

## Fruit Salad: Free-Style

Our Young Chefs, 2015

*Fruit salads are an enjoyable way to learn more about eating seasonably in your area. When a fruit is "in season," it will taste sweeter, have better texture and cost less than other times of the year. Further, the best are local fruits. So take a trip to your local farmer's market or look at the signs in your produce department to select local produce and become aware of where your fruits (and vegetables) come from.*



Example of a "Summer" fruit salad

### INGREDIENTS

#### Spring (March, April, May)

Apricots  
Honeydew melon  
Mangos  
Oranges  
Limes  
Pineapple  
Rhubarb  
Strawberries

#### Fall (September, October, November)

Apples  
Cranberries  
Grapes  
Guava  
Kumquats  
Pears  
Persimmons  
Pomegranates  
Quinces

#### Winter (December, January, February)

Apples  
Dates  
Grapefruit  
Kiwi  
Oranges  
Pears  
Persimmons  
Tangerines

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#### Summer (June, July, August)

Apricots	Cantaloupe	Grapefruit	Nectarines	Strawberries
Blackberries	Cherries	Grapes	Peaches	Watermelon
Blueberries	Crenshaw melon	Honeydew	Plums	
Boysenberries	Figs	Limes	Raspberries	

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### DIRECTIONS

For a simple fruit salad, pick two or three seasonal fruits with flavors you like. Cut them into bite-size pieces/chunks; toss to combine. If desired, garnish with fresh mint; serve.

You can always add canned fruit as one of the elements — it's cost-effective, *and* it's real fruit, too. Don't use thawed frozen fruit, though, because the texture will be mushy.

Sometimes fruit is not as sweet as one would wish. In that case, sprinkle with a couple tablespoons of sugar and a squeeze of lemon juice; toss. Allow the fruit salad to sit (macerate) for half an hour. The French say that when you do this with strawberries, it makes them cry. The juices are wonderful!

You can make ambrosia (literally translated in Greek "food of the gods") by adding packaged shredded coconut and some miniature marshmallows. Some people add a little sugar and sour cream to make a creamy sweet and sour dressing.

Be creative with fruit salad! It is refreshing and so good.

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