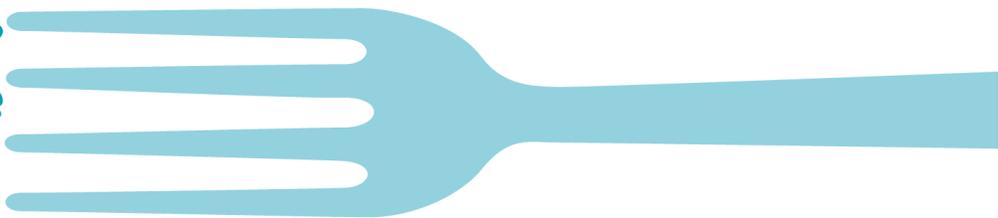


# Harvest of the Month



April



Coconuts



### Pick:

• Choose a coconut that feels heavy for its size, and shake it to be sure there is plenty of water inside. A fully mature coconut will be dark brown in color.

### Store:

• Unopened coconuts can be stored at room temperature for several months!

### Prepare:

- To drain the liquid in a coconut pierce two of the "eyes". You can drink the liquid!
- Put the coconut in a plastic bag on a cement floor and use a hammer to crack open. Scrape off the flesh with a paring knife.

### Nutrition Info

½ cup of shredded coconut has 140 calories.

Coconuts provide fiber, magnesium and potassium.

### Fun Facts

Once a coconut has fallen from the tree, it takes three years for it to take root and sprout into a new tree!

Coconuts are native to Malaysia but now grow in Hawaii, South America, India, and throughout the Pacific Islands.

Coconut palm trees have a 70 year lifespan, and can yield thousands of coconuts.

### Uses

Add shredded or chopped coconut to any fruit salad or fruit and yogurt parfait. Choose unsweetened coconut when possible.

Shredded coconut is a great addition to hot breakfast cereals, pancakes, quick breads and other baked goods.

### Family Friendly Activities

*Research shows that kids are more likely to eat foods they have helped prepare them! Here are a few kid-friendly kitchen activities:*

- **Set-up.** Kids can gather the necessary ingredients and cooking utensils used to prepare the recipe.
- **Measuring.** This can also be a math lesson; try doubling your recipe!
  - **Washing.** Fresh fruits and veggies need a good rinse.
  - **Stirring.** Hand out a spoon or whisk.
  - **Serving.** Kids can help portion out each serving.
- **Clean-up.** Start this process as the meal is cooking so there is less to do after dinner.

