



The Home Extension Line

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Family and Consumer Sciences Department Staff

Carolyn Gregov, Ph.D.
Extension Director
cgregov@scgov.net

Mary Jo Oswald, MS, CFCS
FCS Agent II
mjoswald@scgov.net

Mary King
Program Assistant
mking@scgov.net

Jodi Williams
Senior Secretary
jdwillia@scgov.net



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*Family and Consumer Sciences Department
University of Florida/IFAS
Sarasota County Extension*



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Please Don't Send Me Offers

Removing Your Name from Pre-Approved Offers of Credit or Insurance

Every day your mailbox may contain an interesting offer of pre-approved credit or insurance. These offers give you numerous choices and opportunities. However, while millions of Americans welcome these choices, others prefer not to receive such offers.

Your rights as a consumer include the ability to "Opt-Out" which prevents consumer credit reporting companies from providing your credit file information for pre-approved offers of credit or insurance that are not initiated by you. The consumer credit reporting companies, Equifax, Experian, Innovis and TransUnion, want to help companies give American consumers the choices they want. This choice includes the right to say, "Please don't send me these offers."

If you want to remove your name from the pre-approved offer lists supplied by the consumer credit reporting companies, you can do so via phone by dialing 888-5-opt-out (888-567-8688) or go online to: www.optoutprescreen.com.

You may request to Opt-Out from pre-approved offer lists for 5 years or permanently. Even though your request becomes effective with Equifax, Experian, Innovis and TransUnion within five days of your request, you may not see an immediate reduction in the amount of offers you receive. This is because your name may have already been provided to some companies which have not yet mailed their offers to you. **Removing your name from these pre-approved lists does not affect your ability to apply for or to obtain credit or insurance.**

While your name will be removed from the lists the Equifax, Experian, Innovis and TransUnion provide to businesses for the purpose of making you a firm offer of credit or insurance, you may continue to receive offers from sources that do not use consumer credit reporting companies to compile their list.

Source: optoutprescreen.com

Hurricane Precautions for Swimming Pools

Before the Storm:

Never completely drain your pool. You do not need to lower the water level in the pool, but if you decide to, be sure to close your skimmer valve to prevent damage to the pump when the power is turned on.

Turn off all electrical power to the swimming pool (pump, motor, lighting, chlorinators, etc.).

If your filter pump is in an unsheltered area, have the motor removed and stored or wrap the motor with a waterproof membrane or plastic bag and tie it securely in place to prevent sand and driving water from entering the motor.

Remove all loose items from the pool area. It is not advisable to throw patio furniture or accessories into the pool. If it is necessary, however, remove them as soon as possible after the storm has passed. Heavy furniture may chip and damage the pool finish and the chemicals in the water will have an adverse effect on the furniture.

Add extra chlorine to your pool to prevent contamination. The pool provides a handy source of water for washing and flushing if your house water supply fails.

If your pool area is screened, you may prevent costly damage to the frame structure by removing 1 or 2 panels of screen above the chair rail on each side to allow the wind to blow through. Don't remove the lower panels or panels overhead. Slip the pins out of the door hinges and place the doors in a protected area.

After the Storm:

Do not empty the pool. High ground water can cause structural damage to an empty pool.

Superchlorinate the pool water. When the chlorine residual returns to normal, have the water tested for proper balance. Heavy rain upsets mineral balance needed for protection of your equipment and pool finish.

Remove all debris from the pool with a rake and skimmer before restarting the system to prevent clogged lines. Some chemical feeders require special care before starting the pump motor. Check with your ASPI member pool company.

Remove any wrapping around pump motor. If the motor has been submerged, it should be removed for professional cleaning and drying. If the pump has remained dry, turn on the electricity.

Check to make sure the pump is operating normally and that the water is circulating in the pool. Reset time clocks to show the correct time of day. Run the filter until the water is crystal clear and resume normal pool operation.

Source: The Disaster Handbook, 1998 National Edition, Institute of Food and Agricultural Sciences, University of Florida

Effects of Volunteering on the Physical and Mental Health of Older People

Volunteering by older people has long been recognized as an important factor of successful aging. The work of volunteers significantly contributes to economic and social components of American life. The act of volunteering provides numerous benefits to the volunteers themselves, particularly older adults. The 2002 U.S. Census shows that nearly 42% of people aged 65-74 and 39% of people 75 years and older volunteered during the previous year. Census data shows that volunteering increased with age through middle adulthood reaching a peak in the late 60s and then tapering off. The typical older volunteer is native-born with higher levels of education and income.

A recent research project of Lum & Lightfoot (2005) used a national data set (Asset and Health Dynamics Among the Oldest Old Study – AHEAD) to confirm the results of earlier findings regarding the benefits of volunteering to older Americans.

The results of this study and others suggest that volunteering by older (over 65) adults:

Increases or Improves	Reduces
Mental health	Risk of disability
Physical health	Rate of mortality
Social network	Depression
Power and prestige	
Increase functional ability in later life	
Life satisfaction	
Happiness	
Self-esteem	
Self reported physical health	

The study found that performing at least 100 hours of volunteer work per year had a significant and preventative effect against poor health but that volunteering more than 100 hours did not have the same protective factor, suggesting that older adults benefit from volunteering, but in a limited number of hours. In fact, research suggests that volunteering as little as 3 hours per month is related to better health.

Two propositions of role theory were used to explain the value of volunteering: role enhancement and role conflict. Role enhancement occurs when individuals take on productive roles such as taking care of children or caregiving. Volunteering provides an opportunity to experience a sense of importance (power) and prestige, higher self-esteem, and exposes the older adult to a larger social network. The increased social network offers friends and acquaintances who can become resources to provide support when needed or links to other opportunities or people of interest. Such involvement with others leads to increased life satisfaction and reduced depression.

Role conflict results when individuals become involved in multiple and often competing positions. Older adults who volunteer too many hours or in too many situations risk anxiety and depression as they try to find a balance between competing demands — which may also include family responsibilities or expectations — and their own energy levels.

Clearly, volunteering is a positive opportunity for older adults. Older adults who volunteer are healthier, happier, and more satisfied with their lives and their contributions to the world in which they live.

Source: Carolyn S. Wilken, Ph.D., M.P.H. Extension Specialist, Gerontology, University of Florida, Gainesville, FL

Know Your Numbers

Knowing to call 911 in an emergency can save your life. So can knowing your blood pressure numbers. Hopefully, they are less than 120/80 mmHg, which is normal.

If not, join the Mission to "Prevent and Control High Blood Pressure:" ask your doctor what your blood pressure numbers are, what they mean, and what you can do about them. Then do it.

Blood pressure is the force of blood against the walls of arteries and other blood vessels. It rises and falls during the day. When it stays high over time, it becomes high blood pressure (also called hypertension).

High blood pressure is dangerous. It increases your chances of developing heart disease and stroke, the first and third leading causes of death for Americans. It can also lead to other life-threatening conditions, such as heart failure, kidney disease, and blindness.

More than 1 out of every 3 American adults currently has high blood pressure. This includes about 2 out of every 3 Americans over age 65. Once you reach age 55, your chances of developing high blood pressure are 9 out of 10.

Fortunately, it is possible to prevent and control high blood pressure. Often simple lifestyle changes can do the trick. These include:

- Losing weight, if necessary, and maintaining a healthy weight;
- Being physically active;
- Eating less salt and sodium;
- Following an eating plan rich in fruits and vegetables and low fat dairy foods, moderate in total fat and cholesterol, and low in saturated fat;
- If you drink alcoholic beverages, doing so in moderation.

If these lifestyle changes aren't enough to reduce your blood pressure, your doctor may prescribe medication. Work closely with your doctor to find the best dose, and then take your medication as your doctor prescribes.

So join the Mission. Find out what your blood pressure numbers are and what they mean; then make gradual lifestyle changes and, if necessary, take your medications. It can save your life.

For more information on how to prevent and control high blood pressure, visit "Your Guide to Controlling High Blood Pressure" online at <http://www.nhlbi.nih.gov/hbp/index.html>.

Source: www.nhlbi.nih.gov

Calcium for All Ages

Many people, especially women, know that adequate calcium intake is important to health. However, national nutrition surveys show that less than 50 percent of adults ages 20 and older are consuming the calcium they need to maintain bone health and minimize bone loss that occurs with aging. Unfortunately, many consumers do not know how much calcium they need and many mistakenly believe that they are consuming enough. Data from the United States Department of Agriculture (1994 Continuing Survey of Food Intakes by Individuals (CSFII)) indicate that approximately 52 percent of women ages 30 and older perceive their calcium intake to be "about right."

Calcium is an essential nutrient your body needs every day. And, it's not just important for women. Optimal intake is crucial for children, adolescents, men, and older Americans too. The majority of calcium in the body makes up your bones and teeth and keeps them strong. However, beyond bone health, calcium is also needed to regulate certain body functions. Without calcium, muscles would not contract normally, blood would not clot, and nerves would be unable to carry messages.

No Bones About It

Calcium and bone health go hand-in-hand. Increasing scientific evidence indicates that adequate calcium intake reduces the risk of several major chronic diseases, most notably osteoporosis, a potentially crippling disease of thin and fragile bones. According to the National Institutes of Health, osteoporosis affects over 28 million Americans.

If you do not get enough calcium from your daily diet to regulate body functions, your body will leech or "rob" the calcium from your bones to make up the difference. Over time this can reduce bone strength and lead to osteoporosis. Optimal intake of calcium throughout life, from early childhood and adolescence through the postmenopausal and late adult years, reduces the risk of osteoporosis.

And, you don't have to think of weight-bearing activity as only "pumping iron," although it certainly is beneficial. Activities such as walking, dancing, yard work, and tennis also benefit bone health from childhood through later years. However, according to Kristine Clark, Ph.D., R.D., director of sports nutrition at the Center for Sports Medicine at the Pennsylvania State University, "The effect of weight-bearing exercise on bones affects only those bones that are being used." Therefore, Dr. Clark suggested that "participating in a variety of physical activities is important to be sure that the entire skeleton benefits from activity." She stated that this is equally as important as eating a variety of foods to obtain optimal health.

Research suggests that calcium also helps protect against colon cancer, high blood pressure, recurring premenstrual syndrome, and possibly cardiovascular disease and kidney stones.

Calcium Needs Throughout the Ages

Your calcium needs extend throughout your lifetime. It is essential during childhood to young adulthood, the years that bones are forming and growing. However, bones continue to use alterations in calcium absorption, and metabolism occurs throughout pregnancy.

Calcium (continued)

Lactating women need calcium to meet their own needs and the requirements for milk production. During menopause and post menopause, the body produces much less estrogen, increasing the risk of osteoporosis, which in turn increases calcium needs.

Older adults—both women and men—over the age of 65 need more calcium to combat calcium deficiencies. "A certain amount of bone loss is a normal consequence of aging," stated Nancy Wellman, Ph.D., R.D., professor and director, National Policy & Resource Center on Nutrition and Aging at the Florida International University. For instance, the age-related decline in the body's ability to absorb calcium can interfere with calcium levels. Also, lactose intolerance can lead to avoidance of calcium-rich foods. "A decrease in physical activity among the elderly exacerbates the problem of combating declining bone strength," stated Dr. Wellman.

Most adults need between 1,000 and 1,500 milligrams (mg) of calcium every day. Requirements for young children and adolescents range from 800 mg to 1500 mg daily. Calcium can be found in foods from each of the five food groups. Some good sources: 8 ounces of plain yogurt (450 mg); 8 ounces of milk (300 mg); an ounce of cheese (200); 3 ounces of sardines with bones (370 mg); one cup of broccoli (90 mg); and one cup of cooked soybeans, (130 mg). There are also many new calcium-fortified foods, such as orange juice, rice, and pasta that provide a good source of calcium.

Remember that calcium is essential to good health. You also need exercise and a balanced and varied diet to help reduce the risk of disease and promote health.

Source: Reprinted from the International Food Information Council Foundation

Warning Signs of a Stroke

The following symptoms could indicate that a stroke is underway and should prompt a visit to the emergency room:

- Sudden numbness, weakness, or paralysis in the face, arm or leg (often on one side of the body)
- Sudden difficulty talking or understanding speech
- Sudden confusion
- Vision disturbances
- Dizziness
- Severe, unexplained headaches

Source: John Hopkins Medical Letter

Walking Shoes: Features and Fit Can Keep You on the Move

Feet come in all shapes and sizes. To avoid painful problems, consider the shape and size of your foot when buying a pair of walking shoes.

Width and length

Shoes that are too narrow or too wide can lead to painful blisters and calluses. Likewise, a toe box that's not high enough can irritate foot disorders such as bunions and hammertoes.

Arch type

The intricate alignment of bones, muscles, ligaments and tendons in your feet form side-to-side (metatarsal) and lengthwise (longitudinal) arches. As you walk, these springy, elastic arches help distribute your body weight evenly across each of your feet. Your arches play a pivotal roll in how you walk. They act as your base of support for proper mobility but are resilient and flexible to adapt to various surfaces.

Choose walking shoes that accommodate your arch type. Generally speaking, your feet fall into one of three categories: low arched, neutral arched or high arched.

- **Neutral-arched feet.** Your feet aren't overly arched nor are they overly flat. Look for shoes with firm midsoles, straight to semicurved lasts — the term *last* refers to the shape of the sole and the footprint that the shoe is built around — and moderate rear-foot stability.
- **Low-arched or flat feet.** You have a tendency toward excessive inward roll if you have low-arched or flat feet. They may cause muscle stress and joint problems in your feet and knees because they don't support your body as well. Look for a walking shoe with motion control to help stabilize your feet.
- **High-arched feet.** High arches can result in excessive strain on joints and muscles, as your feet may not absorb shock as well. Look for cushioning to compensate for your natural lack of shock absorption.

Not sure about your foot type? Try dipping your foot in water and stepping on the ground or a piece of cardboard. Examine your footprint. Can you see most of your foot? You probably have low arches. If you see very little of your foot, you likely have high arches.

You can also look to your old shoes for clues to the shape of your foot. Bring your old walking shoes with you when you shop for a new pair — most shoe professionals can give you some tips on what to buy based on the wear of your old shoes.

Get the best fit

Martin Ellman, a doctor of podiatric medicine (foot specialist) at Mayo Clinic, Rochester, Minn., says, "A good rule of thumb is to look for comfort and fit — not fancy design. The latest technology won't matter a bit if the shoe pinches, pokes or hurts your foot in any way." He offers these tips for selecting the right walking shoe:

- Wear the same socks you'll wear when walking, or take the socks with you to the store.

- Buy shoes at an athletic shoe store with professional fitters or at a store where you have lots of options.
- Ask the salesperson to measure both feet, measure them yourself or have a friend or family member help you. Stand up as your foot is measured to get the most accurate measurement.
- If one foot is larger than the other, try on a pair that fits your larger foot.
- Try on both shoes and check the fit. Wiggle your toes. If you don't have at least a half-inch between your longest toe and the end of the shoe — approximately the side-to-side width of your finger — try a larger size.
- Walk in the shoes before buying them. They should feel comfortable right away. Make sure your heel fits snugly in each shoe and doesn't slip as you walk.

Replace worn out shoes to prevent injury

All walking shoes eventually show signs of wear. And even if they still feel comfortable, they might not be providing you with enough support or shock absorption. Pay attention to the condition of your shoes. If the outsole is worn through, it's time for new shoes.

Make an informed decision

Improperly fitting shoes are the source of many problems. Now that you know what features to look for, you can shop with more confidence. Wear walking shoes that are comfortable and properly fitted for a walk that's worry-free.

Source: www.mayoclinic.com

Get Your Wrongs Righted...

with the help of the Consumer Action Handbook. Published continuously since 1979, the Consumer Action Handbook is one of the most informative and popular consumer resources produced by the federal government.

This free, 174-page guide is designed to help citizens find the best and most direct solutions for their consumer problems and questions. Referred to as the "Consumer Bible" by Consumer World and acclaimed by the National Association of Consumer Agency Administrators, the Handbook offers tips on topics such as buying and leasing cars, protecting your privacy, avoiding fraud and shopping from home. It also includes a sample complaint form that consumers can use as a guide for writing letters, faxes and e-mails. The Handbook lists thousands of names, addresses, phone numbers and e-mail addresses for Better Business Bureaus, corporate consumer contacts, federal agencies, and state and local consumer protection offices. Consumers can access the web edition at <http://www.ConsumerAction.gov>.

Source: Federal Citizen Information Center's FEDINFO e-letter

Free Searchable Database on Food Content

What nutrients were in the smoothie you just ate? Was it a two-cup serving made with fruit? Or was it a 20-fluid-ounce smoothie made with fruit and yogurt? The answers can be found on the Internet, where free access is now available to nutrient information on thousands of foods typically eaten in the United States.

Agricultural Research Service (ARS) scientists launched a searchable database on the World Wide Web where users can view a 60-nutrient profile for each of more than 13,000 foods. The new resource is called "What's in the Foods You Eat--Search Tool."

By providing information on the nutrient values in typically consumed foods, the new online search tool will help consumers make informed decisions about food choices. The tool was produced by nutritionists with the ARS Food Surveys Research Group, based in Beltsville, Md., and headed by supervisory nutritionist Alanna Moshfegh. ARS is the U.S. Department of Agriculture's chief scientific research agency.

The data are provided in commonly consumed portion sizes and weights, and easy-to-use help screens are readily available. To access the database on the World Wide Web, go to: <http://www.ars.usda.gov/foodsearch>

A user starts by typing descriptive words into the online search box. After the user hits "Enter" or "Search," all food names containing the key words will be displayed. The user can then select one of the displayed food names and request information on up to three different portion amounts for it. The computer search program generates a customized table showing 60 different nutrient values for each portion amount chosen. The search result can then be printed. The versatile database expands the use of one of the laboratory's key research products, the USDA Food and Nutrient Database for Dietary Studies (FNDDS 1.0), which is a technical database for nutrition researchers.

Source: U.S. Department of Agriculture

Strawberry

Strawberries are the favorite berries of the U.S. Most strawberries come from the United States, but there are also varieties from Mexico, New Zealand, and Canada. Store only briefly as they are seldom good beyond five days, and the temperature must be held below 40°F. However, if the temperature is too cold, they will lose both color and flavor. Quality berries are characterized by bright red color, with very little green or white visible. Caps should be in place. Look for clean berries with no sign of moisture or mold. Strawberries are low calorie and a good source of vitamin C and fiber.

Source: Florida Department of Agriculture

Vegetarianism Can Work

It is becoming more and more common for young children and teenagers to announce that they want to be vegetarian. Younger children may do this because they have made a connection between cute animals and the meat on their plate. Teenagers may have environmental or health concerns. Regardless of the reason, a vegetarian diet can be a healthy choice – especially if you give attention to a few key nutrients.

Vegetarian Diet and Health

A well-balanced vegetarian diet tends to be low in saturated fats and cholesterol and rich in important nutrients such as folate, vitamins C, E, and other anti-oxidants. Vegetarians are at lower risk for obesity, heart disease, high blood pressure, diabetes, osteoporosis, and some forms of cancer.

A well-balanced vegetarian diet is based on whole grains, vegetables, fruits and low fat dairy products. Avoiding meat will not be a positive move if it is replaced with high fat cheeses, oils, or junk foods (chips, cakes, cookies, sodas ...). Of course, children will probably need to include some higher fat foods. The vegetarian diet is bulkier than the meat based diet, so, growing children generally need meals and snacks to meet their energy needs.

Vegetarian Diet and Nutrients

A meatless diet may be low in 4 key nutrients: protein, vitamin B12, iron, and zinc. A vegetarian diet that excludes dairy products may also be low in calcium and vitamin D. Below is a list of food sources for each of these nutrients. A healthy vegetarian diet should include a variety of foods from the following groupings.

Protein: soy products/tofu, dried beans/lentils, nuts/seeds, dairy products/eggs.

Vitamin B12: dairy products/eggs, enriched cereals/breads, and fortified soy products.

Iron: enriched cereals, whole grains, dark leafy green vegetables, dried beans/legumes, dried fruits.

Zinc: whole grains, wheat germ, nuts, and soy products.

Calcium: low-fat dairy products, dark green leafy vegetables, and calcium-fortified products such as orange juice, soy, rice drinks, and cereals.

Vitamin D: low-fat dairy products, fortified juices and cereal/grain products.

Children go through a variety of eating stages. Vegetarianism may be a new way of life or it may be a passing phase. Either way, try to respect it and help your family get the nutrients they need. If you are concerned, provide a standard vitamin/mineral supplement for your children.

Source: Family Nutrition in Acton, April 2005, University of Florida Extension Service

Fast Food Possibilities

Fast food is quick, convenient, satisfying, and inexpensive. It's no wonder that we eat so many fast food meals. Unfortunately, typical fast food meals are high in calories, sodium, fat and cholesterol. They are also lacking in fresh fruits and vegetables. Over time, this can lead to weight gain and increased risk for diabetes and heart disease.

The good news is that many of the fast food chains provide healthier options. Some of these are listed on the menu; some, you just have to ask for. It's not hard to make healthy choices -- it's just a matter of trying something new.

When eating fast food:

- Select regular or junior size meals. These are appropriate for most people. A typical regular size meal (hamburger, French fries and soda) is about 680 calories. A large order of this same meal is about 1000 calories. Eating the large meal once a week for a year, could mean a weight gain of about 9-10 pounds.
- Select grilled or broiled meats and baked potatoes. On average, a grilled chicken sandwich has about 10 grams of fat less than a breaded/fried sandwich. And even with a serving of sour cream, a baked potato has 5 grams of fat less than a small serving of French fries. Over the year, this could mean another 2 pounds of body weight.
- Pass up the fatty condiments. An easy way to make your fast food meal healthier is to order sandwiches without mayonnaise, cheese, bacon, or sauces. Ketchup, mustard, pickles, or additional fresh vegetables can be used to add flavor without adding fat. Order salads with low-fat salad dressing. The calories and fat you pass up could be more than is found in a frozen yogurt or soft ice cream dessert.
- Select orange juice, low fat milk/chocolate milk, or water. A regular-size fast food soda provides a similar number of calories – but no nutrients other than sugar! Even a kid-size milk shake – though a little higher in calories – is a more nutritious choice.
- Be untraditional. You don't have to order traditional fast food menu items or go to traditional fast food restaurants to get the convenience of a fast food meal. Many restaurants now offer subs, wraps, burritos, kebabs, chili or hearty salads. These can be made with lean meats, fresh vegetables, and low fat spreads. Several restaurants now offer fruit cups or side salad meal options. And some grocery stores and smaller shops offer complete prepared and made-to-order meals.
- Don't feel you have to give up your favorite foods. If you really like French fries, eat them – but eat less. Order fries for yourself and a salad (with low-fat dressing) for a friend or family member. Then, share with each other. If you prefer whole wheat bread or extra vegetables in a sandwich, ask if it can be made up – even if you don't see it on the menu.

No one wants to give up the ease of a fast food meal. So next time you eat fast food, think about making healthier choices. If you eat at fast food restaurants frequently, then consuming smaller portions of carefully selected menu items can make a big difference in your long-term health.

.Source: Family Nutrition in Acton, February 2005, University of Florida Extension Service

Florida Food Fare

By Jean Meadows

Longan

Called Dragon's Eye, the longan is a tropical fruit rare to this area but available in limited quantities during July and August. This native Southeast Asian fruit is similar in taste and texture to lychees. Longans, *Euphoria langana*, grow in clusters, and are round, varying in diameter from 3/4 inch to 1 1/2 inches, with a thin brown shell. Inside is a translucent white, juicy-soft pulp that surrounds a single large black seed. The perfumy flavor is delicate and sweet. The thicker the pulp, the juicier, more fragrant, and crisp the pulp becomes. Longans do not ripen off the tree and maturity is judged by the particular shape, skin color and flavor of each cultivar.

Since the fruit is similar to the lychee but matures later, the longan can be useful for extending the season for fruit of this type. The longan can be used in the same ways as the lychee and can substitute for it in various recipes. In Oriental countries longan are mainly a free, eat-out-of-hand fruit. It responds favorably to freezing, and can be frozen in its skin in airtight containers. Upon thawing, the fruit can be used in the same ways as freshly-picked fruit. In addition, the fruit can be dried in the same way as the lychee or it can be peeled and pitted, then stewed or canned. Preserved or dried longans are considered by some to be superior to preserved or dried lychees.

Recipes:

Asian fruit salad with papaya-mint sauce

1/2 large pineapple, peeled, cored, cut into 1/2-inch pieces (about 2 cups)

1 medium papaya, peeled, seeded, cut into 1/2-inch pieces (about 1 cup)

1 cup peeled whole longans, halved lengthwise and seeded

1/2 large cantaloupe, peeled, seeded, cut into 1/2-inch pieces (about 2 cups)

1/2 cup seedless green grapes, halved

1/2 cup seedless red grapes, halved

Papaya-mint sauce:

1 large papaya, peeled, seeded, coarsely chopped (about 1 1/2 cups)

3 tablespoons sugar

1 1/2 tablespoons coarsely chopped fresh mint

3 tablespoons fresh lime juice

Mix first 6 ingredients in large bowl. (Can be made 4 hours ahead. Cover; chill.) Spoon fruit into 6 small bowls or goblets.

Papaya-mint sauce: Puree all ingredients in a food processor until smooth. Transfer to bowl. Cover and refrigerate until ready to use. Makes about 1 cup. Drizzle over fruit. Garnish with mint. Serves 6.