

Apples



Health in One Bite

Apples are a crisp, white-fleshed fruit with a red, yellow, or green skin and a sweet, refreshing flavor.

Season

- August-October

Nutrition at its Best

- Great source of vitamins & minerals
- High in fiber
- Good source of antioxidants
- Low glycemic index

Easy Preparation

- Wash, rinse, & pat dry
- Eat this fruit whole or remove the core to use in recipes

Selecting the Perfect Apple

- Look for firm fruits with rich coloring
- Choose apples without bruises or blemishes

Storage

- Apples can be stored for 3-4 months in cold fridges
- They should be kept in the crisper bin of the fridge
- Remove any spoiled or bruised apples so they don't spoil the rest



How to Enjoy Apples

- Whole
- Salads
- Sauté apples with cinnamon and vanilla
- Japanese curry
- Baked goods
- Paired with cheese
- Dipped in yogurt or peanut butter

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Apricots

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Apricots originated from Asia and are a relative to the peach. The sweetness found in the fruit at the time of picking will remain constant through the ripening process. Experiment with this sweet treat in a variety of cuisines.

Season

July

Nutrition at its Best

- High in vitamins A, C
- Good source of potassium
- Good source of calcium

Easy Preparation

- Wash when ready to eat
- Peel for cooking purposes

Selecting the Perfect Apricot

- Well-formed
- Fairly firm
- Dark yellow/yellow-orange

Storage

- Refrigerate in a plastic bag for up to 2 days



How to Enjoy Apricots

- Grilling
- Baked goods
- Jams/jellies
- Fresh
- Salads
- Chicken
- Popsicles
- Sandwiches

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Arugula



Health in One Bite

Arugula can be placed with a variety of foods. It is also known as “garden rocket” or “salad rocket” due to its rocket fast growth.

Season

- June-September

Nutrition at its Best

- High in vitamin C
- Good source of calcium and potassium

Easy Preparation

- Rinse thoroughly

Selecting Arugula

- Fresh
- Vibrant green color
- Avoid wilted, yellow, and slimy leaves

Storage

- Wash and keep dry
- Keep refrigerated in the crisper drawer for 3-4 days
- Place in plastic bag with a paper-towel



How to Enjoy Arugula

- Pasta
- Pizza
- Salad
- Seafood
- Soups
- Steamed
- Eggs
- Sandwiches

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Asparagus



Health in One Bite

Asparagus stalks are the first shoots of an asparagus bush and takes three years to establish when first planted. Asparagus does not require sunshine because enough energy is stored in the roots.

Season

- April - May

Nutrition at its Best

- High in vitamin A, K
- High in folate
- Great source of antioxidants (vitamin C, E, beta carotene)

Easy Preparation

- Remove the fibrous bottoms of the asparagus by bending the stalk from either end. The point at which it snaps will leave the freshest part of the stalk to be eaten.

Storage

- Flavor decreases as time passes
- Place stalks in a tall glass, fill partially with water, cover with plastic, and place in the refrigerator

Selecting Asparagus

- Look for bright green or violet-tinged spears with firm stems
- Size of stalk does not indicate quality or flavor
- Thinner stalks are more tender than fat ones



How to Enjoy Asparagus

- Raw
- Grilled
- Roasted
- Steamed
- Pasta salad
- Pizza
- Stir-fried

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Basil



Health in One Bite

Basil is an herb from the mint family that originates from India. This herb grows best in hot and dry conditions. There are over 60 varieties of basil and can be enjoyed in a wide variety of cuisines.

Season

- July - September

Nutrition at its Best

- High in vitamin K
- Rich in phytochemicals & antioxidants

Easy Preparation

- Wash and cut basil as needed – don't cut ahead
- Continually harvesting basil encourages vigorous growth

Selecting Basil

- Look for vibrant green leaves with no dark spots or signs of decay

Storage

- Store leaves layered in damp paper towels inside a plastic bag in the refrigerator for up to 4 days
- Blanch whole leaves for 2 seconds and plunge into ice water, pat dry, and place in airtight bags
- Freeze for longer storage – one successful method is to combine chopped basil and water in ice cube trays. Use cubes in soups, stews, or sauces.



How to Enjoy Basil

- Pizza
- Curry
- Pesto
- Pasta
- Herbal tea
- Salads
- Meat dishes

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Beets



Health in One Bite

Beets are unique in that they are full of betalain, an antioxidant that acts as a potent cancer fighter. It also gives beets their intense purple color.

Season

- June-September

Nutrition at its Best

- Folate
- Manganese
- Fiber
- Antioxidants & phytonutrients

Easy Preparation

- Wash, rinse, & pat dry
- Wear gloves to keep hands from getting stained

Selecting the Perfect Beet

- Choose small or medium-sized beets whose roots are firm, smooth-skinned and deep in color.

Storage

- Cut the greens away from the beet root
- Store beet roots in a plastic bag in the fridge for up to 3 weeks
- Store unwashed greens in a separate plastic bag in the fridge for 4 days



How to Enjoy Beets

- Roasted
- Pickled
- Steamed
- Sautéed
- Grated on salads
- Marinated in lemon juice and olive oil

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Broccoli



Health in One Bite

This green vegetable is known for its tree-like shape and crunch. Broccoli is loaded with bone protecting calcium as well as certain anti-cancer properties to help keep your body healthy.

Season

- October-April

Nutrition at its Best

- Vitamin A, C, and K
- Calcium
- Fiber
- Folate
- Antioxidants
- Low-calorie and fat-free

Easy Preparation

- Wash, rinse, & pat dry
- Cut florets off of stalk and cook using your favorite method

Selecting the Perfect Broccoli

- Look for compact floret clusters
- Avoid bruises
- Uniform color with no yellow spots
- Firm stalk and stem with no slimy spots

Storage

- Place broccoli in a plastic bag and keep in the fridge for 10 days
- Do not wash before storing as this causes spoilage



How to Enjoy Broccoli

- Steamed
- Roasted
- Sautéed
- In salads
- In pasta dishes
- In stir-frys
- In casseroles

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Cabbage

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Cabbage has been farmed for over 4,000 years and is a member of the cruciferous vegetable family - making it a cousin to broccoli, cauliflower, kale, collards, and Brussels sprouts.

Season

- August - October

Nutrition at its Best

- High in vitamin C
- High in vitamin B6

Easy Preparation

- Wash and cut cabbage as needed – don't cut ahead

Storage

- Keep cabbage cold to keep the vitamin C content high
- Place the whole head of cabbage in a plastic bag and store in refrigerator
- Once the cabbage head is cut, try to use within a day or two (precut cabbage leaks vitamin C)

Selecting Cabbage

- Look for solid, heavy heads
- Stems should be healthy looking and closely trimmed
- Avoid cabbage with discolored veins or worn damage
- Avoid stems that are dry or split



How to Enjoy Cabbage

- Raw
- Steamed
- Boiled
- Braised
- Microwaved
- Stuffed
- Stir-fried

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Cantaloupe



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Cantaloupe, sometimes known as muskmelon, is a member of the gourd family.

Season

- July to October

Nutrition at its Best

- High in Vitamin A and C
- Low calorie, low fat
- Great source of potassium and fiber

Easy Preparation

- Cut in half
- Scoop out seeds
- Cut in slices
- Remove rind

How to select a Cantaloupe

- Aromatic smelling
- Smooth, rounded stem scar
- Yield slightly to pressure at the blossom end
- Raised, well developed outer netting

Storage

- Store in refrigerator for 5-15 days
- Do not wash prior to refrigerating
- If not ripe, store at room temperature one to two days



How to Enjoy Cantaloupe

- Melon soup
- Kebab it
- Melon salsa
- Sweet salads
- Cantaloupe cooler (juice pop)
- Smiley wedges
- Sweet sauce

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Carrots



Health in One Bite

Beta-carotene gives carrots their bright orange color. This antioxidant helps improve our night vision, to help us see better in the dark.

Season

- June - November

Nutrition at its Best

- Great source of vitamin A
- Contains biotin
- High in fiber
- Excellent source of antioxidants

Easy Preparation

- Wash, scrub & rinse
- Cut the tops off and peel if desired

Selecting the Perfect Carrot

- Look for firm, smooth, and relatively straight carrots
- Bright orange color

Storage

- Store in the coolest part of the fridge in a plastic bag for 2 weeks
- If the carrots have green tops still attached, cut these off before storing



How to Eat Carrots

- Raw
- With a dip
- Steamed
- Sautéed
- In soup
- In a stir fry
- Grated into baked goods
- On top of a salad

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Cilantro



Health in One Bite

This fragrant, green herb is full of essential vitamins and minerals to help maintain healthy body functions.

Season

- Spring- Summer

Nutrition at its Best

- Good source of vitamins & minerals
- High in antioxidants
- Specific oil found in cilantro helps with digestion, eases stomach aches, and acts as an antiseptic

Easy Preparation

- Wash, rinse, & drain
- Every part can be eaten

Selecting the Perfect Cilantro

- Look for crisp, green, fragrant leaves
- Avoid brown or wilting leaves

Storage

Very perishable! To preserve:

- < 1 Week: wrap cilantro in paper towels and place in a plastic bag
- >1 Week: place cilantro in water and cover with plastic bag; change the water every 2 days



What to Eat With Cilantro?

- Soups
- Curries
- Rubs for roasts or meat dishes
- Roasted vegetables
- Salads
- Salsas
- Dips

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Corn



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Corn is technically a grain, not a vegetable. It is grown worldwide and is one of the world's most popular crops.

Season

- July-October

Nutrition at its Best

- Great source of potassium
- High in fiber
- High in vitamin C

Easy Preparation

- Remove husks and corn silk, rinse, and pat dry
- Cook using preferred method

Selecting the Perfect Corn

- Look for corn whose husks are fresh and green
- Gently pull back the husk and look for corn kernels that are plump and tightly arranged in rows

Storage

- Fresh corn should be enjoyed the day of purchase, but can be kept in the fridge for 3 days.
- Store corn in an air-tight plastic bag without removing husks.



How to Enjoy Corn

- Boiled
- Steamed
- Broiled
- Salads
- Soups
- Burritos/tacos

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Cucumber

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Health in One Bite

This long dark green garden veggie is refreshing and crunchy - making it a perfect snack for the summer months.

Season

- July-September

Nutrition at its Best

- Vitamins & minerals
- Fiber
- Antioxidants
- Low-calorie
- Fat-free

Easy Preparation

- Wash, rinse, & pat dry
- Every part can be eaten, even the skin which contains many nutrients

Selecting the Perfect Cucumber

- Look for firm and dark vegetables
- Should be medium green in color
- Avoid sharp edges and yellow spots

Storage

- Store in the refrigerator for several days
- If you are saving a half of cucumber, place it in a tightly sealed container in the fridge



How to Eat Cucumbers

- Salads
- Raw
- With a dip
- Diced in tuna or chicken salad
- Pickled
- Cold soup

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Eggplant

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Fun Fact: Eggplants are actually giant berries related to the tomato family. Traditionally used in India for medicinal purposes, this vegetable can be enjoyed in a variety of dishes.

Season

- August - September

Nutrition at its Best

- Fat-free
- Cholesterol free
- Sodium free
- High in fiber

Selecting the Perfect Eggplant

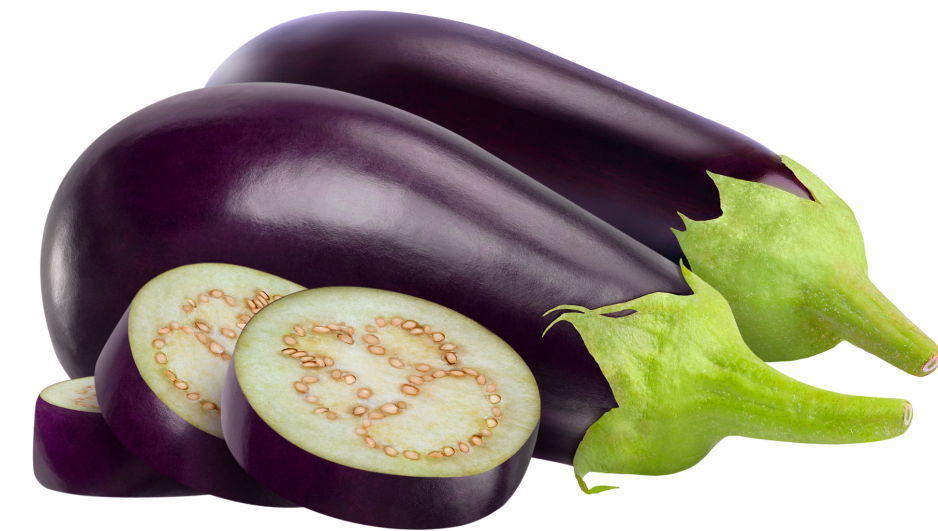
- Select eggplants that are heavy for their size
- Watch out for cracks and discolorations

Storage

- Store eggplants in the refrigerator crisper drawer
- Use within 5-7 days.

Easy Preparation

- Cut in half length-wise, place face down on sheet pan (roasting)
- Slice in circular cross sections (grilling, eggplant parmesan)
- Peel and dice (stir-fry)
- Tip: Place in salt water to prevent browning



How to Enjoy Eggplant

- Eggplant parmesan
- Add to curries, stir-fries
- Roast, peel & serve over pasta
- Eggplant pizza
- Eggplant lasagna
- Bread, bake, serve
- Kabobs

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Green Beans



Health in One Bite

Green beans are often referred to as string beans and have many health benefits whether eaten fresh or frozen. Green beans are a good source of fiber, which may help lower cholesterol levels.

Season

- June - October

Nutrition at its Best

- Vitamin K
- Manganese
- Fiber
- Antioxidants
- No cholesterol

Easy Preparation

- Wash, rinse, & pat dry
- Remove both ends of the bean before cooking

Selecting the Perfect Green Beans

- Look should feel smooth and have a vibrant green color
- Beans should be firm and “snap” when broken

Storage

- Store unwashed fresh beans in a plastic bag kept in the fridge crisper
- Beans can be stored for 7 days



How to Enjoy Green Beans

- Steamed
- Sautéed
- Roasted
- Casseroles
- Salads
- Stir-Frys

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Green Onions



Health in One Bite

Green onions, also known as scallions, are simply immature onions – if they were left in the ground they would mature into bulbs. Their small size makes them a valuable garnish.

Season

- April - May

Nutrition at its Best

- High in vitamin A, K
- High in folate
- Great source of antioxidants (vitamin C, E, beta carotene)

Easy Preparation

- Rinse scallions
- Trim any wilted parts and roots
- Can use entire onion (white and green parts)

Selecting Green Onions

- Look for bright green or violet-tinged spears with firm stems
- Size of stalk does not indicate quality or flavor
- Thinner stalks are more tender than fat ones

Storage

- Refrigerate in a tightly closed bag for up to one week



How to Enjoy Green Onions

- Raw
- Grilled
- Roasted
- Steamed
- Pasta salad
- Pizza
- Stir-fried

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Kale



Health in One Bite

A nutritional powerhouse, this leafy green provides more than 100% of your daily recommendation for vitamins A and K in just one cup. Kale is a member of the cabbage family and can be enjoyed in many ways.

Season

- May - October

Nutrition at its Best

- High in vitamins A, C, K
- High in folate
- Great source of calcium
- Omega-3 fatty acids

Storage

- Store unwashed leaves in the refrigerator crisper for 4 days

Selecting the Perfect Kale

- Select kale with fresh, green leaves
- Avoid discoloration of leaves
- Kale harvested after the first frost will have the best flavor (less bitterness)

Easy Preparation

- Remove tough stems
- Roll lengthwise and slice in the opposite direction with a sharp knife
- Massage kale for 2 minutes to create a softer and sweeter kale blend



How to Enjoy Kale

- Sautéed
- Egg dishes
- Salads
- Pastas
- Smoothies
- Roasted
- Sandwiches

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New Potatoes

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The freshly harvested small potatoes that have paper-thin skin and a sweet flavor.

Season

- June and July

Nutrition at its Best

- High in vitamin B6
- Excellent source of potassium
- High in fiber
- Good source of antioxidants

Easy Preparation

- Wash and scrub potato skins
- Every part can be eaten

Selecting the Perfect Potato

- Look for smooth, undamaged skin
- Dry, firm potatoes without soft spots or bruises

Storage

- New potatoes have thin skin and don't keep as well as mature potatoes, so use as soon as possible.
- Store in a paper bag in the fridge and use within a few days of purchase



How to Enjoy New Potatoes

- Boiled
- Roasted with herbs
- Baked potato wedges
- Casseroles
- Mashed
- Soups
- Potato salads

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Peaches



Health in One Bite

This round, juicy fruit with fuzzy yellowish-red skin can be enjoyed in a variety of ways. It is delicious baked into a crisp and adds a sweet touch to green salads.

Season

- July-September

Nutrition at its Best

- High in vitamin C
- Great source of fiber
- Good source of antioxidants

Easy Preparation

- Wash, rinse, & pat dry
- Prepare according to preferred method

Selecting the Perfect Peach

- Look for firm, fuzzy skins that yield to gentle pressure
- Avoid blemishes and bruises

Storage

- Store unwashed peaches in a paper bag at room temperature until ripe
- When ripe, store peaches at room temperature and use within 1-2 days



How to Enjoy Peaches

- Smoothies
- Fruit and green salads
- Yogurt parfait
- Baked goods
- Sprinkled with cinnamon
- Sliced
- Salsa

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Peppers



Health in One Bite

Peppers are technically considered a fruit, but for culinary purposes treated as a vegetable. Red and yellow peppers have greater nutritional value than green peppers.

Season

- July-September

Nutrition at its Best

- High in vitamins A and C
- Good source of potassium

Easy Preparation

- To cut, make four slices from the core, remove each slice leaving the seeds and the core, discard core and slice remaining four sections.
- Eat raw, roasted, or sautéed

Selecting the Perfect Peppers

- Look for firm skin with no wrinkles
- Fresh, green stem
- Heavy for size
- Avoid sunken, slashed, or black spots

Storage

- Refrigerate unwashed peppers in a plastic bag up to 1 week
- Green peppers stay fresh longer than colored ones



How to Enjoy Peppers

- Salad topping
- Tacos/burritos
- Sautéed with other veggies
- Diced into salsa
- Pasta salad
- Dipped in hummus
- Sandwich topping

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Radishes



Health in One Bite

Rapidly growing radishes are known for their spicy zing, but are much sweeter when grown in cool weather. Try adding radish leaves to a stir fry for a new flavor.

Season

- May – June
- September - October

Nutrition at its Best

- High in vitamin C
- Good source of folate, fiber, niacin
- Great source of fiber

Easy Preparation

- Scrub radishes and trim off stem end and root end.
- Peel for a milder flavor (the skin is the spiciest)
- Shred or slice for varying recipes
- Roast whole

Selecting Radishes

- Roots that are hard and solid – avoid soft or spongy radishes
- Roots with a smooth, unblemished surface
- Leaves that are crisp and green

Storage

- Remove tops with leaves unless they will be served the same day
- Place radishes in plastic bags and store in the refrigerator
- Most keep for up to two weeks



How to Enjoy Radishes

- Pasta salad
- Salsa
- Guacamole
- Tacos
- Slaw
- Dip
- Sliced on toast
- Roasted

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Raspberries

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These bright red berries pack a sweet punch and are delicious eaten raw or in baked goods.

Season

- June-September

Nutrition at its Best

- High in vitamin C
- Good source of manganese
- High in fiber
- Full of antioxidants
- Low sugar

Easy Preparation

- Wash, rinse, & pat dry
- Do not wash and then store in fridge

Selecting the Perfect Raspberry

When purchasing look for:

- Look for firm, plump berries
- Avoid mold
- Choose berries deep in color

Storage

- Store in fridge for 1-2 days
- Remove any berries that are molded so they will not contaminate the others
- Can easily be frozen. Wash, freeze on a flat pan, and place in a plastic bag.



How to Enjoy Raspberries

- Salads
- Hot breakfast cereals
- Yogurt parfaits
- Baked goods
- Jam

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Rhubarb

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Rhubarb is one of two perennial vegetables, meaning that it grows back every year. Its leaves are poisonous due to their high oxalate content, but the tart stalks are edible and delicious.

Season

- May – June
- September - October

Nutrition at its Best

- High in vitamin C
- Good source of potassium
- High in calcium

Easy Preparation

- Remove leaves (they're poisonous!)
- Rinse stalks and trim the ends
- Peel fibrous exterior if it is tough
- Cook in non-aluminum pots to avoid unfavorable acid-metal interactions that form brown spots on both the pan and rhubarb

Selecting Rhubarb

- Choose flat stalks that aren't curled or limp
- Look for deep red stalks. The deeper the color, the sweeter and richer the flavor.
- Note: stalk size is not an indicator of tenderness

Storage

- Wrap the rhubarb tightly in plastic wrap and store it in the coldest part of the refrigerator for up to one week.
- Don't wash the stalks prior to storage.
- Both cooked & raw rhubarb freeze well



How to Enjoy Rhubarb

- Pasta salad
- Salsa
- Guacamole
- Tacos
- Slaw
- Dip
- Sliced on toast
- Roasted

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Romaine Lettuce

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Health in One Bite

Americans eat about 30 lbs. of lettuce each year. It is the second most popular vegetable next to potatoes. Darker leaves are more nutritious than lighter green variations.

Season

- May – June
- September - October

Nutrition at its Best

- High in vitamin A, C,
- Great source of magnesium, manganese, folate, iron, zinc
- High in omega-3 fatty acids

Easy Preparation

- Wash thoroughly
- Dry using a paper towel or salad spinner
- Leaves bruise easily, so handle carefully
- Cut or tear into bite-sized pieces just before serving to minimize browning

Selecting Romaine Lettuce

- Avoid leaves with signs of wilting, brown edges, or slime
- Look for vivid color and firm texture

Storage

- Wrap in a cloth or paper towel, then place in a plastic bag
- Lettuce does not preserve well – use it or lose it!



How to Enjoy Romaine Lettuce

- Salads
- Sandwiches
- Wraps
- Grilled
- Tacos

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Peas



Health in One Bite

Peas are available for a large majority of the year and can be used in a wide variety of dishes originating from different cultures. Peas are easily frozen to be saved for year round enjoyment.

Season

- Spring & Fall

Nutrition at its Best

- High in Vitamin A and C
- Fat free
- Sodium free
- Cholesterol free

Storage

- Refrigerate peas in a perforated plastic bag for 3-5 days
- Freeze shelled peas

Selecting the Perfect Peas

- Choose firm, bright green, medium-sized pods with no signs of decay or wilting

Easy Preparation

- Remove peas from the pod immediately before using to maximize freshness



How to Enjoy Peas

- Rice pilaf
- Soups
- Stir-frys
- Salads
- Casseroles
- Pasta

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Spinach

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Health in One Bite

In the 1930s, U.S. spinach growers accredited Popeye with a 33% increase in domestic spinach sales and consumption. Lucky for the population, Popeye knew what he was doing by consuming copious amounts of this nutrient powerhouse.

Season

- May – June
- September - October

Nutrition at its Best

- High in vitamin A, C, E, K, B6
- Great source of magnesium, manganese, folate, iron, zinc
- High in omega-3 fatty acids

Easy Preparation

- Wash thoroughly
- Dry using a paper towel or salad spinner

Selecting Spinach

- Leaves that are green and crisp
- A fresh fragrance
- Avoid moist, mushy-looking leaves

Storage

- To increase shelf life, wrap leaves in a cloth or paper towel and then refrigerate in a plastic bag.
- Freezing spinach will cause the spinach to go mushy



How to Enjoy Spinach

- Steamed
- Sautéed
- Dip
- Pasta/lasagna
- Sandwiches
- Egg dishes
- Salads
- Pizza
- Risotto

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Swiss Chard

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Health in One Bite

This mildly bitter leafy green was discovered by a Swiss botanist and is most commonly found in Mediterranean dishes. Swiss chard can be identified by its dark leaves and colorful stems.

Season

- May - October

Nutrition at its Best

- High in vitamins A, C, K
- High in magnesium

Easy Preparation

- Remove tough stems (use the stems for separate recipes)
- Roll lengthwise and slice in the opposite direction with a sharp knife

Selecting the Perfect Swiss Chard

- Select chard with fresh, green leaves
- Avoid discoloration of leaves

Storage

- Store unwashed leaves in the refrigerator for 2-3 days



How to Enjoy Swiss Chard

- Sautéed with garlic & parmesan cheese
- Stir-fry
- Cooked with roasted chickpeas
- Scrambled eggs
- Omelet
- Pizza topping

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Snap Peas



Health in One Bite

Snap peas are the only peas with an edible pod. They get their name from the sweet and satisfying crunch found in each bite. Sugar snap peas can be used in a variety of dishes, but are largely preferred fresh off the vine.

Season

- Spring & Fall

Nutrition at its Best

- High in Vitamin K and C
- High in fiber
- Good source of folate
- Great source of vegetable based protein

Easy Preparation

- Remove fibrous strings
- Cook briefly to preserve flavor and texture

Selecting the Perfect Peas

- Choose firm, bright green, medium-sized pods with no signs of decay or wilting

Storage

- For sweetest flavor, serve peas as soon after purchase as possible
- Store in refrigerator crisper for 2 days



How to Enjoy Peas

- Pasta salad
- Green salad
- Sautéed
- Stir-fry
- Fresh

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Summer Squash

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Health in One Bite

There are many varieties of summer squash including zucchini, yellow squash, straightneck squash, patty pan and more.

Season

- June-October

Nutrition at its Best

- High in vitamin A, D, calcium
- Low calorie
- Low fat

Easy Preparation

- Cut into $\frac{3}{4}$ to 1 inch-thick slices
- Cut in half lengthwise

Selecting Summer Squash

- Young and tender
- Glossy and heavy for size
- Small to medium size
- Avoid sunken, slashed, or black spots

Storage

- Refrigerate unwashed summer squash in a plastic bag for 3 to 4 days
- Water droplets promote decay during storage
- Freezes well



How to Enjoy Summer Squash

- Stuffed
- Stir-frys
- Italian style
- Squash medley
- Vegetable spaghetti
- Squash salsa
- Squash cake

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Tarragon



Health in One Bite

Tarragon is one of the four fine herbs of French cuisine and is paired well with chicken, fish, and egg dishes. Originating from Eurasia, this herb can be found growing wild among the different areas of Europe and North America alike.

Season

- Summer - Fall

Nutrition at its Best

- Alleviates symptoms of pain and nausea
- High in beneficial flavonoids and phenolic acids

Easy Preparation

- Wash and cut tarragon as needed – don't cut ahead
- Cut back leafy top growth to encourage new growth

Selecting Tarragon

- Pick young, top leaves in early summer for best flavor

Storage

- Wrap leaves in a paper towel, place in plastic baggie, and store in refrigerator for 2-3 weeks.
- Tarragon can be dried or frozen.



How to Enjoy Tarragon

- Chicken
- Potatoes
- Vegetables
- Soup
- Deviled eggs
- Béarnaise sauce
- Stuffing
- Pasta
- Dressings

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Tomatoes

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Health in One Bite

Tomatoes come in all shapes and colors and can be enjoyed in many dishes from salsas to soups.

Season

- Mid-late Summer

Nutrition at its Best

- High in vitamin C
- Good source of biotin
- High in antioxidants
- Contain lycopene, an antioxidant that can help protect against prostate cancer

Easy Preparation

- Wash, rinse, & pat dry
- Remove the stem and cut according to recipe

Selecting the Perfect Tomato

- Look for tomatoes with rich color
- Choose well-shaped tomato without wrinkles, cracks, bruises, or soft spots

Storage

- Tomatoes are sensitive to the cold - store tomatoes at room temperature out of direct sunlight
- Tomatoes should keep for about one week



How to Enjoy Tomatoes

- Salsas
- Soups
- Roasted with parmesan cheese
- As a topping on sandwiches and salads
- Frittata

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Zucchini



Health in One Bite

Zucchini is the most popular type of summer squash. Every part of the plant is edible – even the flowers on the plant! Fried squash blossoms are considered a delicacy.

Season

- August-October

Nutrition at its Best

- High in potassium
- High in vitamin C

Easy Preparation

- Wash, rinse, & pat dry
- Do not wash until right before eating

Selecting the Perfect Zucchini

- Smaller zucchinis are more flavorful
- Larger zucchinis work best for baked goods
- Look for brightly colored squash
- Look for squash with longer stems- they will last longer

Storage

- Store raw zucchini in a plastic bag in the fridge for 4-5 days
- Cooked zucchini can be stored in the fridge for 2 days or frozen for later use



How to Enjoy Zucchini

- Casseroles
- Stir-fried
- Lasagna/pasta
- Grilled
- Roasted
- Added to baked goods

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