## WEIRD FRUIT THRILL RIDE! Supermarkets sell perfect, almost identical fruits. Locally grown food is beautiful, and there's lots of variation, some of it lovely, some of it, well, weird and unexpected. How to to tell the good fruit from the bad? This decision chart will help you choose - find your weirdness at the Choose your fruit's weirdness category at the top and follow the connectors. top, then choose your path from each box to the next. WRONG TOO WET? **STRANGE** SKIN **SMELLY?** TOO DRY? SIZE? TEXTURE? PROBLEMS? smaller bigger very bumpy or odd color? holes? dirty? than than juicy? dry? scarred? squishy? usual? usual? hard? soft? in a good moldy? way? hail or browned? harmless insects? they weather like fruit, too fibrous? rotten? heavy? disease? scars? oozing? heavy? greenish, otherwise wash hard, or normal? immature? withered? weight? juicy and sweet? boozy smell? normal characteristic not ripe yet! of variety? taste it! peaches, melons, pears, plums, tomatoes - ripen on your counter vou never new to saw a you good one other fruit: pass it by, or if cut out good parts, the rest is over the almost ripe, use for cooking hill - put it in your compost bucket GOOD TO EAT! Help us write Turning the Tables: Cooking to Thrive in the 21st Century, a cookbook with CCEUC easy, delicious, earth-friendly meals! Please send us feedback about the Weird Fruit Thrill Ride Locally grown ripe fruit is: through the website below. Turning the Tables is a project of Cornell Cooperative Extension Ulster CLIMATE - often juicier, softer and more aromatic than typical supermarket fruit, which is bred for durability, not flavor, County, Maria Reidelbach and Stick to Local Studio.

- the more intense flavor and texture of fresh, ripe produce might seem strange at first, then you'll love it! **CHANGE** 

- if you aren't sure about the edibility of a piece of fruit, or are just curious about it, ask your farmer, a knowledgeable friend, or call your local Cooperative Extension - most folks are delighted to share their knowledge.

More information and recipes at turningthetablescookbook.com

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