

# EASY FRUIT & VEGETABLE SWAPS

If the farmers market does not have what is on your menu, use one of these easy substitutes, or try a swap of your own. Being flexible with your menu planning and shopping will allow you to get the best products for the best price.



Recipe Calls for	Try This Instead
Apples	Pears, grapes, cherries
Beets	Golden beets, red cabbage, tomato, radish
Blueberries	Any type of berry!
Bok choy	Kale, beet greens, dandelion greens, spinach, Swiss chard
Broccoli	Cauliflower, green cabbage, Brussels sprouts
Cabbage	Brussels sprouts, asparagus
Cucumber	Celery, zucchini
Eggplant	Portobello mushrooms, zucchini
Onion	Shallot, leeks, chives, scallion
Peaches	Nectarines, plums, soft pears
Potato	Carrots, yams, sweet potato, beets
Spinach	Kale, Swiss chard, romaine lettuce
Yellow squash	Zucchini, any type of summer squash, cucumber

