



**PennState Extension**

# Pennsylvania Produce

**A GUIDE TO PRODUCE  
GROWN IN PENNSYLVANIA**



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### About the Nutrition Facts Label

On May 20, 2016, the FDA announced the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label will make it easier for consumers to make better informed food choices. Manufacturers will need to use the new label by July 26, 2018. However, manufacturers with less than \$10 million in annual food sales will have an additional year to comply.

This publication features the current Nutrition Facts label. An updated publication will be released after July 2018. For more information go to the U.S. Food and Drug Administration website at [www.fda.gov](http://www.fda.gov) and search for “new Nutrition Facts label.”

## ABOUT THE PENNSYLVANIA PRODUCE GUIDE

This booklet will assist you in buying fresh quality produce. When in season, produce is most flavorful and costs less. The fruits and vegetables are listed in alphabetical order. You will learn how to find high-quality fruit and vegetables, what to avoid, and storage tips. The Nutrition Facts label for each produce item will help you make healthy choices for your family.

Serving sizes are standardized so you can compare one item to another. The standard serving sizes for vegetables are ½ cup cut up, cooked, or raw, 1 cup for raw leafy greens, or 1 medium whole vegetable. The serving sizes for fruits are 1 cup cut up, cooked, or raw or 1 medium whole fruit. The Nutrition Facts labels are based on the raw product.

## WHY CHOOSE FRUITS AND VEGETABLES?

Fruits and vegetables supply our bodies with many of the vitamins, minerals, and phytonutrients needed to keep our bodies growing and healing. These nutrients are important and can help prevent heart disease and stroke, control blood pressure and cholesterol levels, prevent some types of cancer, and may help avoid vision loss and help maintain a healthy weight. Phytonutrients are compounds found in plants that may reduce risk of chronic disease.

The USDA website is a great place to find useful information and tips on nutrition, resources, as well as fun activities for kids!

<http://bit.ly/usda-food>

## SAVING PRODUCE FOR LATER: HOME FOOD PRESERVATION

It's the time of year when gardens everywhere are producing at their peak. There are good bargains at farmers markets and roadside stands, too. What do you do if you get a bounty of fruit and vegetables and you know you can't use it before it spoils? Don't worry, you have several options! Canning, freezing, or drying are all ways to save produce for later. When winter arrives, you will taste some of that summer season goodness!



**Penn State Home Food Preservation:** [extension.psu.edu/food/preservation](http://extension.psu.edu/food/preservation)  
**National Center for Home Food Preservation:** [nchfp.uga.edu](http://nchfp.uga.edu)

## HOW MANY VEGETABLES DO I NEED?

We know fruits and vegetables are important in helping our bodies to stay healthy. Yet, many of us fall short of reaching dietary recommendations, especially in the area of vegetables. We have also heard we should be eating a variety of colors of vegetables and make it a serving size. What does this mean? A ½-cup serving size is suggested for hard, crunchy veggies like broccoli and carrots. A serving size for leafy vegetables like lettuce and spinach is 1 cup. The amount of vegetables you need every day also depends on your age, gender, and amount of physical activity. But you don't have to eat vegetables from all the color groups every day. Instead, make that a weekly goal. That raises the questions "how many and what vegetables should I aim for weekly?"

### WEEKLY VEGETABLE SUBGROUP TABLE

Gender and Age	Dark green vegetables	Red and orange vegetables	Beans and peas	Starchy vegetables	Other vegetables
<b>Amount per Week</b>					
<b>Children</b> 2–3 yrs old 4–8 yrs old	½ cup 1 cup	2½ cups 3 cups	½ cup ½ cup	2 cups 3½ cups	1½ cups 2½ cups
<b>Girls</b> 9–13 yrs old 14–18 yrs old	1½ cups 1½ cups	4 cups 5½ cups	1 cup 1½ cups	4 cups 5 cups	3½ cups 4 cups
<b>Boys</b> 9–13 yrs old 14–18 yrs old	1½ cups 2 cups	5½ cups 6 cups	1½ cups 2 cups	5 cups 6 cups	4 cups 5 cups
<b>Women</b> 19–30 yrs old 31–50 yrs old 51+ yrs old	1½ cups 1½ cups 1½ cups	5½ cups 5½ cups 4 cups	1½ cups 1½ cups 1 cup	5 cups 5 cups 4 cups	4 cups 4 cups 3½ cups
<b>Men</b> 19–30 yrs old 31–50 yrs old 51+ yrs old	2 cups 2 cups 1½ cups	6 cups 6 cups 5½ cups	2 cups 2 cups 1½ cups	6 cups 6 cups 5 cups	5 cups 5 cups 4 cups

These amounts are based on someone who gets less than 30 minutes of physical activity daily. People that are more active may need to consume more veggies based on calorie needs.

Adapted from MyPlate.gov.



# FOOD SAFETY

All fresh produce, whether bought in the grocery store or at the farmers market or picked from your garden, should be washed thoroughly before eating. Harmful bacteria that may be in the soil or water where produce grows may come in contact with the fruits and vegetables and contaminate them. Fresh produce may become contaminated during or after it is harvested, for example, during preparation or storage. This applies whether the produce was grown organically or using conventional methods.

FIGHT BAC!® LIKE A

producepro



As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to [www.fightbac.org](http://www.fightbac.org).

## CHECK

fresh produce for signs of cuts or bruising, where harmful bacteria can breed



- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

## CLEAN

hands, surfaces and utensils to prevent contamination



- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

## RINSE

fresh fruits and veggies just before eating



- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled "ready-to-eat," "washed" or "triple washed" should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

## SEPARATE

produce from raw meat, seafood, poultry, eggs and household chemicals



- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

## CHILL

cut fresh produce within two hours to prevent bacteria growth



- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

## THROW AWAY

bruised, damaged or potentially cross-contaminated produce



- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

**Fight Bac! Partnership for Food Safety Education:** [www.fightbac.org](http://www.fightbac.org)  
Supporting consumers to prevent food poisoning.

## WHAT IS ORGANIC?

There are many ways the farmers in Pennsylvania grow their crops, from organic to natural to conventional. The best way to find out what farmers close to you are doing is to go and ask them. Learn about their practices, ask questions, and determine what is right for you and your family. Deciding to buy organic foods is really a personal choice to be made by each consumer.



Organic may mean different things to each of us—consumers and farmers.

When a farm offers “Certified Organic” produce, this means they have committed to growing crops in sustainable ways that comply with the U.S. Department of Agriculture’s (USDA) National Organic Program Regulations. These regulations focus on everything from seed source to soil fertility, produce and livestock handling, and pest management. Foods labeled “100% organic” with the USDA Organic seal are the only foods guaranteed to be 100 percent organic. Certified Organic Farms pay fees for certification and maintenance of their certification, and submit to regular inspections of their operations.

For many small growers the fees are cost prohibitive, and though they may be using the same techniques as Certified Organic farms, they are not permitted to call themselves organic because they have not paid the registration fees. In fact, farms that sell under \$5,000 a year in organic products are exempt from certification, but they must still abide by organic handling guidelines.

Integrated pest management (IPM) is a system of production that uses the least toxic options when it comes to insect and disease management. Farmers implementing IPM constantly monitor the health of their crops and ensure the cultural needs (soil, nutrients, water, food, etc.) of the plants and animals are optimal.

The U.S. Dietary Guidelines encourage Americans to make half their plate fruits and vegetables, whether these are grown conventionally or organically. When shopping for organic foods, it is important to remember to look for the USDA Organic seal and check the label to see if what you are buying is actually organic.

Adapted from Penn State Extension Creating Health and Nutrition Fact Sheet on organic foods, <http://bit.ly/what-does-organic-mean>.

# NUTRIENT INFORMATION FOR FRUITS AND VEGETABLES

Fruits and vegetables provide nutrients to keep you healthy. They have important vitamins, minerals, and other natural substances. Plant foods can help to protect you from disease. Eat a rainbow of colors and choose a variety. Eating fruits and vegetables is the best way to get a variety of nutrients. Vitamin pills and other supplements contain some of these nutrients, but not all.

Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C.

FUNCTION AND BENEFITS	SOURCES
<b><i>Fiber</i></b>	
Fiber absorbs water into the digestive system. It can help to prevent constipation. Some fibers can decrease blood cholesterol. Diets rich in dietary fiber may decrease risk of heart disease and colon cancer.	Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black-eyed peas, lentils, artichokes
<b><i>Folate</i></b>	
Folate helps to form red blood cells and aids in making genetic material in every body cell. Getting enough folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Black-eyed peas, cooked spinach, great northern beans, asparagus
<b><i>Potassium</i></b>	
Potassium helps cells to function and muscles to contract. Diets rich in potassium may help to maintain a healthy blood pressure.	Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
<b><i>Vitamin A</i></b>	
Vitamin A keeps eyes and skin healthy and helps to protect against infections. Plant sources have strong cancer fighting properties. They help to protect body cells from being damaged.	Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
<b><i>Vitamin C</i></b>	
Vitamin C helps heal cuts and wounds. It keeps teeth and gums healthy. Vitamin C protects against cancer, helps the body to absorb iron, and prevents body cells from being damaged.	Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower
<b><i>Calcium</i></b>	
Calcium is used by the nervous system, bones, teeth, muscles, and in the clotting of blood. It keeps bones strong and helps to prevent osteoporosis.	Collard greens, turnip greens, kale, mustard greens, Bok choy, okra
<b><i>Iron</i></b>	
Iron is used to produce red blood cells and transport oxygen from the lungs to the body. Diets rich in iron reduce the risk of anemia or low iron levels in the blood.	Swiss chard, asparagus, spinach, Brussels sprouts, peas, lima beans, kale, morel mushrooms

Adapted from [www.cdc.gov/nutrition](http://www.cdc.gov/nutrition).

## WHY IS MY FRESH FRUIT GETTING SLIMY?

Do you buy fresh produce planning to eat it, but when you reach for that apple or peach, you find out it has turned old, slimy, brown, soft, or mealy?

The problem might be how you store your fruits and vegetables and how they react to a naturally occurring hormone called ethylene gas. Ethylene gas is odorless, colorless, and made by fruits and vegetables as they ripen. It helps the plant by ripening its fruit, opening its flowers, and shedding its leaves. It is not harmful to humans. The most common example is the ethylene gas given off by bananas as they ripen and turn from green to yellow. In general, fruits that continue to ripen after being picked are the ones that produce high levels of ethylene gas.

If you store an ethylene-sensitive fruit or vegetable next to an ethylene-producing fruit, you can lower the fruit's quality and its shelf life. Also, the more damaged a fruit is, the more ethylene gas it gives off, so use bruised produce quickly. Most tree fruits produce large amounts of ethylene, particularly apples and pears. Other high ethylene producers are apricots, avocados, bananas, cantaloupes, and peaches. Peppers and tomatoes also produce ethylene, but only when they are fully ripe.

Most ethylene producers are fruits, so be sure to store vegetables in a separate place from fruits in the refrigerator, such as a separate crisper drawer. Many fruits need to ripen at room temperature. Once ripe, you can place them in your refrigerator in resealable plastic bags to keep items separate. Don't refrigerate tomatoes—refrigeration causes tomatoes to lose their flavor. Keep bananas away from apricots, avocados, cantaloupes, peaches, pears, or tomatoes.

Apples are one of the highest producers of ethylene, but they are also sensitive to the gas and can turn mealy or less crisp. It's best to store apples in the refrigerator in a separate sealed bag or drawer away from lettuce, snap beans, turnips, asparagus, carrots, parsnips, broccoli, cabbage, cauliflower, cucumbers, summer and winter squash, watermelons, eggplant, potatoes (including sweet), or raspberries and blackberries. Next time you go to the supermarket, look to see where and how produce is displayed. Most stores will keep the bananas away from the apples; tomatoes are not refrigerated and are away from other fruits; and vegetables are in refrigerated sections, away from the fruit. Now you know why!

Adapted from:

Penn State News, April 13, 1998, "Your Produce May Be Getting Gassed In The Refrigerator," <http://news.psu.edu/story/186877/1998/04/13/your-produce-may-be-getting-gassed-refrigerator>.  
Penn State Extension, Home Food Preservation News, "Apple Trivia," <http://extension.psu.edu/food/preservation/news/2012/apple-trivia>.



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## **SUGGESTIONS FOR SHOPPING AT A FARMERS MARKET**

### ***Where Are the Farmers Markets?***

Many county extension offices will be able to direct you to markets in your area. Contact information for your county extension office can be found at [extension.psu.edu](http://extension.psu.edu), or by contacting Directory Assistance for the phone number of your county's Penn State Extension office.

### ***Paying for Your Produce***

Cash is the easiest; some markets do not take checks or credit or debit cards. However, did you know that many farmers markets in Pennsylvania participate in a WIC (Women, Infants, and Children) Farmers Market Nutrition Program? If your family qualifies, you can receive coupons good at farmers markets that help supplement your meals.

### ***Containers and Shopping Bags***

Many farmers markets have bags and boxes, but it may be easier if you bring your own bags with handles. Keep a few extra bags in your car for those unexpected shopping stops. Make sure your reusable bags are clean to prevent cross-contamination in case of produce "leakage." If you are not returning home right away, have coolers with ice packs in your car. This will ensure your produce arrives home fresh and ready to eat.

### ***Go Early—Go Late!***

In the hot summer, morning can be the most pleasant time to shop. You'll find the best selection if you show up early, too. But just before closing time, you may find some of the best deals even though the selection may be limited later in the day.

### ***Take Your Time, Try Something New, Ask Questions!***

Have fun browsing and looking around. Don't be afraid to try something new. You may discover a new favorite fruit or vegetable. Shopping at a farmers market means that you will get the best, freshest produce available. If you see something unfamiliar, don't hesitate to ask questions. Market vendors love to share their knowledge and can even give you recipes and cooking tips. The growers know their products, so if you have questions on preparation or storage, or just want to know how something is grown, ask away!



## APPLES

Colors range from various shades of red, green, and yellow. The flavor of apples also varies from tart to sweet. Good cooking apples include McIntosh, Granny Smith, Rome, and Cortland, to name a few. Some varieties grown for eating raw are Red Delicious, Braeburn, Fuji, and Gala.

**Usage:** Eat raw, dry as a snack, or add to salads. Bake or steam and use in recipes from main courses to desserts. When cooking, make sure to select cooking apples.

**Selection:** Good-quality apples will be firm, with smooth, clean skin. Pick up and hold the apple in the palm of your hand—it should feel solid and heavy.

**Avoid:** Apples with soft or dark spots or that wrinkle when you rub your thumb across them. Also avoid rough and scab-like conditions found on the stem end of the apple.

**Storage:** Store apples in a cool, dark place. They also can be stored in a plastic bag in the refrigerator. Apple storage times vary by variety and freshness at purchase time. A general guideline under ideal conditions is 2–4 weeks.

**Harvest Season:** July–October

## Nutrition Facts

Serving Size 1 medium apple  
Servings Per Container

Amount Per Serving

**Calories 70**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 19g**      **6%**

Dietary Fiber 3g      **12%**

Sugars 14g

**Protein 0g**

Vitamin A 2%      •      Vitamin C 10%

Calcium 0%      •      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## ASPARAGUS

Asparagus produces green stalks with tight tips. By limiting sun exposure during sprouting, growers are able to produce a white variety.

**Usage:** May be eaten raw. Cooking methods include steaming, roasting, and grilling. Add to dishes such as pasta, casseroles, and soups or serve alone as a vegetable side dish.

**Selection:** High-quality asparagus has tender stalks that are green with the tips firmly closed. Do not skip buying asparagus because the stalks are fairly thick—simply peel and cook as you normally would.

**Avoid:** Asparagus with wrinkled stalks and wilted tips. Also avoid stalks with deep splits and cracks in the cut end.

**Storage:** Keep fresh asparagus clean, cold, and covered. Trim the stem ends about ¼ inch, wash in cool water several times, and pat dry. To maintain freshness, stand upright in 2 inches of cold water and cover tops with a plastic bag before storing in the refrigerator. Use within 2 or 3 days for best quality.

**Harvest Season:** May

## Nutrition Facts

Serving Size 1/2 cup (90g)  
Servings Per Container

Amount Per Serving

**Calories 20**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol 0mg**      0%

**Sodium 0mg**      0%

**Total Carbohydrate 4g**      1%

Dietary Fiber 2g      8%

Sugars 2g

**Protein 2g**

Vitamin A 10%      •      Vitamin C 15%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: istockphoto.com

## BEANS:

### GREEN OR YELLOW

(ALSO KNOWN AS STRING BEANS, SNAP BEANS, OR WAX BEANS)

Available in green or yellow, and shaped from long, thin, and round, to medium length and almost flat.

**Usage:** Steam, bake, grill, add to many dishes from soups and salads, sides dishes, and as an ingredient in a casserole.

**Selection:** Look for fresh, clean beans with smooth skin.

**Avoid:** Beans that are soft, discolored, wrinkled, or have lumpy sections along the length.

**Storage:** Remove dirt you can see with a vegetable brush before refrigeration. Do not wash or snap off the ends before storing. Beans will keep for 5–7 days in a plastic bag, but they are best when used within 2–3 days.

**Harvest Season:** Mid-June–beginning of October

Nutrition Facts		Green Beans	Yellow Beans
		1/2 cup	1/2 cup
Serving Size		1/2 cup	1/2 cup
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b>		15	15
Calories from Fat		0	0
		<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g	<b>0%</b>	0g <b>0%</b>
Saturated Fat	0g	<b>0%</b>	0g <b>0%</b>
Trans Fat			
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>	0mg <b>0%</b>
<b>Potassium</b>		%	%
<b>Total Carbohydrate</b>	3g	<b>1%</b>	4g <b>1%</b>
Dietary Fiber	1g	<b>4%</b>	2g <b>8%</b>
Sugars	1g		1g
<b>Protein</b>	1g		1g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		Vitamin A	6% 2%
		Vitamin C	4% 15%
		Calcium	2% 2%
		Iron	2% 2%
		Thiamin	% %
		Riboflavin	% %
		Niacin	% %
		Vitamin B <sub>6</sub>	% %

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



photo: iStockphoto.com

## BEETS AND BEET GREENS

Also known as garden beets, the most common color is red, although they can range in color from different shades of red to white or rings of red and white. Beet leaves are also edible.

**Usage:** Boil, pickled in salads, can be added to soups and as vegetable side dish, bake, grill, and roast. Beet tops can be used like spinach.

**Selection:** Good-quality beets will be relatively smooth, firm, and 2–3 inches diameter. Beets with the greens still attached ensure the freshest product. Fresh beet greens should have bright green leaves with red veins running through them.

**Avoid:** Beets that are almost black or soft globes with rough pock-marked skin. Other signs to watch out for are leaves that are limp and wilted or dark green with spots of yellow or slime.

**Storage:** Store beets unwashed in a plastic bag in the refrigerator crisper, where they will keep for 2 weeks. Cut the majority of the greens and their stems from the roots, leaving about 2 inches of the stem attached to prevent the roots from “bleeding.” The tops need to be removed from the beets before storage to prevent moisture loss in the beet. Store the unwashed greens in a separate plastic bag, where they will keep fresh for about 4 days.

**Harvest Season:** Mid-June–November

Nutrition Facts			Red Beets	Red Beet Greens
Serving Size			1/2 cup	1 cup
Servings Per Container				
<b>Amount Per Serving</b>				
<b>Calories</b>			30	10
Calories from Fat			0	0
			<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g	<b>0%</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat				
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	55mg	<b>2%</b>	85mg	<b>4%</b>
<b>Potassium</b>		<b>%</b>		<b>%</b>
<b>Total Carbohydrate</b>	7g	<b>2%</b>	2g	<b>1%</b>
Dietary Fiber	2g	<b>8%</b>	1g	<b>4%</b>
Sugars	5g		0g	
<b>Protein</b>	1g		1g	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			Vitamin A	0%
			Vitamin C	6%
			Calcium	2%
			Iron	4%
			Thiamin	%
			Riboflavin	%
			Niacin	%
			Vitamin B <sub>6</sub>	%
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



photo: Adobe Stock

**BERRIES:**

**RASPBERRIES AND BLACKBERRIES**

Raspberries are available in red, black, purple, and gold, with the most common being red raspberries. They are shaped like a dome. Blackberries are deep purple to black in color, larger than a raspberry, and cone shaped.

**Usage:** Eat raw, in fruit salads, desserts, and sauces. Make into jams, jellies, and preserves.

**Selection:** Good-quality berries will be firm, plump, and dry.

**Avoid:** Berries that are smashed, leaking juice, or have mold. Also avoid berries that are too firm, green, or if many in the container are still attached to the stem.

**Storage:** Berries are highly perishable and delicate. It is ideal to eat berries as soon as possible after purchase. Berries should last up to 3 to 5 days in a dry, sealed container in the refrigerator. Moisture will speed spoilage. Prior to refrigeration, discard any moldy berries. Overripe berries should be eaten within 24 hours of purchase. Do not wash until ready to use!

**Harvest Season:** July–September

<b>Nutrition Facts</b>		Raspberries 1cup	Blackberries 1cup
Serving Size			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b>		60	60
Calories from Fat		5	5
	<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>		1g	0.5g
Saturated Fat		0g	0%
Trans Fat			0g
<b>Cholesterol</b>		0mg	0%
<b>Sodium</b>		0mg	0%
<b>Potassium</b>			%
<b>Total Carbohydrate</b>		15g	14g
Dietary Fiber		8g	7g
Sugars		5g	7g
<b>Protein</b>		1g	2g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		Vitamin A	0%
		Vitamin C	50%
		Calcium	4%
		Iron	4%
		Thiamin	%
		Riboflavin	%
		Niacin	%
		Vitamin B <sub>6</sub>	%

	Calories	2,000	2,500
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



**Raspberries**

**Blackberries**

photo: iStockphoto.com

## BLUEBERRIES

Mildly sweet, blueberries are low in calories but packed full of nutrients.

**Usage:** Eat raw or add to fruit salads and cereal. Bake into desserts, quick breads, and pancakes. Make into glazes, sauces, and preserves.

**Selection:** Blueberries should be firm and plump, with uniform size and color. The coloring of fresh berries should be deep purple to nearly black with a silver to white frost on the skin. They should also be dry and free from leaves and stems.

**Avoid:** Overripe or old berries that have a dull appearance and are soft, with dimpled skin, leaking juice, or spots of mold.

**Storage:** Before storing blueberries, check the container for any spoiled, wrinkled, smashed, or moldy berries. Be sure to use any extremely ripe berries within 24 hours. The rest should be refrigerated unwashed for up to 5 to 7 days in a dry, covered container.

**Harvest Season:** End of July–September



## Nutrition Facts

Serving Size 1/2 cup blueberries  
Servings Per Container

Amount Per Serving

Calories 40      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 11g      4%

Dietary Fiber 2g      8%

Sugars 7g

Protein 1g

Vitamin A 0%      • Vitamin C 10%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

photo: iStockphoto.com

## BROCCOLI

This deep-green vegetable looks like a tree. The top of the tree (florets) are flower buds. When peeled, the thick stem is edible.

**Usage:** Eat raw in vegetable platters and salads. Steam, boil, roast, and stir-fry. Use in soups, casseroles, vegetable side dishes, and ethnic dishes.

**Selection:** Good-quality broccoli will be dark green to almost blue in color on the flower end and tightly budded.

**Avoid:** Broccoli with a flower end that is soft enough to easily part with your fingertips, and blooming (yellow flowers) or limp product.

**Storage:** Refrigerate unwashed in a plastic bag for up to 5 days. Keep broccoli away from moisture, which can cause it to become limp and speed spoilage.

**Harvest Season:** Late June–November

## Nutrition Facts

Serving Size 1/2 cup (36g)  
Servings Per Container

Amount Per Serving

**Calories 10**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 10mg**      **0%**

**Total Carbohydrate 2g**      **1%**

Dietary Fiber 1g      **4%**

Sugars --g

**Protein 1g**

Vitamin A 20%      •      Vitamin C 60%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## BRUSSELS SPROUTS

Brussels sprouts look like mini cabbages and are a member of the cabbage family. They are sold attached to a stalk or loose in a bag.

**Usage:** Sauté, roast, steam, grill, or boil. Most often eaten as a side vegetable with a meal.

**Selection:** Good-quality Brussels sprouts will be firm and tight. The leaves will be bright green and the stems white.

**Avoid:** Light green or yellowing leaves, and soft buds exhibiting brown spots.

**Storage:** Refrigerate in a plastic bag for up to 7–14 days.

**Harvest Season:** September–November

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 1

Amount Per Serving

Calories 40      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 20mg      1%

Total Carbohydrate 8g      3%

Dietary Fiber 3g      12%

Sugars 2g

Protein 3g

Vitamin A 15%      • Vitamin C 120%

Calcium 4%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: dreamstime.com

## CABBAGE

Cabbage grows in various shades of green, as well as red (purple). Head shape varies from the standard round to flattened or pointed. Most varieties have smooth leaves, but the Savoy types have crinkly textured leaves.

**Usage:** Eat raw in salads, steam, sauté, stir-fry, or add to casseroles, soups, and stews.

**Selection:** Good-quality product will be semi-solid, well rounded, and heavy for its size. Even green coloring means good flavor. Cabbage with fairly thick and pliable leaves will be more tender and juicy.

**Avoid:** Cabbage that has thin, wilted leaves. Oblong and cracked heads mean poor quality from growing conditions.

**Storage:** Store cabbage in a plastic bag in the refrigerator for 2 weeks.

**Harvest Season:** Late June–November

## Nutrition Facts

	Red Cabbage	Green Cabbage	
Serving Size	1/2 cup	1/2 cup	
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b>	10	10	
Calories from Fat	0	0	
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	
<b>Total Fat</b>	0g	0g	
Saturated Fat	0g	0g	
Trans Fat			
<b>Cholesterol</b>	0mg	0mg	
<b>Sodium</b>	5mg	10mg	
<b>Potassium</b>			
<b>Total Carbohydrate</b>	2g	2g	
Dietary Fiber	1g	1g	
Sugars	1g	1g	
<b>Protein</b>	0g	1g	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Vitamin A	0%		0%
Vitamin C	20%		20%
Calcium	2%		2%
Iron	0%		2%
Thiamin	%		%
Riboflavin	%		%
Niacin	%		%
Vitamin B <sub>6</sub>	%		%

Red cabbage

Green cabbage



Savoy cabbage

## CANTALOUPE

Cantaloupes have a brown, web-like look on the outer rind, with soft, orange flesh inside.

**Usage:** Eat raw, add to salads, or serve on fruit platters.

**Selection:** A good-quality cantaloupe will have large webbing or netting on the skin, yellowish-brown coloring, and be slightly soft on the stem end (firm elsewhere). It will have a good cantaloupe smell on the stem end (if it is not too cold), and the scar at the stem end should be a smooth and well-rounded cavity. Often melons will have a bleached side that rested on the soil—this does not affect the quality of the melon.

**Avoid:** Cantaloupes with a rough stem end and portions of the stem remaining, green coloring, soft or sunken spots, or dark and dirty spots that look moldy.

**Storage:** Be aware that cantaloupes pick up other odors easily. Cut melon will last for 3 to 5 days in an airtight container in the refrigerator. The whole melon can be refrigerated for up to 5 days.

**Harvest Season:** August–mid-September

## Nutrition Facts

Serving Size 1 cup cubed cantaloupe  
Servings Per Container

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrate 7g      2%

Dietary Fiber 1g      4%

Sugars 6g

Protein 1g

Vitamin A 50%      • Vitamin C 50%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## CARROTS

The carrot is a dense, deep-orange-colored root vegetable; the feathery green leaves are rarely eaten. New varieties of carrots are available in yellow and purple.

**Usage:** Eat raw as a snack, in salads, and juiced. Cooking methods include roasting, steaming, and stir-frying. Carrots add flavor to many dishes.

**Selection:** Good-quality carrots will be firm, smooth-skinned, and uniform in color.

**Avoid:** Carrots that are wilting, soft, split, or growing thin, hair-like roots. Also avoid those with large green areas at the top, dark blemishes, or brown coloring of any kind.

**Storage:** Store carrots for 2 weeks in a plastic bag in the refrigerator crisper apart from apples. Remove the leafy green tops if attached at time of purchase and remove loose dirt with a brush before storing.

**Harvest Season:** Late July–November

## Nutrition Facts

Serving Size 1/2 cup (64g)  
Servings Per Container

Amount Per Serving

**Calories 25**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 45mg**      **2%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein 1g**

Vitamin A 210% • Vitamin C 6%

Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## CAULIFLOWER

White is the most common color. New varieties are available in green, orange, and purple. The entire flower part (curds) is edible.

**Usage:** Eat raw in salads and on vegetable trays. Cooking methods include steaming, boiling, baking, and roasting. Add to soups and casseroles, or serve alone as a vegetable side dish.

**Selection:** Good-quality cauliflower will have white or slightly off-white heads that are firm with no space between the curds. The leaves should be fresh and green. There is no quality difference between large and small heads.

**Avoid:** Cauliflower that is soft, light brown in color, or has small dark spots on the curds.

**Storage:** To prevent moisture loss, refrigerate unwashed cauliflower head down, tightly wrapped, and away from fruit in the crisper drawer for up to 1 week.

**Harvest Season:** Early season, July–August; late season, October–November

## Nutrition Facts

Serving Size 1/2 cup (54g)  
Servings Per Container

Amount Per Serving

**Calories 15**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 15mg**      **1%**

**Total Carbohydrate 3g**      **1%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein 1g**

Vitamin A 0%      •      Vitamin C 45%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## CHERRIES

There are two main types of cherries: sweet and sour. Sweet cherries are great for eating raw. They are usually larger in size than the sour cherries and darker in color. Sour cherries are almost too tart to eat raw. They are widely used in desserts, preserves, and other cooked dishes.

**Usage:** Eat raw, add to fruit salads, and cook in sauces and desserts. A great snack dried.

**Selection:** Good-quality cherries are large, firm, and have a deep, even color.

**Avoid:** Cherries that are soft, have wrinkled skin, are leaking and sticky, or have any visible signs of decay or a fermented smell. Immature cherries will be smaller and less juicy, while overmature product will be soft, dull, and wrinkled.

**Storage:** Inspect cherries after purchase, separating out the overly ripe and eating them first. Refrigerate cherries unwashed and loosely packed in a plastic bag for up to 1 week. Cherries with healthy green stems attached stay fresh longer than those without stems.

**Harvest Season:** Mid-June–July

## Nutrition Facts

Serving Size 1 cup (140g)  
Servings Per Container

Amount Per Serving

**Calories 90**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 23g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 16g

**Protein 1g**

Vitamin A 0%      • Vitamin C 8%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## CORN (SWEET):

### BICOLOR, WHITE, OR YELLOW

Corn grows in “ears,” each of which is covered in rows of kernels that are then protected by the silk-like threads called “corn silk” and encased in a husk.

**Usage:** Cooking methods include boiling, steaming, microwaving, roasting, and grilling with husk on. Use in salads, casseroles, soups, and as a vegetable side dish.

**Selection:** Good-quality corn has full, evenly formed, filled ears with straight rows of kernels. The husks will look fresh and bright green, and the silk ends free of decay or worm damage. Be sure the coloring of the kernels is bright and shiny.

**Avoid:** Corn that has shriveled, burnt-looking husks or dark-colored slime in the tassel, large kernels, kernels with dark yellow dents, and wrinkled kernels with no juice. Also avoid underdeveloped kernels lacking good color (except in the white variety).

**Storage:** Store sweet corn in the refrigerator for up to 3 days. Keep the husk attached to the corn during storage; it will help protect and retain the corn’s moisture content. If the husk is already removed, refrigerate in a plastic bag.

**Harvest Season:** July–early October

## Nutrition Facts

Serving Size 6 inch ear of corn  
Servings Per Container

Amount Per Serving

Calories 60      Calories from Fat 10

% Daily Value\*

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 14g      5%

Dietary Fiber 2g      8%

Sugars 2g

Protein 2g

Vitamin A 0%      • Vitamin C 8%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## CUCUMBERS

This common salad ingredient is also best known for pickling into small sweet pickles or being grown larger for dill pickles.

**Usage:** No need to peel the cucumber, just wash, slice, and eat in salads and sandwiches.

**Selection:** Good-quality cucumbers have even dark green color, are firm and relatively thin, and can be either long or short. The thin skin of the cucumber does not require peeling unless waxed. English or hothouse cucumbers grow up to 2 feet long and are virtually seedless. They are commonly sold in grocery stores and shrink wrapped.

**Avoid:** Cucumbers that are soft, yellow, or wrinkled on the ends. Large cucumbers may be full of large seeds and taste bitter.

**Storage:** Store cucumbers for up to 3–5 days in a sealed plastic bag in the refrigerator.

**Harvest Season:** Mid-July–September

## Nutrition Facts

Serving Size 1/2 cup (52g)  
Servings Per Container

Amount Per Serving

**Calories 10**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 2g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 1g

**Protein 0g**

Vitamin A 2%      • Vitamin C 2%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## EGGPLANT

Most common is the dark purple variety. They are also available in pale yellow to white. One can generally describe the eggplant as having a distinct taste. Larger products tend to have a stronger flavor. The skin thickens on older products; peel before cooking.

**Usage:** Bake, sauté, grill, roast, microwave, or fry. Slice and sprinkle with salt and let sit for 30 minutes, then rinse and cook.

**Selection:** Good-quality eggplant should be firm, dark in color with smooth and shiny skin, and relatively light for its size. Eggplant can be any size from small to quite large and may be egg shaped to almost round.

**Avoid:** Eggplant that is soft, has blemishes, discolored marks, or soft spots. Eggplant with wrinkled and dull-colored skin indicates old produce.

**Storage:** Store your eggplant uncut and unwashed in your refrigerator in a sealed plastic bag for up to 1 week.

**Harvest Season:** July–October

## Nutrition Facts

Serving Size 1/2 cup (41g)  
Servings Per Container

Amount Per Serving

**Calories 10**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 2g**      **1%**

    Dietary Fiber 1g      **4%**

    Sugars 1g

**Protein 0g**

Vitamin A 0%      • Vitamin C 2%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

**ENDIVE**  
**(CURLY OR FRISEE)**  
**AND ESCAROLE**

Curly endive and escarole are sometimes confused with green leaf lettuce, but they have a more intense flavor and can be cooked. Leaves are thicker and have crunch when compared to leaf lettuce.

**Usage:** Young tender leaves are eaten raw in salads and on sandwiches; however, endive is most often cooked in soup recipes.

**Selection:** Good-quality endive heads will be bright in color and crisp in texture.

**Avoid:** Wilted or discolored leaves and items with a slimy feel.

**Storage:** Keep in a plastic bag in the refrigerator for up to 1 week. Curly endive has the shortest shelf life.

**Harvest Season:** Early season, May; late season, September–October

<b>Nutrition Facts</b>		Endive (curly)	Escarole
Serving Size		1 cup	1 cup
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories</b>		10	10
Calories from Fat		0	0
		<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g	<b>0%</b>	0g <b>0%</b>
Saturated Fat	0g	<b>0%</b>	0g <b>0%</b>
Trans Fat			
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	10mg	<b>0%</b>	10mg <b>0%</b>
<b>Potassium</b>		%	%
<b>Total Carbohydrate</b>	2g	<b>1%</b>	2g <b>1%</b>
Dietary Fiber	2g	<b>8%</b>	2g <b>8%</b>
Sugars	0g		0g
<b>Protein</b>	1g		1g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Vitamin A	20%		20%
Vitamin C	6%		6%
Calcium	2%		2%
Iron	2%		2%
Thiamin	%		%
Riboflavin	%		%
Niacin	%		%
Vitamin B <sub>6</sub>	%		%

**Escarole**



**Endive**

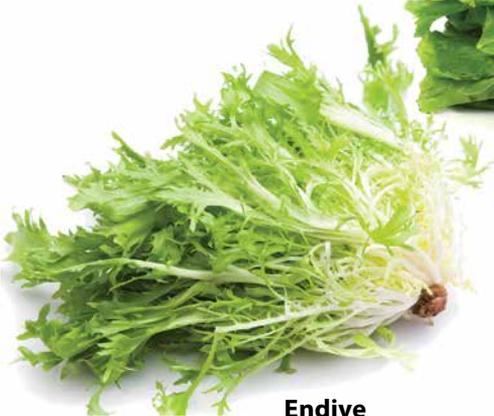


photo: dreamstime.com

## GARLIC

These white bulbs add flavor to any dish.

**Usage:** Eat raw, sauté, roast, boil, or steam. Most often used as a seasoning in recipes.

**Selection:** Good-quality garlic is plump, firm, and dry.

**Avoid:** Bulbs that give when pressed with your thumb.

**Storage:** Whole garlic will keep for 2–3 weeks in a cool, dry place.

**Harvest Season:** July–September

## Nutrition Facts

Serving Size 2 cloves  
Servings Per Container 1

Amount Per Serving

Calories 10      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 2g      1%

Dietary Fiber 0g      0%

Sugars 0g

Protein 0g

Vitamin A 0%      • Vitamin C 4%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: AdobeStock photo

## GRAPES

Grapes are available in green, red, and black and vary in size from as small as a pea to as large as a marble. Some contain edible seeds, while others are seedless.

**Usage:** Eat raw, add to salads, or preserve as a jelly.

**Selection:** Good-quality grapes are uniform in color, plump, and firmly attached to the stem. Grapes are always picked ripe and do not ripen further once off the vine.

**Avoid:** Grapes that are soft, wrinkled, shriveled, or have signs of mold or bleached areas around the stem. Also avoid those with a fermented odor.

**Storage:** Grapes refrigerate well for up to 1 week, but they must be dry, unwashed, and sealed in a plastic bag. Check for and throw away spoiled product before storing.

**Harvest Season:** Mid-August–October

## Nutrition Facts

Serving Size 1 cup grapes  
Servings Per Container

Amount Per Serving

**Calories 60**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 16g**      **5%**

Dietary Fiber 1g      **4%**

Sugars 15g

**Protein 1g**

Vitamin A 2%      •      Vitamin C 15%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## HONEYDEW

The melon is large (4 to 8 pounds), oval in shape, and generally very smooth with only occasional surface marks. The color of the outer shell can range from pale green to pale yellow.

**Usage:** Eat raw or add to fruit salads or in fruit platters.

**Selection:** Good-quality honeydew melons turn a creamy yellow to light green color and the skin will have a slightly waxy feel when ripe. They will be firm, with a small amount of softness at the stem end, and fairly large. The seeds of an especially juicy melon will rattle if the melon is shaken.

**Avoid:** Honeydew that is too soft, has dark blemishes on the skin, or is medium to dark green in color.

**Storage:** Refrigerate whole melons for up to 5 days wrapped or in a plastic bag. Store cut melon in the refrigerator in an airtight container for up to 4 days. Easily frozen for long-term storage.

**Harvest Season:** August–September



photo: iStockphoto.com

## Nutrition Facts

Serving Size 1 cup cubed honeydew  
Servings Per Container

Amount Per Serving

Calories 30      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrate 8g      3%

Dietary Fiber 1g      4%

Sugars 7g

Protein 0g

Vitamin A 0%      • Vitamin C 25%

Calcium 0%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## HOT PEPPERS (CHILI PEPPERS)

There are numerous varieties of hot peppers, from mild to extremely hot. Colors range from green to deep red to almost black. Shape and color are not signs of the level of heat (flavor) the pepper will provide.

**Warning:** Wear gloves when handling and preparing to cook with hot peppers. Do not touch your face after handling peppers.

**Usage:** Use raw and cooked in a large selection of dishes from soups to salads or main and vegetable side dishes.

**Selection:** Choose bright-colored, glossy peppers that are firm and generally light for their size.

**Avoid:** Peppers with soft spots, bruises, wrinkled skin.

**Storage:** Store fresh peppers in the refrigerator in a plastic bag for up to 5 days. Whole dried peppers can be stored in an airtight container in a cool, dry place for 2–4 months. Some varieties dry well, extending the shelf life.

**Harvest Season:** July–October

Nutrition Facts	
Serving Size 1 medium pepper	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 20</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 8%	• Vitamin C 110%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



photo: dreamstime.com

## LEEKs

Leeks have a mild onion flavor. The dark green portions of the stalks are edible in cooking and add a stronger leek flavor. Leeks have large, thick stalks with thick, flat, dark green leaves that are tight to the stalk.

**Usage:** Eat raw, roast, boil, or steam in soups, casseroles, and vegetable side dishes.

**Selection:** Firm, crisp stalks, with plentiful white to pale green portions of stalk.

**Avoid:** Leeks with wilted, yellowing, brown leaves or slimy conditions.

**Storage:** Refrigerate in an unsealed plastic bag for up to 2 weeks. Do not wash prior to storage.

**Harvest Season:** May–November

## Nutrition Facts

Serving Size 1/2 cup (45g)  
Servings Per Container 1

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 6g      2%

Dietary Fiber 1g      4%

Sugars 2g

Protein 1g

Vitamin A 15%      • Vitamin C 8%

Calcium 2%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

photo: dreamstime.com

# LETTUCE: LEAF (GREEN AND RED) AND ROMAINE

Leaf lettuce has ruffled edges and comes in red and green varieties. Romaine is oblong in shape with dark green outer leaves.

**Usage:** Eat raw in salads and sandwiches.

**Selection:** Choose lettuce heads with bright-colored leaves

**Avoid:** Lettuce with thin, wilted leaves and browning near the stalk end. Extremely solid, light-colored heads mean all core and less taste (Romaine).

**Storage:** Store in airtight bag or tightly wrapped. Romaine will keep for up to 10 days. Leaf lettuces can be stored wrapped in a damp paper towel and then sealed in a plastic bag for 5 days. All lettuce should be stored in a refrigerator crisper drawer away from fruit.

**Harvest Season:** June–October

Nutrition Facts		Romaine Lettuce	Green Leaf Lettuce	Red Leaf Lettuce
Serving Size		1 cup	1 cup	1 cup
Servings Per Container				
<b>Amount Per Serving</b>				
<b>Calories</b>		10	5	5
Calories from Fat		0	0	0
<b>% Daily Value*</b>				
<b>Total Fat</b>		0g	0g	0g
Saturated Fat		0g	0g	0g
Trans Fat				
<b>Cholesterol</b>		0mg	0mg	0mg
<b>Sodium</b>		10mg	10mg	5mg
<b>Potassium</b>				
<b>Total Carbohydrate</b>		2g	1g	1g
Dietary Fiber		1g	0g	0g
Sugars		1g	0g	0g
<b>Protein</b>		1g	0g	0g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:				
Total Fat	Calories	2,000	2,500	
Sat Fat	Less than	65g	80g	
Cholesterol	Less than	20g	25g	
Sodium	Less than	300mg	300mg	
Total Carbohydrate	Less than	2,400mg	2,400mg	
Dietary Fiber		300g	375g	
		25g	30g	
Vitamin A	25%		50%	40%
Vitamin C	15%		6%	2%
Calcium	2%		2%	0%
Iron	2%		2%	2%
Thiamin	%		%	%
Riboflavin	%		%	%
Niacin	%		%	%
Vitamin B <sub>6</sub>	%		%	%



Romaine lettuce



Green leaf lettuce



Red leaf lettuce

photo: iStockphoto.com

# MUSHROOMS

There are three parts to a mushroom: a cap (the wide portion on top), gills (the numerous rows of paper-thin tissue seen underneath the cap when it opens), and the stem.

**Usage:** Eat raw in salads. Cook in soups and sauces. Sauté and serve over meats and vegetable side dishes.

**Selection:** Varieties determine shape, size, and color. Caps should be either closed around the stem or moderately open with pink or light tan gills. The surface of the cap should be white or creamy or a uniform light brown on a brown-color-type mushroom.

**Avoid:** Mushrooms that are mushy, slimy, discolored, have wrinkles with dark brown or black patches, or have a rancid smell.

**Storage:** Mushrooms can keep up to 3 days in the refrigerator if stored unwashed in a paper bag. A plastic bag will trap moisture and promote spoilage; storing them out of a bag will dry them.

**Harvest Season:** All year

Nutrition Facts		Mushrooms:	
		Button	Portabella
Serving Size		1/2 cup	
Servings Per Container		1/2 cup	
<b>Amount Per Serving</b>			
<b>Calories</b>		20	25
Calories from Fat		0	0
		<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g	<b>0%</b>	<b>0%</b>
Saturated Fat	0g	<b>0%</b>	<b>0%</b>
Trans Fat			
<b>Cholesterol</b>	0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b>	5mg	<b>0%</b>	<b>0%</b>
<b>Potassium</b>		%	%
<b>Total Carbohydrate</b>	3g	<b>1%</b>	<b>4%</b>
Dietary Fiber	0g	<b>0%</b>	<b>4%</b>
Sugars	2g		2g
<b>Protein</b>	1g		2g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		Vitamin A	0%
		Vitamin C	2%
		Calcium	0%
		Iron	2%
		Thiamin	%
		Riboflavin	%
		Niacin	%
		Vitamin B <sub>6</sub>	%

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Button mushroom**



photo: dreamstime.com



**Portabello mushroom**

photo: Adobe Stock

## ONIONS

Onions fall into three general color ranges: yellow, white, or red.

**Usage:** Eat raw or cook. Use as a flavoring in numerous recipes or as a vegetable side dish. Grill, roast, or boil in onion soup.

**Selection:** Good-quality yellow onions will be firm and have even-colored, paper-dry skin.

**Avoid:** Onions that are soft, wet-skinned, have dark blemishes or sprouts, or greenish mold on skins.

**Storage:** Store whole onions in a dry, dark, well-ventilated place (not in the refrigerator) for 2 to 4 weeks. Avoid storing onions near potatoes; onions will absorb the potato's moisture and spoil from exposure to the potato's gas. Also avoid storing onions where they will be exposed to moisture. Once cut, onions should be sealed tightly in a plastic bag and stored in the refrigerator for 1 week.

**Harvest Season:** July–October

## Nutrition Facts

Serving Size 1/2 cup chopped onions  
Servings Per Container

Amount Per Serving

**Calories 30**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 7g**      **2%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein 1g**

Vitamin A 0%      • Vitamin C 10%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## PARSNIPS

These year-round root vegetables resemble carrots but are sweeter in flavor. If buying locally, parsnips are best when purchased after frost.

**Usage:** Eat raw, roast, boil, or steam.

**Selection:** Good-quality parsnips will be firm and dry.

**Avoid:** Wilted parsnips with pit marks or dark spots, and those growing thin hair-like roots.

**Storage:** Refrigerate in an unsealed plastic bag for up to 2–3 weeks. Do not wash prior to storage.

**Harvest Season:** September–December, even into January

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 1

Amount Per Serving

Calories 50      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 12g      4%

Dietary Fiber 3g      12%

Sugars 3g

Protein 1g

Vitamin A 0%      • Vitamin C 20%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: dreamstime.com

## PEACHES

Two general types: freestone (flesh easily separates from the pit) and clingstone (flesh clings tightly to the pit). Freestones are usually preferred for eating fresh or freezing, while clingstones are used primarily for canning, although they are sometimes sold fresh.

**Usage:** Eat raw or bake in desserts and meat dishes. Also good as jam, preserves, and sauces.

**Selection:** Good-quality peaches will be firm to slightly soft and have a yellowish or creamy background. A red blush may be present on some varieties to differing degrees, but this is not a true sign of quality. An extremely ripe peach will have a sweet smell at room temperature.

**Avoid:** Peaches that are extremely small, hard, have brown, soft, bruised spots and fermented smell, or wrinkled skin at the stem end. Peaches that have a green background were picked immature and will not ripen well.

**Storage:** Once ripe, a peach will keep in the refrigerator for up to 1 week. Do not store unripe peaches in the refrigerator, in a plastic bag, or in direct sunlight. Peaches will ripen in a closed paper bag in 1 to 3 days.

**Harvest Season:** July–September

## Nutrition Facts

Serving Size 1 medium (150g)  
Servings Per Container

Amount Per Serving

**Calories 60**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 2g      **8%**

Sugars 12g

**Protein 1g**

Vitamin A 10%      •      Vitamin C 15%

Calcium 0%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## PEARS

Pears grow in a wide range of shapes from almost round to bell shaped. Their color can vary from green to yellow to red. The flavor also ranges from spicy to sweet to tart. Some pear varieties are better for baking; ask the market seller for best selection.

**Usage:** Eat raw, add to salads, home preserve, bake, and poach. Often used in desserts.

**Selection:** Good-quality pears will be medium sized or larger, with no bruises and only a few minor scuff marks. Pears are ripe when they give off a sweet aroma. Many pears bruise easily when ripe.

**Avoid:** Pears with soft spots or scars that are more than skin deep.

**Storage:** Pears that are extremely hard will ripen best at room temperature. To ripen, place pears in a paper bag at room temperature for 2 to 3 days until fragrant and soft to the touch. Once ripe, pears should be eaten within a day or two. If storing in the refrigerator, keep pears in a plastic bag.

**Harvest Season:** August–October

## Nutrition Facts

Serving Size 1 medium pear  
Servings Per Container

Amount Per Serving

Calories 100      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 26g      9%

Dietary Fiber 5g      20%

Sugars 16g

Protein 1g

Vitamin A 0%      • Vitamin C 10%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



# PEAS, SNOW PEAS, AND SNAP PEAS

Also known as English peas. Remove from the pod before cooking. Other types, such as snow peas and sugar peas, are eaten pod and all. Peas have a mild to sweet flavor.

**Usage:** Eat raw, add to salads, steam, stir-fry, or add directly to casseroles, stews, and soups.

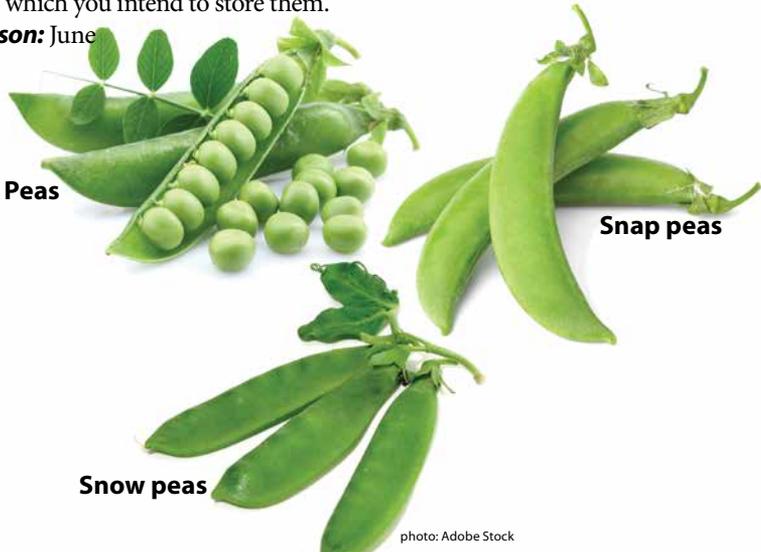
**Selection:** Snow peas should be flat, with a fairly shiny appearance. Snap peas are slightly shorter in length than snow peas and should have a plump, snug pod with the peas inside. Snap peas have strings that should be removed before cooking, but this is not required. Good-quality peas will have a pod that bulges away from the peas inside. The pod will be firm and crisp, with an even medium to dark green color.

**Avoid:** Peas with soft, limp, or blemished pods. Also avoid peas that are so big, they almost burst from the pod.

**Storage:** Peas have a short storage life of 3 days when kept refrigerated unwashed in plastic bags. Snow peas like lower humidity than snap peas, so take that into account when deciding where in the refrigerator to store them. It is also wise to put holes in the plastic bag in which you intend to store them.

**Harvest Season:** June

Nutrition Facts		Green Peas	Snap Peas	Snow Peas
Serving Size		1/2 cup	1/2 cup	1/2 cup
Servings Per Container				
<b>Amount Per Serving</b>				
<b>Calories</b>		60	20	20
Calories from Fat		0	0	0
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat				
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	0mg	0%	0mg	0%
<b>Potassium</b>		%	%	%
<b>Total Carbohydrate</b>	10g	3%	3g	1%
Dietary Fiber	4g	16%	1g	4%
Sugars	4g		2g	2g
<b>Protein</b>	4g		1g	1g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				
	Calories	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Vitamin A		10%	10%	2%
Vitamin C		50%	40%	15%
Calcium		2%	2%	2%
Iron		6%	6%	6%
Thiamin		%	%	%
Riboflavin		%	%	%
Niacin		%	%	%
Vitamin B <sub>6</sub>		%	%	%



Peas

Snap peas

Snow peas

photo: Adobe Stock

# PEPPERS:

## SWEET

Also known as bell peppers, sweet peppers are available in almost every color of the rainbow (except blue) and black. The green pepper is a pepper that has not fully ripened and will not ripen after picking, although it has the longest storage life.

The darker the color of the peppers, the sweeter their flavor.

**Usage:** Eat raw, use as a flavoring in numerous dishes, roast, grill, add to casseroles, or stuff with filling as a main dish.

**Selection:** Good-quality bell peppers will be firm, smooth-skinned, and evenly shaped. The coloring will be even, with no blemishes.

**Avoid:** Peppers that are soft, have wrinkled skin, are bruised, or have pock marks. First signs of mold will show at the stem and bottom of the pepper.

**Storage:** Whole bell peppers will keep refrigerated for up to 3–5 days in a plastic bag. Store whole peppers unwashed.

**Harvest Season:** July–October

Nutrition Facts		Sweet Peppers: Red		Sweet Peppers: Yellow		Sweet Peppers: Green	
		1/2 cup		1/2 cup		1/2 cup	
Serving Size							
Servings Per Container							
<b>Amount Per Serving</b>							
<b>Calories</b>		25		20		15	
Calories from Fat		0		0		0	
		<b>% Daily Value*</b>		<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>		0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>
Saturated Fat		0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat							
<b>Cholesterol</b>		0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>		0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Potassium</b>							
<b>Total Carbohydrate</b>		4g	<b>1%</b>	5g	<b>2%</b>	3g	<b>1%</b>
Dietary Fiber		1g	<b>4%</b>	1g	<b>4%</b>	1g	<b>4%</b>
Sugars		3g		2g		2g	
<b>Protein</b>		1g		1g		1g	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		Vitamin A 45%		2%		6%	
		Vitamin C 160%		230%		100%	
		Calcium 0%		0%		0%	
		Iron 2%		2%		2%	
		Thiamin %		%		%	
		Riboflavin %		%		%	
		Niacin %		%		%	
		Vitamin B <sub>6</sub> %		%		%	

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Salt Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



photo: iStockphoto.com

## PLUMS

Varieties differ in appearance from oval to round and their color can be yellow, green, red, purple, or deep blue. The flavors vary; buy one and taste it to see if that variety appeals to you. Dried plums are prunes.

**Usage:** Eat raw, make into jams and jelly, or bake or poach for dessert.

**Selection:** Good-quality plums will be fairly firm to slightly soft, with smooth skin.

**Avoid:** Plums with wrinkled, punctured, or rough skin. Also avoid plums that are extremely hard or have brown skin discolorations.

**Storage:** Ripen firm plums at room temperature in a paper bag with the top folded over but not sealed for a couple of days. Ripe plums can be stored in the refrigerator for up to 3 days.

**Harvest Season:** Mid-August–September

## Nutrition Facts

Serving Size 1 medium plum  
Servings Per Container

Amount Per Serving

**Calories 30**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein 0g**

Vitamin A 4%      •      Vitamin C 10%

Calcium 0%      •      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

# POTATOES

Potatoes are broken into four basic categories: russet, long white, round white, and round red. They most often have white flesh, but they are also available with flesh in purple and pink colors. New varieties include fingerling, which are small and oblong in shape, and varying colors of skin and flesh.

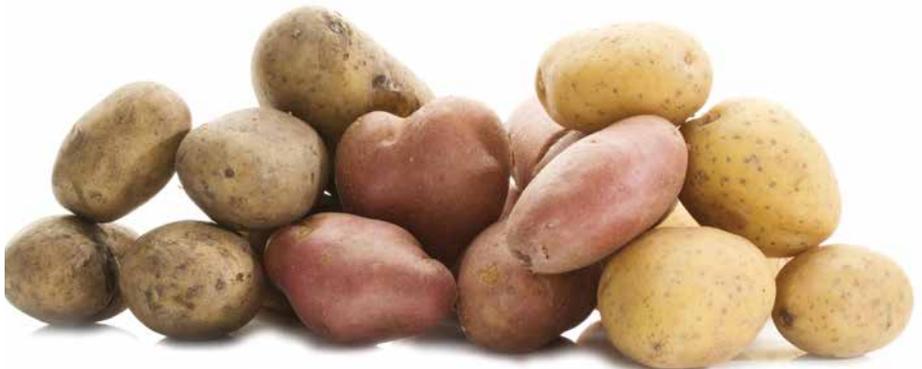
**Usage:** Potatoes are a versatile vegetable. Bake, roast, fry, boil, mash, and eat as a vegetable side dish, or use as an ingredient in soups, salads, stews, and casseroles.  
**Selection:** Good-quality potatoes will be firm. They should have few eyes, which should be shallow.

**Avoid:** Potatoes that are soft, wrinkled, green-tinted, sprouted, and moldy. Green tint indicates that the poison solanine has developed. Never eat potatoes that are spoiled or green below the skin. Always throw away the sprouts.

**Storage:** Potatoes should be stored in a cool place away from light. Potatoes will keep for 1 to 3 weeks. Any moisture will encourage sprouting, so a dry storage area for potatoes is ideal. Also avoid storing potatoes with onions. Though the two vegetables require similar storage conditions, onions will encourage potatoes to spoil.

**Harvest Season:** Mid-July–December

Nutrition Facts		Red Potato	Russet Potato	White Potato
Serving Size		1 medium	1 medium	1 medium
Servings Per Container				1 medium
<b>Amount Per Serving</b>				
<b>Calories</b>		150	170	150
Calories from Fat		5	0	0
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g	<b>0%</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat				
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	40mg	<b>2%</b>	10mg	<b>0%</b>
<b>Potassium</b>		%	%	%
<b>Total Carbohydrate</b>	34g	<b>11%</b>	38g	<b>13%</b>
Dietary Fiber	4g	<b>16%</b>	3g	<b>12%</b>
Sugars	3g		1g	2g
<b>Protein</b>	4g		5g	4g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				
	Calories	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Vitamin A		0%	0%	0%
Vitamin C		30%	20%	30%
Calcium		2%	2%	2%
Iron		8%	10%	6%
Thiamin		%	%	%
Riboflavin		%	%	%
Niacin		%	%	%
Vitamin B <sub>6</sub>		%	%	%



Russet potatoes

Red potatoes

White potatoes

photo: dreamstime.com

## PUMPKINS

Pumpkins for eating are round and have an even orange color and a mild, sweet-flavored flesh. The pie pumpkin has a thicker flesh than the other decorative Jack-o-lantern varieties. The seeds of all varieties are edible when roasted.

**Usage:** Bake in pies or custards, puree for soups, and add to stews.

**Selection:** A good-quality pumpkin will be hard and heavy for its size, with the stem attached.

**Avoid:** Pumpkins that are very light for their size or soft in any way.

**Storage:** Fresh whole pumpkins can be stored at room temperature for up to 1 month. Once cut, it must be stored in the refrigerator in an airtight container for 5 days.

**Harvest Season:** September–October

## Nutrition Facts

Serving Size 1/4 cup cooked pumpkin  
Servings Per Container

Amount Per Serving

**Calories 15**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 4g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 1g

**Protein 1g**

**Vitamin A 90%**      • **Vitamin C 8%**

**Calcium 2%**      • **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## RADISHES: RED

Radishes can be purchased in bunches with their greens attached, or in bags with greens clipped off. The flavor ranges from mild to peppery and is determined by age and variety.

**Usage:** Eat raw in salads or on vegetable platters.

**Selection:** Good-quality radishes will be smooth, firm, and small to medium sized. The coloring will be an even bright cherry red with no blemishes or scars. The tops will be bright green and crisp.

**Avoid:** Radishes that are soft, dull colored, have brown scars, black spots, or tops that are yellow, limp, or slimy.

**Storage:** Remove and discard leaves attached at time of purchase. Store unwashed radishes in an airtight bag in the refrigerator for 7–10 days.

**Harvest Season:** May–October

## Nutrition Facts

Serving Size 1/2 cup (58g)  
Servings Per Container

Amount Per Serving

Calories 10      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 25mg      1%

Total Carbohydrate 2g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 0g

Vitamin A 0%      • Vitamin C 15%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## RHUBARB

Rhubarb looks like a pink or red stalk of celery. It is a vegetable that is used like a fruit.

**Usage:** Chop and cook for desserts, custards, pie, and sauces. Remove rhubarb leaves before cooking.

**Selection:** Look for fresh, firm rhubarb stems with a bright, glossy appearance. Stems should have a large amount of pink or red color, although many good-quality stems will be predominantly light green.

**Avoid:** Either very slender or extremely thick stems, which are likely to be tough and stringy. Also avoid rhubarb that is soft, dull looking, or has brown/black ends. Do not eat the leaves; they are poisonous in large quantities.

**Storage:** Rhubarb will last for up to 2 weeks when put in a plastic bag in the coolest part of the refrigerator; it's best when eaten within 7 to 10 days.

**Harvest Season:** May–Mid-June

## Nutrition Facts

Serving Size 1/2 cup (61g)  
Servings Per Container

Amount Per Serving

Calories 15      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 3g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 1g

Vitamin A 2%      • Vitamin C 8%

Calcium 6%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## RUTABAGA

Rutabagas look like large turnips, but they are pale yellow in color and have a sweet, complex flavor. Sometimes rutabagas are sold with a wax coating. Scrub under hot water to remove the wax, or peel with a vegetable peeler to remove the wax with the skin.

**Usage:** Peel, cook, and mash, roast, puree, or use in soups, stews, or casseroles.

**Selection:** Rutabagas should be heavy for their size, and free of soft spots and cracks.

**Avoid:** Rutabagas with black spots, wrinkled skin, and cracks breaking through skin.

**Storage:** Refrigerate without tops in a plastic bag for up to 3 weeks.

**Harvest Season:** August–December

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 1

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 6g      2%

Dietary Fiber 2g      8%

Sugars 3g

Protein 1g

Vitamin A 0%      • Vitamin C 30%

Calcium 4%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: Adobe Stock

## SPAGHETTI SQUASH

When cut raw, this unique winter squash looks like other winter squash; yet once cooked, the flesh pulls out in strands similar to spaghetti.

**Usage:** Bake, boil, steam, or microwave to cook. The spaghetti-like flesh can be a substitute for spaghetti and served with sauce or in salads. The seeds can be roasted like pumpkin seeds.

**Selection:** Good-quality squash will be heavy for its size and firm to the touch. Skin color ranges from ivory to bright yellow.

**Avoid:** Squash light in weight or with bruises, dents, soft spots, or cracks.

**Storage:** No need to wash before storing. Squash can be stored in a cool, dry area for up to 3 months.

**Harvest Season:** August–December

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 15</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 0g</b>	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



photo: iStockphoto.com

## SPINACH

Spinach is one of the earliest spring vegetables available at farmers markets. Common varieties include curly, smooth (flat), and baby leaf.

**Usage:** Eat raw in salads or on sandwiches. Sauté or steam until just wilted. Also add to soups, pasta dishes, or casseroles or use as a vegetable side dish.

**Selection:** Good-quality mature spinach will have broad, crisp, dark green leaves. The stems will be unblemished and free of mud. Baby spinach leaves are much thinner and smaller.

**Avoid:** Spinach with limp leaves that are pale green or yellow, or wilted and show signs of decay.

**Storage:** Store unwashed in an airtight bag for 3 to 5 days in the refrigerator. Before use, wash thoroughly under cold, running water to remove grit.

**Harvest Season:** May–June; late crop, August–October

## Nutrition Facts

Serving Size 1 cup spinach  
Servings Per Container

Amount Per Serving

**Calories 10**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 40mg**      **2%**

**Total Carbohydrate 3g**      **1%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein 1g**

**Vitamin A 15%**      • **Vitamin C 6%**

**Calcium 2%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## SPRING GREENS

### (ALSO CALLED MIXED GREEN SALAD MIX)

More common types: arugula, baby kale, dandelion, frisee, lolla rosa, mizuna, oak lettuce, and tatsoi. Spring greens are a mixture of various greens ranging in color from red, deep green and pale green, to almost white. They also have a mixture of defining attributes, such as lacy, flat, or ruffled leaves, which add interest to any salad.

**Usage:** Most often eaten raw in salads or as vegetable side dishes. A few varieties, such as arugula, can be cooked.

**Selection:** Look for bright-colored leaves.

**Avoid:** Brown, yellow, or wilted leaves.

**Storage:** Do not wash before storing. Store in a plastic bag or container. A loose paper towel in the container will help absorb moisture and extend shelf life. Keep only for 2–5 days in the refrigerator.

**Harvest Season:** Early season, April–May; late season, August–October

## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 1

Amount Per Serving

Calories 10      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 35mg      1%

Total Carbohydrate 2g      1%

Dietary Fiber 1g      4%

Sugars 0g

Protein 1g

Vitamin A 60%      • Vitamin C 25%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

## STRAWBERRIES

Strawberries vary in size, shape, and color (some are off-white).

**Usage:** Eat raw in salads or cook into desserts, glazes, jams, or jellies.

**Selection:** Good-quality strawberries are evenly shaped and firm, but not rock-hard. Their coloring should be even and bright.

**Avoid:** Strawberries that are wrinkled, soft, spotted with mold, or leaking juice. Berries with more than a touch of green or white around the caps do not ripen well after they are picked.

**Storage:** Inspect strawberries after purchase and use any overripe berries within 24 hours. The remaining strawberries should be refrigerated for 2 to 5 days. Do not wash them until you are ready to eat, or they will become mushy and mold quickly.

**Harvest Season:** June

## Nutrition Facts

Serving Size 1 cup strawberries  
Servings Per Container

Amount Per Serving

**Calories 50**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 12g**      **4%**

Dietary Fiber 3g      **12%**

Sugars 7g

**Protein 1g**

Vitamin A 0%      • Vitamin C 150%

Calcium 2%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



photo: iStockphoto.com

# SWEET POTATO

This root vegetable is sometimes labeled as a yam, although true yams are native to Africa and not commercially grown in the United States. The color of sweet potato skin may vary from a dark yellow to dark red.

**Usage:** Bake, boil, sauté, grill, or microwave this versatile vegetable or use it in desserts.

**Selection:** Choose firm sweet potatoes with smooth skin.

**Avoid:** Deep cracks, bruises, mold, and dark spots.

**Storage:** Store in a cool, dark place for 3 weeks.

**Harvest Season:** September–November

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 60</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 1g</b>	
Vitamin A 190%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



photo: dreamstime.com

## SWISS CHARD

Swiss chard has green leaves that look like spinach connected to crisp, colorful stalks that are similar to celery.

**Usage:** Eat small leaves raw in salads.

Add to soups, stir-fry, steam, boil, or toss in pasta; can be used in place of spinach. The leaves and stems are edible.

**Selection:** Good-quality Swiss chard has deep-green leaves and a colorful array of red, pink, orange, yellow, or white stems.

**Avoid:** Discolored leaves that are brown or yellowing, feel slimy, or are wilted.

**Storage:** Store Swiss chard unwashed in a plastic bag in the refrigerator for 2–3 days.

**Harvest Season:** July–September



photo: iStockphoto.com

## Nutrition Facts

Serving Size 1 cup (36g)  
Servings Per Container

Amount Per Serving

**Calories 5**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 75mg**      **3%**

**Total Carbohydrate 1g**      **0%**

Dietary Fiber 1g      **4%**

Sugars 0g

**Protein 1g**

Vitamin A 45%      •      Vitamin C 20%

Calcium 2%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## TOMATOES

Many varieties are available and range widely in size from as large as a hand to as small as a grape. Color (red, pink, and yellow) and shape (round, oblong, and oval) also vary.

**Usage:** Eat raw or cooked in numerous recipes.

**Selection:** Good-quality slicing tomatoes will be firm, smooth-skinned, and at least pink in color. Tomatoes that are partially green will ripen.

**Avoid:** Tomatoes that are too soft, wrinkled, or have splits or deep cracks. Also avoid produce with blotchy green or brown areas. Lastly, avoid tomatoes with a sour or fermented odor.

**Storage:** If your tomatoes need further ripening, keep them in a warm place, but not in direct sunlight, for 5–7 days. Unless fully ripe, do not store tomatoes in a refrigerator. However, once cut, store tomatoes in the refrigerator for 2–3 days.

**Harvest Season:** July–October

Nutrition Facts	
Serving Size 1/2 cup (90g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 15</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 15%	• Vitamin C 20%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



photo: iStockphoto.com

# TURNIPS

The most commonly available turnip has white flesh and a reddish-purple tint on top. It may be sold “topped” (with leaves removed) or in bunches with tops still attached. Small (size of golf ball) young turnips have a delicate slightly sweet taste. As they age, the taste becomes stronger.

**Usage:** Turnips are edible raw, although they are most often cooked in stews and soups. Try roasting, boiling, or mashing them with potatoes.

**Selection:** Good-quality turnips will be very firm, smooth-skinned, and heavy for their size.

**Avoid:** Turnips that are soft, spongy, have brown spots, or are lightweight for their size. Also avoid overly large turnips with too many leaf scars around the top.

**Storage:** Turnips can be tightly wrapped and stored in the refrigerator for up to 2–3 weeks.

**Harvest Season:** October–November

## Nutrition Facts

		Turnips		Turnip Greens	
Serving Size		1/2 cup		1 cup	
Servings Per Container					
<b>Amount Per Serving</b>					
<b>Calories</b>		20		20	
Calories from Fat		0		0	
		<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>		0g	0%	0g	0%
Saturated Fat		0g	0%	0g	0%
Trans Fat					
<b>Cholesterol</b>		0mg	0%	0mg	%
<b>Sodium</b>		45mg	2%	20mg	1%
<b>Potassium</b>			%		%
<b>Total Carbohydrate</b>		4g	1%	4g	1%
Dietary Fiber		1g	4%	2g	8%
Sugars		2g		0g	
<b>Protein</b>		1g		1g	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					
Total Fat	Calories	2,000	2,500		
Less than	65g	80g			
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate	Less than	300g	375g		
Dietary Fiber		25g	30g		
Vitamin A		0%		130%	
Vitamin C		25%		60%	
Calcium		2%		10%	
Iron		2%		4%	
Thiamin		%		%	
Riboflavin		%		%	
Niacin		%		%	
Vitamin B <sub>6</sub>		%		%	



photo: iStockphoto.com

## WATERMELON

The flesh ranges in color from white to yellow to pink or red. The two main varieties are seeded or seedless. Seeds do not change the flavor.

**Usage:** Eat raw, add to fruit salads, or use on fruit platters.

**Selection:** Judging the quality of a watermelon is very difficult unless it is cut open. The flesh of cut melons should have a fresh, firm texture, and the seeds, if present, should be fully mature and hard. Good-quality whole watermelon will be firm, evenly shaped, and heavy for its size. Turn the melon over. If the underside is yellow and the rind overall has a healthy sheen, the melon is most likely ripe.

Watermelons do not ripen further once they are cut from the vine.

**Avoid:** Watermelon that is almost white or pale green, soft, has soft spots, or is leaking a milky-white fluid. Melons with deep scratches or cuts that pierce the skin should also be avoided.

**Storage:** Store whole watermelons in a cool place out of direct light. Store cut watermelon in the refrigerator for up to 3–5 days.

**Harvest Season:** July–September

## Nutrition Facts

Serving Size 1 cup (152g)  
Servings Per Container

Amount Per Serving

Calories 45      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 11g      4%

Dietary Fiber 1g      4%

Sugars 9g

Protein 1g

Vitamin A 15%      •      Vitamin C 20%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

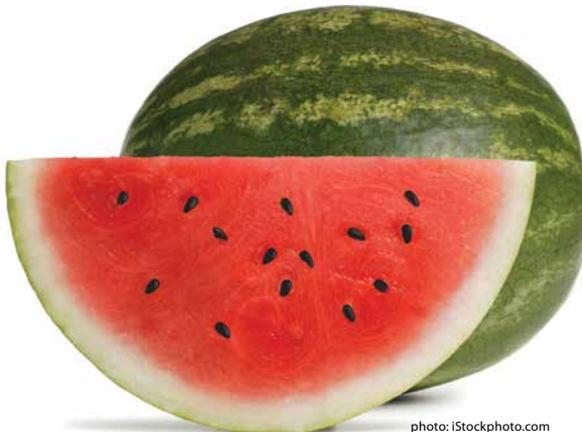


photo: iStockphoto.com

# WINTER GREENS: COLLARD GREENS, MUSTARD GREENS, KALE

Mustard greens are the strongest in flavor, followed by kale and collard greens with the mildest.

**Usage:** Remove the tough stems. Blanch to remove bitterness before cooking in soups, sides, or casseroles. Roast kale leaves for a healthy snack.

**Selection:** Good-quality greens will be dark green in color and crisp in texture.

**Avoid:** Leaves that are brown or yellow in color, slimy, or wilted. Check the stems of mustard greens for drying and splitting, which are sure signs of age.

**Storage:** Best stored in a sealed bag in the refrigerator for up to 5 days. Do not wash prior to storing.

**Harvest Season:** Early season, May; late season, October to end of November

Nutrition Facts		Collard Greens		Kale		Mustard Greens	
Serving Size Servings Per Container		1 cup		1 cup		1 cup	
<b>Amount Per Serving</b>							
<b>Calories</b>		10		10		15	
Calories from Fat		0		0		0	
		% Daily Value*		% Daily Value*		% Daily Value*	
<b>Total Fat</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g
Trans Fat							
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg
<b>Sodium</b>	5mg	<b>0%</b>	5mg	<b>0%</b>	10g	<b>0%</b>	10g
<b>Potassium</b>		%		%		%	
<b>Total Carbohydrate</b>	2g	<b>1%</b>	1g	<b>0%</b>	3g	<b>1%</b>	3g
Dietary Fiber	1g	<b>4%</b>	1g	<b>4%</b>	2g	<b>8%</b>	2g
Sugars	0g		0g		1g		1g
<b>Protein</b>	1g		1g		2g		2g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		Vitamin A		35%	Vitamin C		30%
		Vitamin C		20%	Calcium		2%
		Calcium		8%	Iron		0%
		Iron		0%	Thiamin		%
		Thiamin		%	Riboflavin		%
		Riboflavin		%	Niacin		%
		Niacin		%	Vitamin B <sub>6</sub>		%
		Vitamin B <sub>6</sub>		%			%
Total Fat		Less than	65g	80g	Total Fat		Less than
Sat Fat		Less than	20g	25g	Cholesterol		Less than
Cholesterol		Less than	300mg	300mg	Sodium		Less than
Sodium		Less than	2,400mg	2,400mg	Total Carbohydrate		Less than
Total Carbohydrate		Less than	300g	375g	Dietary Fiber		25g
Dietary Fiber			25g	30g			

Mustard greens



photo: dreamstime.com



Collard greens

photo: iStock Photo.com



Kale

# WINTER SQUASH: ACORN, BUTTERNUT, HUBBARD, DELICATA

It seems that there are new varieties of winter squash available frequently, so ask your vendor for information. The skin is thick, making peeling and cutting a little challenging.

Most are interchangeable in recipes, with the exception of spaghetti squash. Acorn squash colors range from yellow to tan, orange, or dark green. The most nutrient rich of all varieties is the Butternut, with coloring varying from cream to pale yellow or pale peach. Hubbard squash is gray to orange in color.

**Usage:** Sauté, roast, bake, puree, or use in a variety dishes such as soups, vegetable side dishes, and desserts.

**Selection:** Good-quality squash will be heavy for its size and firm to the touch.

**Avoid:** Squash that is light in weight or has bruises, dents, soft spots, and cracks.

**Storage:** No need to wash before storing. Squash can be stored in a cool, dry area for up to 3 months.

**Harvest Season:** August–December

Nutrition Facts		Butternut Squash	Acorn Squash	Hubbard Squash	
Serving Size		1/2 cup	1/2 cup	1/2 cup	
Servings Per Container					
<b>Amount Per Serving</b>					
<b>Calories</b>		30	30	25	
Calories from Fat		0	0	0	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	<b>% Daily Value*</b>	
<b>Total Fat</b>	0g	<b>0%</b>	0g	<b>0%</b>	
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>	
Trans Fat					
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	
<b>Sodium</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	
<b>Potassium</b>		%	%	%	
<b>Total Carbohydrate</b>	8g	<b>3%</b>	7g	<b>2%</b>	
Dietary Fiber	1g	<b>4%</b>	1g	<b>4%</b>	
Sugars	2g		1g	2g	
<b>Protein</b>	1g		1g	1g	
Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		Vitamin A	150%	6%	15%
		Vitamin C	25%	15%	10%
		Calcium	4%	2%	0%
		Iron	2%	2%	2%
		Thiamin	%	%	%
		Riboflavin	%	%	%
		Niacin	%	%	%
		Vitamin B <sub>6</sub>	%	%	%
Calories	2,000	2,500			
Total Fat	65g	80g			
Sat Fat	20g	25g			
Cholesterol	300mg	300mg			
Sodium	2,400mg	2,400mg			
Total Carbohydrate	300g	375g			
Dietary Fiber	25g	30g			



photo: iStock Photo.com

# ZUCCHINI OR YELLOW SQUASH

Also known as summer squash, this vegetable is commonly 4 to 8 inches long. Squash flowers are also edible.

**Usage:** Steam, grill, fry, bake, or add to soups, stews, vegetable side dish and casseroles.

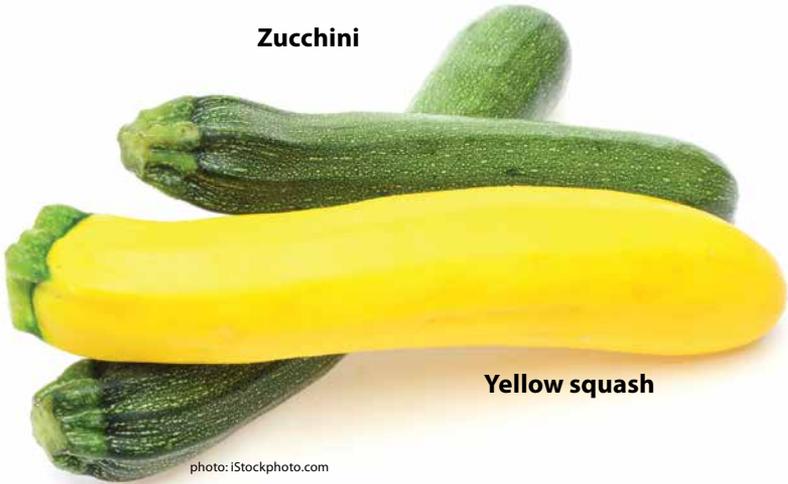
**Selection:** Good-quality summer squash should be firm, have smooth, shiny skin, and be small in size. Large squash are still good to eat; just peel and remove the seeds before cooking.

**Avoid:** Avoid any that are soft, wrinkled, blemished, dull in appearance, or show signs of mold.

**Storage:** Refrigerate for 3–5 days in a plastic bag (best used within 2 or 3 days of purchase). To prevent decay, do not wash until ready to use. Keep away from moisture, as it will speed the decaying process.

**Harvest Season:** June–October

Nutrition Facts			Zucchini	Yellow Summer Squash		
Serving Size			1/2 cup	1/2 cup		
Servings Per Container						
<b>Amount Per Serving</b>						
<b>Calories</b>			10	10		
Calories from Fat			0	0		
		<b>% Daily Value*</b>		<b>% Daily Value*</b>		
<b>Total Fat</b>	0g	<b>0%</b>	0g	<b>0%</b>		
Saturated Fat	0g	<b>0%</b>	0g	<b>0%</b>		
Trans Fat						
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>		
<b>Sodium</b>	0mg	<b>0%</b>	0mg	<b>0%</b>		
<b>Potassium</b>		%		%		
<b>Total Carbohydrate</b>	2g	<b>1%</b>	2g	<b>1%</b>		
Dietary Fiber	1	<b>4%</b>	1g	<b>4%</b>		
Sugars	1g		1g			
<b>Protein</b>	1g		1g			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.						
	Calories	2,600	2,500			
Total Fat	Less than	65g	50g			
Sat Fat	Less than	20g	25g			
Cholesterol	Less than	300mg	300mg			
Sodium	Less than	2,400mg	2,400mg			
Total Carbohydrate		300g	375g			
Dietary Fiber		25g	30g			
				Vitamin A	2%	2%
				Vitamin C	20%	15%
				Calcium	0%	0%
				Iron	2%	2%
				Thiamin	%	%
				Riboflavin	%	%
				Niacin	%	%
				Vitamin B <sub>6</sub>	%	%



Zucchini

Yellow squash

photo: iStockphoto.com

## WHAT ARE PHYTONUTRIENTS AND ANTIOXIDANTS?

Phytonutrients are compounds produced by plants that may affect human health. They are found in fruits, vegetables, beans, grains, teas, and spices. Phytonutrients may help to prevent and treat diseases such as cancer, heart disease, diabetes, and high blood pressure. You may hear the term “flavonoid,” which is a large sub-group of phytonutrients. Antioxidants, a type of phytochemical, help to reduce the amount of free radicals in the body. Free radicals can damage cells in the body and possibly lead to cancer and other diseases.

### *Functions of Phytonutrients and Antioxidants in the Human Body*

Allicin, Allyl methyl trisulfide	May help remove harmful chemicals from the body (detoxify), strengthen the immune system, kill cancer cells, and prevent stomach cancer.
Anthocyanidins	Gives fruits and vegetables their red-blue color and act as an antioxidant to protect against cancer and heart disease.
Beta-carotene	Gives produce its yellow-orange color (a carotenoid) and may help prevent many cancers.
Caffeic acid	May have antioxidant and anti-inflammatory effects.
Catechins	A type of flavonoid that may kill certain cancer cells.
Chlorogenic acid	A protective phytochemical that may help to remove cancer-causing nitrogen compounds.
Diallyl sulfide	May help reduce the risks of some cancers.
Dithiolthiones	Increases the levels of some enzymes in the liver and lungs to help detoxify nonfood substances that enter our body and may cause cancer (carcinogens).
Epicatechins	May help with heart disease to prevent LDL (bad cholesterol) from damaging arteries.
Ferulic acid	May help to slow down a carcinogen found in tobacco.
Indoles	Found in cruciferous vegetables and may help prevent several cancers, such as colon, lung, and esophageal cancer.
Lutein and Zeaxanthin	Gives fruits and vegetables their yellow-green color. They are carotenoids that may reduce the risk of some cancers and heart disease. They help to protect the macula of the eye, which allows you to see small print and read street signs.
Lycopene	May help decrease incidence of certain cancers, such as prostate, lung, and stomach cancer. It may reduce the risk of heart disease and macular degenerative disease, and enhance immune defenses.
Nasunin	May help protect cell membranes, especially fats in brain cell membranes.
Quercetin	May attack damaging free radicals and fight inflammation.
Selenium	May lower the risk of prostate cancer.
Sulforaphane	May help with getting rid of harmful substances in the body by activating genes that make detoxifying enzymes.

Adapted from, The American Cancer Society “Phytochemicals,” [www.cancer.org](http://www.cancer.org), and National Center for Biotechnology Information, [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov).

<b>PRODUCE</b>	<b>PHYTONUTRIENTS AND ANTIOXIDANTS</b>
Apple	Caffeic acid, Catechins, Epicatechins, Ferulic acid, Flavonols, Proanthocyanidins, Procyanidins
Asparagus	Beta-carotene, Lutein, Vitamin C, Zeaxanthin
Beans	Beta-carotene, Lutein, Zeaxanthin
Beets	Quercetin, Vitamin C
Blueberries	Anthocyanidins, Vitamin C
Broccoli	Beta-carotene, Dithiolthiones, Flavonols, Indoles, Lutein, Sulforaphane, Vitamin C, Zeaxanthin
Cabbage	Beta-carotene, Dithiolthiones, Indoles, Sulforaphane, Vitamin C
Carrots	Beta-carotene, Lutein, Vitamin A, Zeaxanthin
Cauliflower	Sulforaphane, Vitamin C
Cherries	Anthocyanidins
Corn (Sweet)	Lutein, Zeaxanthin
Cucumbers	Vitamin A, Vitamin C
Eggplant	Caffeic acid, Chlorogenic acid, Nasunin
Grapes	Catechins, Epicatechins, Proanthocyanidins, Procyanidins
Lettuce	Vitamin A
Melons	Beta-carotene, Vitamin C
Mushrooms	Selenium
Onions	Allicin , Allyl methyl trisulfide, Diallyl sulfide, Flavonols
Peaches	Beta-carotene, Vitamin A, Vitamin C
Pears	Caffeic acid, Ferulic acid
Peas	Beta-carotene, Lutein, Vitamin C, Zeaxanthin
Peppers	Beta-carotene, Vitamin A, Vitamin C
Plums	Beta-carotene
Potatoes	Anthocyanin, Vitamin C
Pumpkins	Beta-carotene, Lutein, Zeaxanthin
Radishes	Vitamin C
Raspberries	Anthocyanidins
Rhubarb	Anthocyanins, Lutein, Lycopene (cooked)
Spinach	Beta carotene, Vitamin A, Zeaxanthin
Squash	Vitamin A
Strawberries	Proanthocyanidins, Vitamin C
Tomatoes	Beta-carotene, Lycopene (cooked), Vitamin A
Turnips	Beta-carotene, Indoles, Lutein, Zeaxanthin



## **Penn State Extension Nutrition Links:** [extension.psu.edu/nutrition-links](http://extension.psu.edu/nutrition-links)

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