

Be Creative - July 21, 2021



Fruits and Veggies and Stickers, Oh My!

Save the little stickers from fruits and vegetables that you eat.

What do the stickers mean?

Examine the little stickers that come on each fruit or vegetable: What can you tell about the fruit or vegetable from the sticker? The stickers usually include brand names, logos, and country of origin information, in addition to a PLU (product look-up) code. The PLU code that the cashier uses to check the price can also tell you more about your produce. For instance, if the sticker has a 4-digit PLU number, that indicates that it is conventionally grown. If it has a 5-digit number that begins with a 9, it is organically grown. If it has a 5-digit number that begins with 8, it is genetically engineered. This numbering system applies to all fruits and vegetables. You can look up the PLU information for a specific code at:

<https://www.ifpsglobal.com/PLU-Codes/PLU-codes-Search>

Source: missourifamilies.org/features/nutritionarticles/nut76.htm

Try this sweet salsa - it has all the colors of regular salsa! You can make it the night before and it will be ready for an afternoon snack on a hot summer day!

Fruit Salsa

3/4 cup diced strawberries
1/2 cup quartered green grapes
1/2 cup diced pear
1/8 cup mint, cut into a chiffonade
1/4 cup sugar-free strawberry fruit preserves
Combine all ingredients in large bowl and mix well.



Cinnamon Chips

6 small whole wheat tortillas
Non-stick cooking spray
1/4 cup brown sugar
1/2 tsp. cinnamon
Preheat oven to 350 degrees.



Spray tortillas on both sides with non-stick cooking spray.
Combine brown sugar and cinnamon. Sprinkle evenly over tortillas and cut into quarters.
Place on baking sheet and cook for 10 minutes until golden brown.

Eat Healthy - Enjoy these corn-y jokes!

Why did the tomato turn red?

Because it saw the salad dressing.

What did Santa Claus say as he walked through the vegetable garden?

Hoe! Hoe! Hoe!

Why shouldn't corn overeat?

Because it might pop!

Why do potatoes make good detectives?

Because they keep their eyes peeled.

What vegetable do you need a plumber for?

A leek.

Did you hear about the farmer who drove a steamroller over his potato field?

He wanted to raise mashed potatoes!