



FYN Topic: Plan Nutrition Needs During Hurricane Season

Question: What fruits and vegetables would you harvest from the garden or buy fresh right before a hurricane?
Donna, Cape Coral

Answer: It is always smart to plan for the worst and hope for the best. A hurricane wreaks havoc on any leafy greens, ripe or ripening soft fruits: blueberries, bananas, mangoes, citrus and most summer-time vegetables (watermelons, tomatoes, etc.). Even root crops aren't always a safe bet before a hurricane. The surrounding soil may flood, become saturated for too long.

One UFL IFAS fact sheet has these 'to do' suggestions: "Think nutrition during the hurricane season. Stock up on fresh carrots, broccoli and mushrooms and put up canned tomato sauce. Good beans that provide more protein include kidney, lima, black-eyed peas and lentils, etc. Make a three bean salad and salsa or chili before the storm. Stock up on canned fruits and vegetables, trails mix, packaged nuts, raisins, dried apricots, cranberries and unsweetened applesauce. Just before the storm buy bread, fresh broccoli, apples and other fruits and vegetables that do not require refrigeration.

Useful Links

<http://www.floridayards.org>
<http://fyn.ifas.ufl.edu>
<http://edis.ifas.ufl.edu/>
<http://lee.ifas.ufl.edu/FYN/FYNHome.shtml>
<http://gardeningolutions.ifas.ufl.edu>

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