

Store your perishables for long life

There's no question, that even in season, fruits and vegetables are not cheap. So, in order to achieve maximum life from your fruits and veggies, here is a helpful chart so you will know how to store them! Have fun and keep cooking!

What's cookin'

Lori Gysel
Gerry Kentner

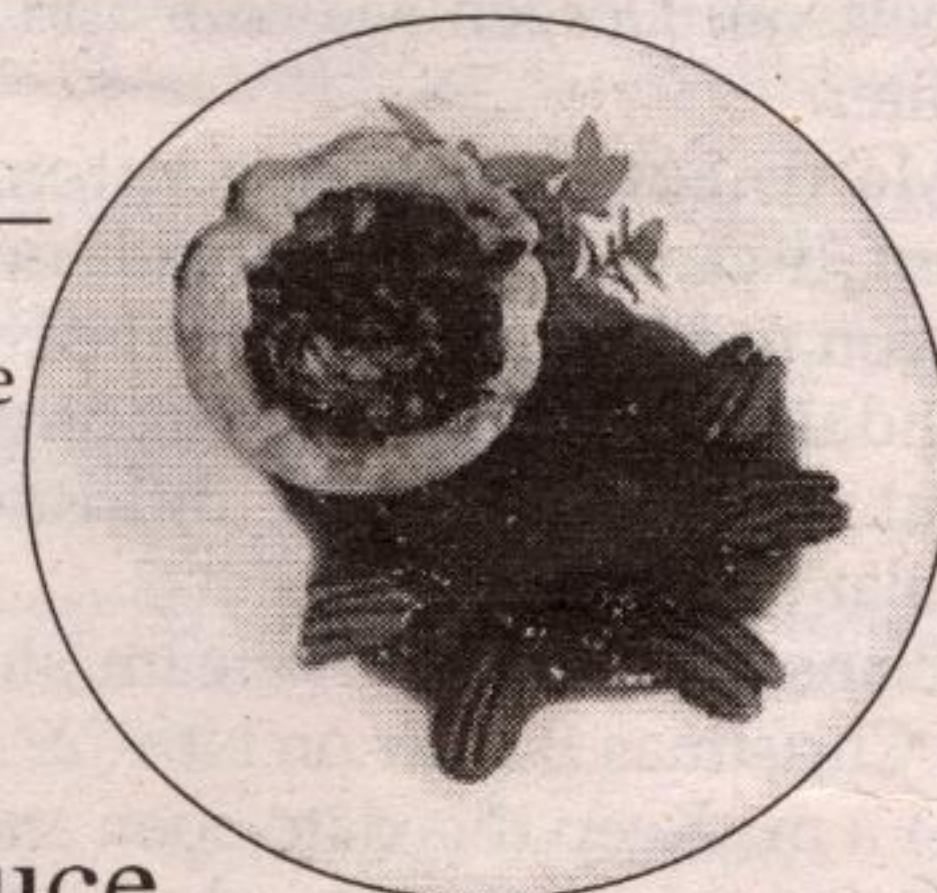


Item	Storage	Handling
Apple	Refrigerated	Avoid excess movement, keep cold
Asparagus	Refrigerated	Stand upright in cold water
Broccoli/Cauliflower	Refrigerated	Store briefly, 4-5 days max
Grapes	Refrigerated	Highly perishable, store briefly
Kiwi	Refrigerated	Long shelf life if stored in refrigerator
Lettuce	Refrigerated	Wash, trim and loosely pack in plastic
Strawberries	Refrigerated	Wash, before using only. Keep only 48 hours
Cantaloupes	Refrigerated	Allow two days at room temperature before use
Watermelon	Cool and dry	In cold storage room or warmest spot in fridge
Oranges	Cool and dry	Keep off the floor
Pineapples	Cool and dry	Care to avoid bruising, do not chill
Potatoes	Cool, dry and dark	Dark to avoid greening, keep warmer to avoid sugar accumulation
Banana	Dry	Care to avoid bruising, do not chill
Tomatoes	Cool and dry	Never refrigerate

Apple Pecan Tarts with Maple Cranberry Sauce

Ingredients for tarts

- 1 cup pecan halves
- 2 tbsp flour
- 2 medium cooking apples—peeled, cored and grated
- 1 1/2 cups cranberry sauce
- 2 tbsp butter softened
- 1 tbsp brown sugar
- 16 3-inch tart shells uncooked



Ingredients for sauce

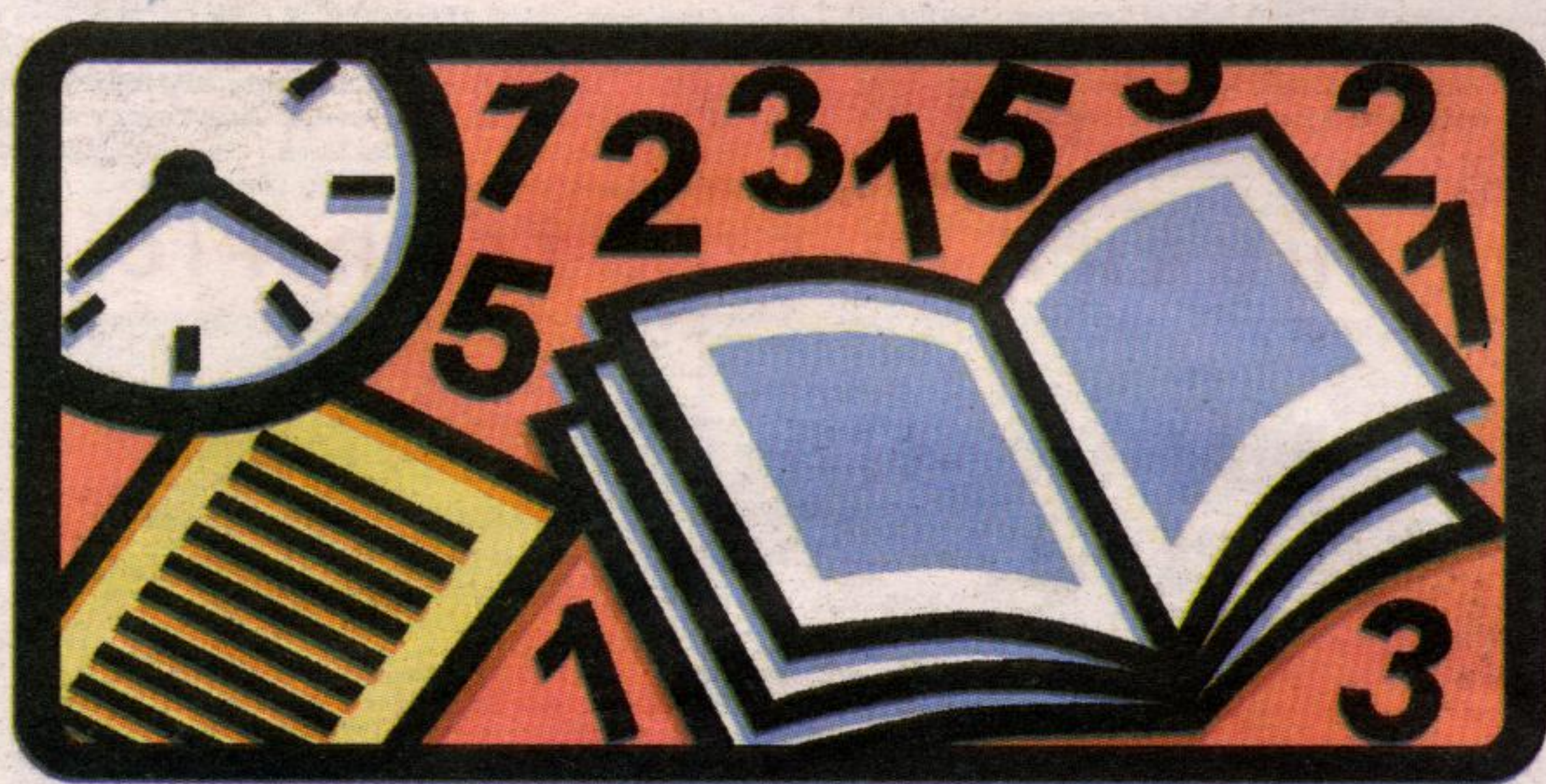
- 1 cup cranberry sauce
- 1/2 cup butter
- 1/3 cup pure maple syrup
- 1/4 cup water

Method

1. Toast pecans in 325 F degree oven for approximately 15 minutes. Reserve 16 for garnish, then coarsely chop the rest.
2. Mix together the chopped pecans, flour and apples. Mix in the cranberry sauce, butter and brown sugar. Mix well.
3. Place about 2 tsp of the apple mixture in each tart shell. Bake tarts in a 375 F degree oven for 35-40 minutes until crust is golden brown. Cool before removing from the pan.
4. To make the sauce: simmer together the cranberry sauce, butter, maple syrup and water for five minutes, stirring frequently. Puree in a food processor and strain to remove any skins and seeds.
5. Just before serving, spoon the warmed sauce onto dessert plates. Place one warmed tart on each plate. Garnish with a pecan half.

YOU ARE INVITED.....

Please join Lora Greene of State Farm Insurance and Eli Diament of Aim Trimark for an informative RESP Seminar November 18, 7 - 8 PM 211 Guelph St #6, Georgetown



- Did you know that today a 4 year Canadian University education can cost up to \$80,000?
- Did you know that the inflation of education is usually twice that of general inflation?

TAKE THE MYSTERY OUT OF EDUCATION SAVINGS PLANS

Space is limited. Please call to reserve your seat 905-873-1615