

SNAP-Ed Cultural Awareness Toolkit—Appendix A

POPULAR CULTURAL INGREDIENTS	DESCRIPTION, SEASON AND STORAGE	COMMONLY AVAILABLE FORMS AND/OR SUBSTITUTIONS
Amaranth (Amaranto)	Pseudocereal grain available in seed and flour forms Shelf life: 4 month	Substitute with: Quinoa, buckwheat or chia seed
Avocado (Palta)	Considered oil and/or fat Available all year, best during January—March Store in cool dry place away from other fruits/vegetables Store in refrigerator when ripe	Avocado oil Substitute with: Nut butters high in fat
Banana (Platano)	Tropical fruit Varietals: plantains (for cooking), apple bananas, lady fingers Available all year, best during September—December Ripe bananas can be stored whole in the refrigerator or peeled and frozen for up to 2 months.	Cavendish bananas most commonly found in stores Canned (usually available in Asian grocery stores)
Beans (Frijoles)	Legume types: pinto, navy, kidney, pink and black beans Available all year Gluten-free and rich in protein, fiber and nutrients; low in fat and cholesterol Store uncooked beans in airtight containers at room temperature Store cooled/cooked beans in airtight container in refrigerator	Canned (low-sodium, no sodium) Dried (packaged or in bulk)
Cactus (Nopales)	Paddle-shaped leaves of prickly pear cactus Available all year, best during spring—late fall Store in bowl of water in refrigerator up to 1 week	Canned in water (strips) Frozen (whole or strips) Powdered Substitute with: asparagus or green beans
Chayote	A type of squash with pale green flesh and edible seeds Available October to March Store in a plastic bag in the refrigerator for up to 1 month	Dried (typically crystalized like candy) Substitute with: zucchini, crookneck squash, small yellow summer squash or patty pan
Guava (Guayaba)	Tropical fruit typically with green skin, pink flesh and edible seeds Available all year, best during August to October OR February to March Store at room temperature until skin turns yellow then refrigerate for up to 3 days	Juice (no added sugar) Jam or jelly (low-sugar) Frozen (puree) Canned (whole or halves in syrup) Jarred (whole in syrup) Substitute with: strawberries, apricots, or pineapple
Jicama	Part of the bean family, the root is commonly eaten and similar to tubars (i.e potatoes). Available all year, best during October to March Store whole at room temperature for 1 week or in the refrigerator for up to 2 weeks. Store peeled and chopped in water in the refrigerator for up to 4 days.	Fresh (sliced in sticks and packaged) Substitute with: water chestnuts, sunchokes, or daikon

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Maize (Maiz)	<p>Corn and corn products such as cornmeal</p> <p>Products include tortillas, tamales and atole</p>	<p>Cornmeal</p> <p>Frozen (whole kernels)</p> <p>Canned (whole kernels in liquid, low-sodium, no added sodium)</p> <p>Available as flour</p> <p>Substitute with: hominy</p>
Mango	<p>Tropical stone fruit with green, red, yellow or orange inedible skin; orange edible flesh; large inedible pith</p> <p>Available all year, best during</p> <p>May—September</p> <p>Store whole at room temperature until ripen (soft to the touch); refrigerate ripe fruit for up to 3 days.</p> <p>Store cut fruit in airtight container for up to 5 days</p>	<p>Frozen (chunks or puree)</p> <p>Dried (strips)</p> <p>Juice (low-sugar, no-sugar added)</p> <p>Substitute with: peach, papaya, or cantaloupe</p>
Mushroom (Champiñón)	<p>Fruiting body of fungus</p> <p>Common varieties: crimini, white button, shiitake, portobello, oyster and porcini</p> <p>Available all year round, seasonal varieties typically available between September to December</p> <p>Store whole mushrooms in a sealed paper bag in the refrigerator for up to 1 week.</p> <p>Cooked mushrooms can be stored in an airtight container in the refrigerator for 1 week or in the freezer for 1 month.</p>	<p>Dried (whole and sliced)</p> <p>Canned (in water)</p> <p>Frozen (cooked, whole)</p> <p>Powder</p> <p>Substitute with: tofu, tempeh, or eggplant</p>
Onion (Cebolla)	<p>Common varieties: red, sweet, white, yellow, green, shallot, pearl and leeks</p> <p>Available all year</p> <p>Store whole onions in cool, dry, dark room temperature locations away from other fruits and vegetables for up to 3 weeks.</p> <p>Store green onions wrapped in a damp paper towel in a plastic bag for up to 1 week.</p>	<p>Frozen (diced)</p> <p>Jarred (whole, packed in water)</p> <p>Dried</p> <p>Substitute with: fennel or celery</p>
Papaya	<p>Tropical fruit with yellowish inedible skin, edible orange flesh and edible black seeds.</p> <p>Available all year, best during</p> <p>May to September</p> <p>Store whole in a plastic bag in the refrigerator for up to 1 week</p> <p>Store cut papaya in an airtight container for up to 5 days or packed in simple syrup for up to 10 months.</p>	<p>Frozen (cubes or puree)</p> <p>Dried (cubes or strips)</p> <p>Juice (no-sugar added)</p> <p>Canned (in juice)</p> <p>Substitute with: cantaloupe or mango</p>
Pineapple (Piña)	<p>Tropical fruit with inedible spiny skin and edible yellow flesh.</p> <p>Available all year, best during</p> <p>March to July</p> <p>Store whole at room temperature for up to 3 days</p> <p>Store cut pineapple packed in juice in an airtight container in the refrigerator for 1 week or in the freezer for up to 6 months.</p>	<p>Canned: cubed, sliced or whole (in juice, no-added sugar)</p> <p>Frozen (cubed, sliced, or puree)</p> <p>Dried (cubed or sliced)</p> <p>Juice (no sugar added)</p> <p>Substitute with: green apples, apricots or oranges</p>
Prickly Pear (Higo Chumbo or Tuna)	<p>Flowering fruit of nopales cactus with inedible skin and edible yellow, white or purple flesh.</p> <p>Available September to December</p> <p>Spines are removed and skin is torched with flame to remove.</p> <p>Store at room temperature for up to 1 week</p>	<p>Juice</p> <p>Frozen (puree)</p> <p>Substitute with: kiwi</p>

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Pumpkin Seeds (Pepitas)	<p>Seeds of pumpkins or other large squash varieties where the hull (outer layer) has been removed.</p> <p>Available all year</p> <p>Store in a plastic bag or airtight container in a dark location at room temperature for up to 1 year.</p>	<p>Roasted and dried</p> <p>Substitute with: sunflower seeds or roasted pine nuts</p>
Quelites	<p>Edible wild herbs that grow near other crops or water sources.</p> <p>Common varieties: epazote, white amaranth, and squash blossoms</p> <p>Availability varies based on type</p> <p>Store wrapped in a damp paper towel in a sealed plastic bag in the refrigerator for up to 1 week.</p>	<p>Dried</p> <p>Substitute with: watercress, dandelion greens, or cilantro</p>
Sweet potato (Batata)	<p>Starchy root vegetable with edible skin and flesh</p> <p>Common varieties: purple, yellow, red and yams</p> <p>Available all year, best between August—October</p> <p>Store at room temperature in a dark location away from other fruits and vegetables for up to 1 month.</p>	<p>Canned (cubed in syrup)</p> <p>Frozen (in chunks)</p>
Tomato (Tomate)	<p>Vine ripened fruit with edible skin, flesh and seeds.</p> <p>Common varieties: beefsteak, cherry, roma, heirloom and green</p> <p>Available year round, best between March—October</p> <p>Store at room temperature until ripe (soft to touch) about 1 to 4 days.</p> <p>Store ripe tomatoes in the refrigerator for 1 to 3 days.</p>	<p>Canned diced or whole (low-sodium, no-sodium)</p> <p>Frozen whole tomatoes</p> <p>Canned sauce (low-sodium, no-sodium added)</p> <p>Canned paste (low-sodium)</p> <p>Juice (low-sodium, no-sodium added)</p> <p>Substitute with: red bell pepper</p>
Tomatillo	<p>Nightshade family (same as tomatoes), with edible green skin and flesh, small in diameter (1 to 2 inches)</p> <p>Available all year, best during May to September</p> <p>Store at room temperature for 2 to 3 days</p> <p>Store in the refrigerator wrapped in damp paper towels for 2 to 3 weeks.</p> <p>Store whole in a plastic bag in the freezer for up to 1 month.</p>	<p>Canned (whole in water)</p> <p>Jarred (puree)</p> <p>Substitute with: green tomatoes or under ripe tomatoes with lime juice</p>
Yucca	<p>Starchy root vegetable with inedible waxy brown skin and edible white flesh.</p> <p>Available all year, best during November to March</p> <p>Store in a cool dry place for up to 3 months.</p> <p>Store peeled in an airtight container with water for up to 1 month.</p>	<p>Frozen (cubed or matchsticks)</p> <p>Available as flour</p> <p>Substitute with: sweet potatoes or yams</p>