

## September Nutrition Newsletter

### Experimenting with Tropical Fruits

Florida's warm climate allows farmers to grow a wide variety of unique tropical fruits such as papaya, avocado, and mango. These fruits, frequently overlooked in the grocery store, are packed with countless nutrients. They are often very colorful and sweet which most kids enjoy. Next time you're in the grocery store or farmer's market don't forget to try some tropical fruits you may not have thought about before! Most of them can be eaten raw, added to salads, or blended in a smoothie. For more information visit: <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/go-tropical-with-super-fruits>.

### Guava

Guava is a small tree native to the tropical Americas and is often found growing wild in central and south Florida. Guavas are rich in vitamins A and C and an excellent source of fiber! They may be eaten fresh, added to desserts, pureed, or juiced.

### Easy Homemade Guava Jam

Ingredients:

- 5-6 guavas *ripe and fragrant*
- 2-3 limes (*juiced*)
- 1 cup sugar
- Pectin

Directions:

1. Slice the guavas in half crosswise and use a spoon to scoop out the flesh and seeds. Transfer the guava to a bowl and use a potato masher or the back of a fork to mash the flesh, then transfer to a blender. Add the juice of two limes. Turn the blender on low speed to break up the flesh without pulverizing the seeds, about 20-30 seconds. Set a sieve (not a fine mesh sieve) over a 2 or 4 cup glass measuring cup and pour the guava pulp into the sieve. Use the back of a spoon or a rubber spatula and stir and press the flesh and seeds against the side of the sieve, so that the fruit passes through, but the seeds remain in the sieve. This may take about 5 to ten minutes.
2. Confirm the amount of guava puree that you have by checking the measuring glass. You'll need half the amount of sugar compared to the amount of fruit. So if you have 2 cups of puree, you'll use 1 cup of sugar. Transfer the puree to a non-reactive pan. Add the sugar. Add 1 tablespoon of pectin for every cup of fruit.
3. Heat over medium high heat stirring constantly until mixture comes to a rolling boil. Stir one minute and remove from heat. Transfer to a storage jar. Let cool to room temperature and refrigerate. Spread on toast, serve with a spread of cream cheese on crackers or swirl into yogurt.

<https://www.garlicandzest.com/easy-homemade-guava-jam/>