

Infused Water with Ohio Local Foods

Infused water is a healthy alternative to beverages that are high in sugar. It is as simple as adding some sliced or smashed produce and herbs to your glass or pitcher of water. There is no right or wrong way to make infused water but these tips might enhance the flavor:

- Although the water will be served in a single sized glass, the flavored water could be made in either a drinking glass or a larger amount in a water pitcher or beverage dispenser as shown in the picture.
- There is no one recipe but if making a gallon of infused water, add 2-4 cups of produce. If making one glass of infused water, use less than $\frac{1}{4}$ cup of produce.
- Depending on the added ingredients, either slice or chop or lightly smash fruits or vegetables, and either tear or julienne fresh herb leaves.
- No special kitchen equipment is needed, although there are pitchers and water bottles designed to contain the produce so those ingredients are not floating in the water when it is time to drink it.
- Infused water could be served immediately after it's mixed, but it will not have the maximum amount of flavor. It's very nice chilled. Chill the infused water in the refrigerator from thirty minutes to overnight.
- Wash hands with soap and water before handling the food and wash all produce with clean running water. Use clean containers and preparation surfaces.
- Do not mix batches. Treat the infused water as you would treat any other refrigerated food. Most often the produce used in infused water is thrown away. The kitchen compost is always a great option for these waterlogged ingredients.



Please remember that to gain the most nutrition benefits from fruits and vegetables, it is recommended that you eat the produce. While infused water is a great way to stay hydrated, these will not count as your servings of fruits or vegetables for the day. The next time you are slicing Ohio produce to eat, consider adding a handful to your water pitcher. Because it's so easy to make and there is no one right or wrong recipes, get the entire family involved.

Look at the other side for flavor combinations!



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There is nothing wrong with purchasing lemons and limes at the grocery store, but we are fortunate to have many options of flavors growing in containers, backyards, community gardens, school gardens and farms across Ohio.

Ohio Fruits to Flavor Water:

Berries – strawberry, raspberry, blackberry, mulberry, blueberry

Melons – cantaloupe, honeydew, watermelon

Apples, pears, peaches, grapes

Ohio Vegetables: While vegetables are not as common as fruits in infused water, it is not unusual to use cucumber. Some additional vegetables to add color and flavor include: celery, red or yellow peppers, spinach or zucchini.

From the Ohio Herb Garden:

Mint is a common flavor to infuse water and there are many varieties of mint beyond the traditional peppermint and spearmint. Try pineapple mint or grapefruit mint for a tropical taste. While this list is not exhaustive, the following herbs can maximize options for water flavor combinations: basil, rosemary, sage, lavender and lemon balm.

A Sample of Local Food Combinations for Infused Water:

- Strawberry Melon (choose any variety of melons)
- Pear Blackberry
- Pear Rosemary
- Watermelon Rosemary
- Peach Sage
- Strawberry Basil
- Match mint with any of the following: cucumber, cantaloupe, watermelon or blackberry

See other side for tips on amounts to use and other recommendations.



References:

Iowa State University Extension and Outreach, *Infused Water*, <http://blogs.extension.iastate.edu/wellness/2014/07/09/infused-water/>

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