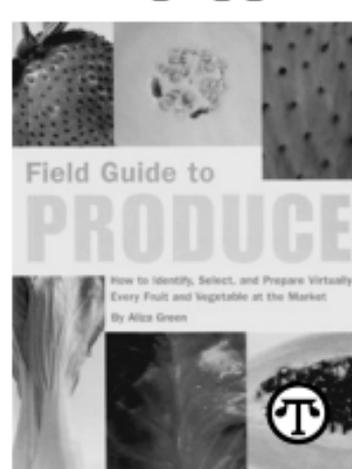


# Healthful Eating



## Field Guide To Produce

(NAPSA)—As warmer weather returns, so does variety in the produce aisle. It's time to say hello to such seasonal favorites as lemons, fava beans, and asparagus. But how do you choose the perfect artichoke? What's the best way to store blueberries? How should chile peppers be prepared?



In *Field Guide to Produce: How To Identify, Select and Prepare Virtually Every Fruit and Vegetable at the Market* (Quirk Books, \$14.95), food writer

Aliza Green offers tips for selecting, storing and preparing more than 200 fruits and vegetables.

You'll learn when the produce is in season, how to identify the varieties and how to expertly select ripe produce. In addition, Green offers dozens of delicious serving suggestions, including foods to pair with produce. Some of her tips include:

- When cooking pears, peel with a vegetable peeler. Pear skins darken and toughen when heated. After peeling, place fruit in a bowl of water with lemon juice to avoid browning.

- Steep cherry pits in scalded milk overnight, then use the strained milk to make a cooked custard ice-cream base, folding in pitted cherries near the end of freezing.

- Squeeze a bunch of asparagus; if it squeaks, it's fresh.

For anyone who could use help choosing a ripe melon in the supermarket, or wants an interesting serving suggestion for pineapple, *Field Guide to Produce* is a fact-filled resource—and its colorful photos may inspire you to eat more fruits and vegetables. It is available wherever books are sold.