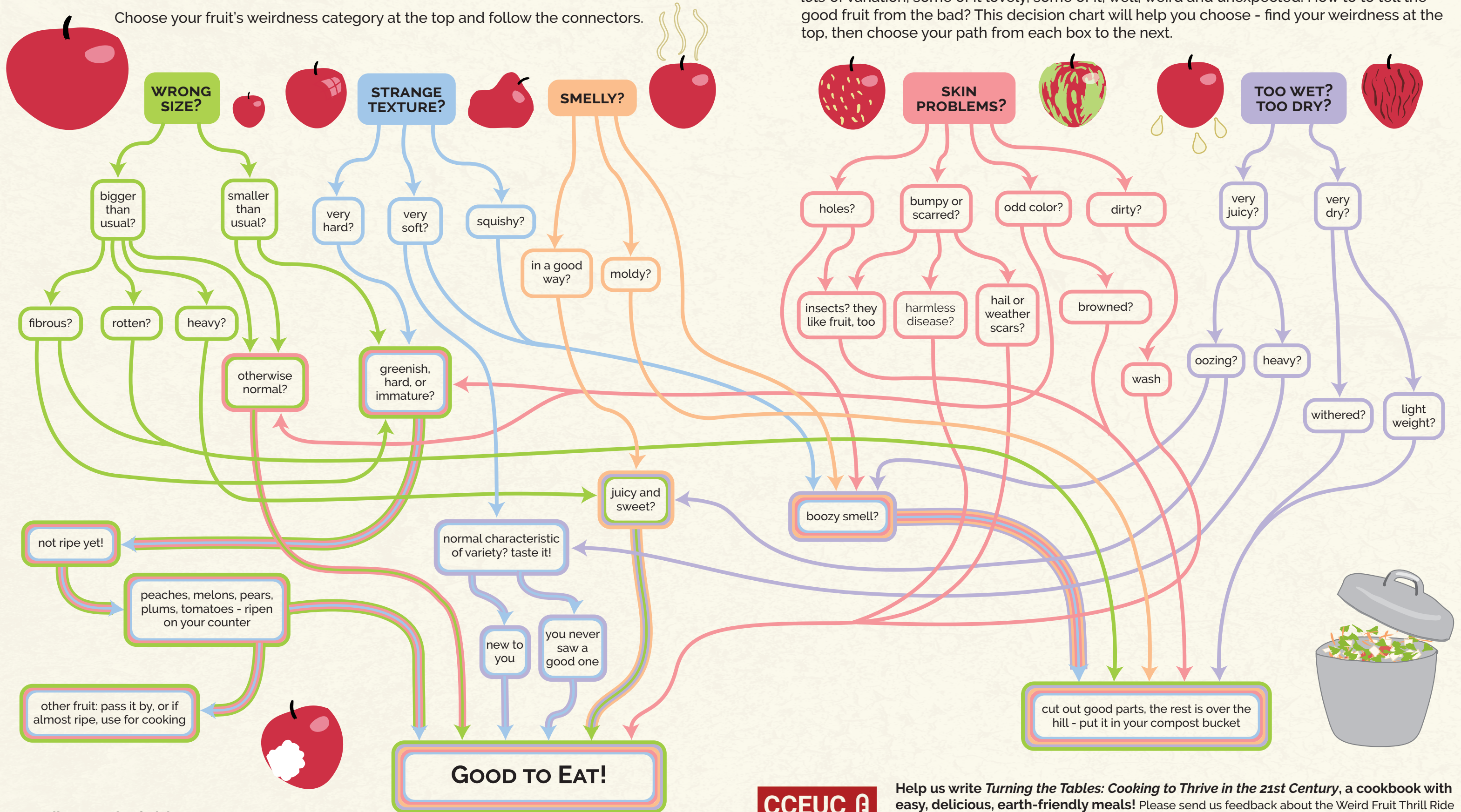


WEIRD FRUIT THRILL RIDE!

Choose your fruit's weirdness category at the top and follow the connectors.



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 tell the good fruit from the bad? This decision chart will help you choose - find your weirdness at the top, then choose your path from each box to the next.

Locally grown ripe fruit is:

- often juicier, softer and more aromatic than typical supermarket fruit, which is bred for durability, not flavor,
- the more intense flavor and texture of fresh, ripe produce might seem strange at first, then you'll love it!
- 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.



Help us write *Turning the Tables: Cooking to Thrive in the 21st Century*, a cookbook with easy, delicious, earth-friendly meals! Please send us feedback about the Weird Fruit Thrill Ride through the website below. *Turning the Tables* is a project of Cornell Cooperative Extension Ulster County, Maria Reidelbach and Stick to Local Studio.

More information and recipes at turningthetablescookbook.com

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