Buena Vista, Webster, Story, Marshall, Floyd, Johnson, Linn, Pottawattamie, Louisa and Muscatine Counties

Hotlines

- ISU staffs several hotlines to respond to needs as they arise:
 - AnswerLine
 - Bets Off
 - Healthy Families
 - Iowa Concern
 - Teen Line

What questions do you have?



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