

# VEGETABLES A-Z



*Vegetables and Fruit A to Z* is a guide to a wide variety of vegetables and fruits. It includes nutrition information, selection and storage guidelines and preparation ideas. The guide can be referred to throughout the program. Be sure to read through it and use it whenever you have a question about a specific vegetable or fruit.

*Vegetables A to Z* provides nutrition facts for most of the vegetables listed. This information is based on the current nutrition labelling regulations in Canada, published January 1, 2003.



## Alfalfa Sprouts

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Source of vitamin A
- ▶ Fat-free

### Look For:

- All sprouts should be brightly coloured.
- Sprouts should look fresh and crisp.
- Avoid sprouts that are slimy or brown.

### To Store:

- ▶ Leave in the box or in a plastic bag.
- ▶ Refrigerate.
- ▶ Stay fresh up to 2 days.

### To Prepare:

- ▶ Wash well and pat dry.

### Tasty Ideas:

- ▶ Add to sandwiches, pita pockets and salads.
- ▶ Use in soups and stir fries.

### Special Note:

In Canada, some people have had salmonella and E. coli food poisoning from sprouts. You can cut the risk by cooking them. Young children, the elderly and people with weak immune systems should avoid raw sprouts.



## Artichoke

1 Food Guide Serving  
= 1 medium, boiled

### Nutrition:

- ▶ A good source of potassium
- ▶ High in fibre
- ▶ Source of vitamin C, folate, iron and calcium
- ▶ Fat-free

### Look For:

- Artichokes should be heavy, plump and compact.
- They should be an even green, with dark tips.

### To Store:

- ▶ Put in a covered container.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Rinse and remove coarse lower petals up to about 1 inch of the stem. Snip off thorny tips.

- ▶ To prevent browning, dip in lemon juice.
- ▶ Boil, microwave or steam whole. After boiling 35-40 minutes turn upside to drain.

### Tasty Idea:

- ▶ Use artichokes as a pizza topping! Chop a jar of drained marinated artichoke hearts. Scatter over a store-bought pizza crust along with other vegetables. Top with grated mozzarella cheese. Bake at 450 F for 15 minutes.



## Arugula

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- ☑ Should look fresh (not wilted), with bright green leaves.

### To Store:

- ▶ Wrap the roots in a damp paper towel.
- ▶ Put the bunch in a plastic bag.
- ▶ Refrigerate up to 2 days.

### To Prepare:

- ▶ Rinse and dry well.
- ▶ Tear into bite size pieces.

### Tasty Ideas:

- ▶ Arugula is tender, with a hot, spicy flavour (like mustard).
- ▶ Mix with other greens such as leaf lettuce, endive and kale for a tasty and nutritious salad.
- ▶ Tear into bite size pieces and add to salads or sandwiches.



## Asparagus

1 Food Guide Serving  
= 5 spears, boiled

### Nutrition:

- ▶ Good source of folate
- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- ☑ Fresh, crisp, bright green spears with tightly closed tips.

### To Store:

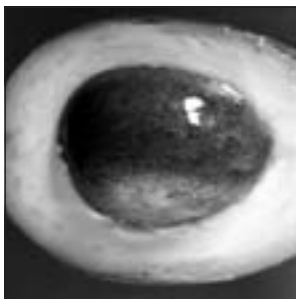
- ▶ Stand spears in 2.5 cm (1 inch) of water or wrap ends with damp paper towel.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 4 days.

### To Prepare:

- ▶ Rinse. Break off the tough bottom end of the stems.
- ▶ Leave spears whole or cut them up.

### Tasty Idea:

- ▶ Barbecued Asparagus!  
Brush asparagus with a small amount of vegetable oil. Barbecue over medium-hot coals with the lid down for 6 to 8 minutes. Turn often.



## Avocado

1 Food Guide Serving  
= 1/2 medium

### Nutrition:

- ▶ Very high in potassium
- ▶ Source of folate, vitamin A, vitamin C and iron
- ▶ Avocados are high in a healthy type of fat. But, because they are high in fat, they are high in calories.

### Look For:

- Dark, soft avocados.
- Avoid avocados with dark sunken spots or bruises.

### To Store:

- ▶ Ripen firm avocados at room temperature until slightly soft.
- ▶ Refrigerate ripe avocados for up to 5 days.

### To Prepare:

- ▶ Rinse, remove pit by cutting lengthwise around seed. Gently twist to separate halves. Peel skin. To prevent browning, coat with lemon juice.
- ▶ Avocados should be served raw. They have a bitter taste when cooked.

### Tasty Idea:

- ▶ Avocado sandwich!  
Add avocado slices or mashed ripe avocado to your sandwich. Pile high with vegetables such as tomato slices, red or green peppers and lettuce.



## Bean Sprouts

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Good source of vitamin C and iron
- ▶ Source of potassium and folate
- ▶ Fat-free

### Look For:

- Sprouts that are crisp and brightly coloured.
- Avoid sprouts that are slimy or brown.

### To Store:

- ▶ Bean sprouts are best used right away.
- ▶ Keep them in a plastic bag in the refrigerator for up to 3 or 4 days.

### To Prepare:

- ▶ Wash well and pat dry. Eat raw or cooked.

### Tasty Ideas:

- ▶ Add fresh bean sprouts to fresh salads.
- ▶ Cook them in stir fries.



## Beans, Green or Wax

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Source of vitamin C and iron
- ▶ Fat-free

### Look For:

- Bright, crisp, young beans that are the same size.
- Avoid mature beans with swollen pods, or beans with dark patches.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or in a plastic bag.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Rinse. Break off the ends. Leave whole or cut up.

### Tasty Ideas:

- ▶ Colourful bean salad!
- ▶ Cook for a few minutes in boiling water. Run under cold water to stop the cooking process and keep the bright green colour. Mix with a variety of beans such as kidney beans, chick peas or roman beans to make a colourful bean salad.



## Beets

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Very high in folate
- ▶ Source of vitamin C, potassium, folate and iron
- ▶ Fat-free

### Look For:

- ☑ Firm beets that have no cracks or blemishes.
- ☑ The leaves should be deep green and look fresh (not wilted).

### To Store:

- ▶ Do not wash.
- ▶ Keep the stem and root attached.
- ▶ Cover and refrigerate for up to 1 week.

### To Prepare:

- ▶ Rinse and remove greens. Leave 5 cm (2 inches) of stem. To keep the colour, do not slice or cut before cooking. Cover whole beets with cold water and cook for 30 minutes to 2 hours, depending on the age and size of the beets. Cool cooked beets, then remove roots, stems and skin.

### Beet Greens:

Don't throw away the beet greens! Beet greens are an excellent source of vitamin C and vitamin A. They are also a source of calcium.

To prepare beet greens, wash well and pat dry. Remove any tough stems. Steam or boil in a small amount of water.

### Tasty Idea:

- ▶ Easy Harvard beets!

In a medium saucepan, stir together 1/4 cup brown sugar; 1 Tbsp cornstarch, 1/4 tsp. dry mustard, 1/4 tsp. salt, 1/4 tsp. ginger and a pinch of pepper. Stir in 2 Tbsp. lemon juice or vinegar and 1-1/2 cups diced cooked or canned beets. Stir over medium heat until thick and heated through, about 5 minutes.



## Belgium Endive

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Source of vitamin C and folate
- ▶ Fat-free

### Look For:

- ☑ Tightly wrapped leaves that are creamy white.
- ☑ Leaves should be pale yellow at the tips.
- ☑ Smaller endives have a more delicate flavour.
- ☑ Avoid wilted outer leaves.

### To Store:

- ▶ Store in a paper bag and refrigerate.

### To Prepare:

- ▶ Rinse and dry well. Tear into bite size pieces.
- ▶ Steam, braise, sauté or bake.
- ▶ Avoid cast-iron cooking utensils. They can turn the leaves black.

### Tasty Idea:

- ▶ Add to salads or sandwiches. Endive has a slightly bitter flavour. It is best when mixed with other lettuce and greens.



## Bitter Melon

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Nutrition facts not available

### Look For:

- ☑ Shiny, greenish-yellow skins.
- ☑ Avoid melons with brown spots.

### To Store:

- ▶ Store tightly wrapped in paper or plastic.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Bitter melon must be cooked.
- ▶ Remove spongy pulp and seeds. Soak in salt water to remove bitterness.
- ▶ Steam, stir-fry, stuff or add to soups.

### Tasty Idea:

- ▶ Stuff the melon cavity with a savory filling or stuffing and bake.





## Bok Choy

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Very high in vitamin C
- ▶ Source of folate and calcium
- ▶ Fat-free

### Look For:

- Clean, crisp stalks and fresh-looking leaves.
- Avoid wilted, discoloured leaves.

### To Store:

- ▶ Do not wash.
- ▶ Refrigerate in a perforated plastic bag for up to 3 days.

### To Prepare:

- ▶ Both the stalks and leaves are eaten.
- ▶ Bok choy is usually cooked. It cooks quickly. Stir fry for a few minutes or add to soups at the end of cooking.
- ▶ The leaves can be steamed like spinach.

### Tasty Idea:

- ▶ Add bok choy to a stir-fry along with other Chinese vegetables such as Chinese cabbage and bean sprouts.



## Broccoflower

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Nutrition facts not available

### Look For:

- Yellowish green heads. Firm stalks with compact clusters of buds.
- Avoid broccoflower that is soft, or has brown colouring or spots.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Rinse. Cut into florets. Trim and peel main stem, cut into coins or sticks.

### Tasty Idea:

- ▶ Broccoflower is more cauliflower than broccoli but it is sweeter tasting than cauliflower. Use it as you would broccoli or cauliflower. Try it steamed as a vegetable side dish, stir fried or enjoy it raw with a dip.



## Broccoli

1 Food Guide Serving  
= 1/2 cup (3 spears)

### Nutrition:

- ▶ Very high in vitamin C
- ▶ Source of fibre
- ▶ Source of iron, potassium, vitamin A and folate
- ▶ Fat-free

### Look For:

- Firm stalks with compact green bud clusters.
- Avoid yellow florets.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Rinse. Cut into florets. Trim and peel main stem, cut into coins or sticks.

### Tasty Idea:

- ▶ Broccoli is delicious stir fried or sautéed. Stir fry with ginger and sesame seeds. Sauté with garlic and olives.



## Brussels Sprouts

1 Food Guide Serving  
= 1/2 cup (4-5 medium)

### Nutrition:

- ▶ Very high in vitamin C
- ▶ Source of fibre
- ▶ Source iron, potassium and folate
- ▶ Fat-free

### Look For:

- Heads should be firm, compact, bright green and all about the same size.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Rinse. Trim stem end. Cut a cross in the bottom of the stem.

### Tasty Ideas:

- ▶ Boil for 8 to 10 minutes until tender-crisp.
- ▶ Do not overcook or they will taste bitter. To check if they are done, stick a fork in the bottom. It should feel like a baked potato.



## Cabbage, Green

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Good source of vitamin C
- ▶ Fat-free

### Look For:

- Firm, heavy head.
- Outer leaves should be fresh (not wilted) and tightly packed.

### To Store:

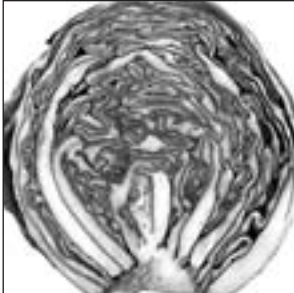
- ▶ Do not wash.
- ▶ Tightly wrap in plastic.
- ▶ Refrigerate for up to 2 weeks.

### To Prepare:

- ▶ Remove outer leaves. Rinse. Cut head in half lengthwise and remove core. Cut into wedges or shred. Eat raw, boil, microwave, steam or stir-fry.
- ▶ Do not overcook cabbage. Overcooked cabbage will be soggy and has a strong taste.

### Tasty Idea:

- ▶ Cabbage steam can smell unpleasant. To cut the smell, put a piece of bread, a walnut or a sprig of parsley in the cooking water.



## Cabbage, Red

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Very high in vitamin C
- ▶ Fat-free

### Look For:

- Firm, heavy head.
- Outer leaves should be fresh (not wilted) and tightly packed.

### To Store:

- ▶ Do not wash.
- ▶ Tightly wrap in plastic.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Remove outer leaves. Rinse. Cut head in half lengthwise and remove core. Cut into wedges or shred. Eat raw, boil, microwave, steam or stir-fry.

### Tasty Ideas:

- ▶ Sweet 'n' Sour Red Cabbage with Balsamic Vinegar:  
In a large pot combine 1/2 head shredded red cabbage, 1/2 cup chicken broth, 1/4 cup balsamic vinegar, 2 Tbsp. brown sugar and a pinch of salt. Cover and bring to a boil over medium-high heat. Reduce heat and simmer, stirring often, until tender – about 20 minutes.



## Carrots

1 Food Guide Serving  
= 1/2 cup or  
1 medium

### Nutrition:

- ▶ Very high in vitamin A
- ▶ Source of vitamin C and potassium

### Look For:

- ☑ Firm, clean, bright orange carrots.
- ☑ If tops are attached, they should be bright green and look fresh (not wilted).

### To Store:

- ▶ Remove green leafy tops.
- ▶ Do not wash.
- ▶ Put in a plastic bag.
- ▶ Refrigerate. Young carrots can be kept for up to 2 weeks. Mature carrots may be kept for 3 to 4 weeks.

### To Prepare:

- ▶ Trim root and stem ends. Rinse. Scrub or peel. Leave whole, shred or cut into coins or sticks.

### Tasty Idea:

- ▶ Try adding these flavour boosters when you cook carrots: garlic and butter, thyme, nutmeg, brown sugar or honey.



## Cauliflower

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of folate
- ▶ Fat-free

### Look For:

- ☑ Heavy, firm head with compact florets.
- ☑ Creamy white colour.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Rinse. Remove outer leaves and core. Leave whole or cut into florets or slices.

### Tasty Idea:

- ▶ Sprinkle grated cheddar or Parmesan cheese over cooked cauliflower. Sour cream and paprika is also a tasty addition to cauliflower.



## Celeriac (Root Celery)

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- Fairly clean, firm to the touch, with a smell of fresh celery.
- Smaller ones are more tender and less woody.

### To Store:

- ▶ Do not wash
- ▶ Trim off stalks, put in a covered container or plastic bag.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Peel, dice, slice or grate. Eat raw in salads or cook like potatoes.

### Tasty Ideas:

- ▶ Celeriac has creamy white texture with a celery flavour. It is perfect in soups or stews. Use celeriac instead of potatoes in soups and stews.
- ▶ Serve raw in salads.



## Celery

1 Food Guide Serving  
= 1/2 cup chopped  
(1 stalk)

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- Crisp, rigid green stalks with fresh leaves.
- Avoid limp or rubbery stalks.

### To Store:

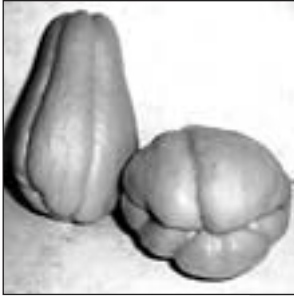
- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 2 weeks.

### To Prepare:

- ▶ Separate stalks and rinse thoroughly. Trim leaves, remove bottom end and any brown spots. Dice, slice or cut into sticks.

### Tasty Ideas:

- ▶ Save celery leaves for making soup stock.



## Chayote

1 Food Guide Serving  
= 1/2 medium

### Nutrition:

- ▶ Source of vitamin C and folate
- ▶ Fat-free

### Look For:

- Skin colour varies from cream to apple green.
- Should be firm and pear shaped, with no blemishes.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Wash and cut in halves or quarters. Steam, bake, boil, fry or eat raw.

### Tasty Ideas:

- ▶ Chayotes tastes like cucumber and zucchini. Use in soups, salads and stir-fries.
- ▶ You can eat the cooked seeds.



## Chinese Cabbage (Nappa)

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Source of iron, vitamin C and folate

### Look For:

- Firm heads with crinkly, pale green leaves and thick white ribs.
- Avoid wilted or brown leaves.

### To Store:

- ▶ Tightly wrap in paper or plastic.
- ▶ Refrigerate for up to 4 days.
- ▶ If you plan to cook cabbage it may be refrigerated for up to 2 weeks.

### To Prepare:

- ▶ Slice it thinly for salads or cook it in stir-fries or soups.

### Tasty Ideas:

- ▶ Chop or shred into vegetable salads or coleslaws.
- ▶ Add to a stir-fry with other Chinese vegetables such as bok choy and bean sprouts.



## Chinese Long Bean

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Nutrition facts not available

### Look For:

- ☑ Beans that are firm and very thin.
- ☑ Beans may be deep green or pale green.  
Avoid browning beans.
- ☑ Beans may be up to 30 inches long. Smaller, thin beans are tastier and more tender.
- ☑ Avoid limp or spongy beans.

### To Store:

- ▶ Do not wash.
- ▶ Put beans in a covered container or plastic bag.
- ▶ Refrigerate for up to 3 days.

### To Prepare:

- ▶ Rinse, trim ends and cut to the length you want.

### Tasty Ideas:

- ▶ Paler Chinese long beans taste sweeter. They are best for quick cooking such as stir fries.
- ▶ Darker green beans are more fibrous. They are best in slow cooked dishes such as stews. 30an



## Collards

1 Food Guide Serving  
= 1/2 cup, cooked

### Nutrition:

- ▶ Source of vitamins A and C
- ▶ Fat-free

### Look For:

- ☑ Bright green leaves that are fresh looking (not wilted).

### To Store:

- ▶ Wrap in damp paper towels and put in a plastic bag.
- ▶ Refrigerate up to 3 or 4 days.

### To Prepare:

- ▶ Wash well and pat dry. Remove centre rib. Steam or boil in a small amount of water.

### Tasty Ideas:

- ▶ Simmer collards in a seasoned broth for 20 to 30 minutes. Try different seasonings such as garlic, onion, chili peppers, ginger or curry.
- ▶ Top collards with cheese, curry or cream sauce.



## Corn

1 Food Guide Serving  
= 1/2 cup or 1 ear

### Nutrition:

- ▶ High in fibre
- ▶ Good source of folate
- ▶ Source of vitamin C, potassium and iron

### Look For:

- ☑ Cobs with fresh green husks and moist stems. Kernels should be juicy when pierced.

### To Store:

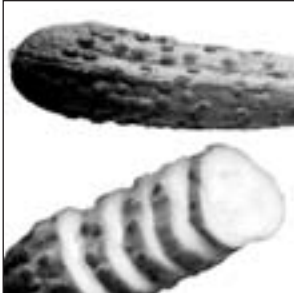
- ▶ Leave the husks on.
- ▶ Wrap ears in damp paper towel.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate up to 2 days.

### To Prepare:

- ▶ Remove husks and silk. Rinse. Can be eaten on the cob or off.
- ▶ To remove kernels, slice lengthwise along cob.

### Tasty Ideas:

- ▶ Spicy corn on the cob!  
Stir 1/2 tsp pepper, 1/4 tsp chili powder and 1/4 tsp cayenne into 1/2 cup room-temperature butter. Spread over hot corn on the cob. (Makes enough for 8 cobs).



## Cucumber

1 Food Guide Serving  
= 1/2 cup, sliced

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- ☑ Firm, bright green cucumbers. Avoid cucumber with yellow streaks.
- ☑ Avoid soft cucumbers. Check for soft spots, especially at the ends.

### To Store:

- ▶ Do not wash.
- ▶ Put in a plastic bag.
- ▶ Refrigerate for up to 1 week.

### To Prepare:

- ▶ Rinse. Peel skin if desired.
- ▶ If cucumbers are young, the seeds are tender and do not need to be removed. In mature cucumbers the seeds become bigger and more bitter. To remove seeds, slice cucumber in half lengthwise. Drag a spoon, top side towards you, through the seeds to remove them.

### Tasty Idea:

- ▶ Eat raw in salads or sandwiches.





## Dandelion Greens

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of iron, calcium, potassium and vitamin A
- ▶ Fat-free

### Look For:

- Bright green leaves that are not wilted.

### To Store:

- ▶ Refrigerate in plastic for up to 5 days.

### To Prepare:

- ▶ Rinse and dry well. Eat fresh in salads.  
Steam or boil in a small amount of water.

### Tasty Idea:

- ▶ The small pale leaves can be used alone in salads. Large greens can be added to other salad greens or cooked.



## Eggplant

1 Food Guide Serving  
= 1/2 cup, boiled

### Nutrition:

- ▶ Source of potassium and fibre
- ▶ Fat-free

### Look For:

- Firm, purple eggplant that feels heavy, with glossy unbroken skin.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Rinse and pat dry. Cut off stem and discard.
- ▶ Peel if you wish. Slice, cube or cut in half. To reduce the amount of oil absorbed during cooking, sprinkle with salt and let drain for 30 minutes before cooking.

### Tasty Idea:

- ▶ Eggplant has a meaty texture. Substitute eggplant strips for meat in your next lasagna.



## Fennel (Anise)

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Good source of potassium
- ▶ Source of vitamin C and fibre
- ▶ Fat-free

### Look For:

- Large white bulbs with crisp stalks and feathery green leaves.
- Avoid fennel that is split, dry or brown.

### To Store:

- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for 3 or 4 days.

### To Prepare:

- ▶ Cut a thin slice off the base and trim the stalks to 2.5 cm (1 inch) from the bulb. Wash well. Cut thin rounds or chunks. Halve or slice. Eat it raw, boiled, baked or stir-fried.

### Tasty Ideas:

- ▶ Fennel is great raw in salads. It has a sweet licorice flavour.
- ▶ Add chunks of fennel to vegetable kebobs. Barbeque over medium heat.



## Fiddleheads

1 Food Guide Serving  
= 1/2 cup, boiled

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- Bright green, firm fiddleheads that are tightly curled.

### To Store:

- ▶ Refrigerate in a plastic bag for up to 3 days.

### To Prepare:

- ▶ Rinse. Steam just until tender or cook, uncovered, in boiling water.

### Tasty Ideas:

- ▶ Some people think fiddleheads taste like a cross between asparagus and broccoli.
- ▶ Fresh fiddleheads are best with a little butter, salt and pepper and a sprinkling of lemon juice or vinegar.
- ▶ Add steamed fiddleheads to a salad tossed in a vinaigrette dressing.



## Jicama

1 Food Guide Serving  
= 1/2 cup slices

### Nutrition:

- ▶ High source of fibre
- ▶ Good source of vitamin C
- ▶ Source of iron
- ▶ Fat-free

### Look For:

- Smooth, firm, unblemished roots with light brown skin.

### To Store:

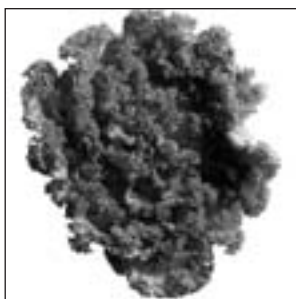
- ▶ Place in a cool dry place or refrigerate uncovered up to 3 weeks.
- ▶ Once it is cut, put in a covered container and refrigerate up to 1 week.

### To Prepare:

- ▶ Peel and slice or dice. Eat it raw, boiled, stewed or stir-fried.

### Tasty Ideas:

- ▶ Jicama is sweet and white on the inside. Slice jicama into fresh fruit or vegetable salads to add extra crunch.



## Kale

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Very high in vitamins A and C
- ▶ Source of calcium, iron and potassium
- ▶ Fat-free

### Look For:

- Choose smaller bunches of kale with crisp leaves.
- Avoid bunches with limp leaves, yellow spots or browning.

### To Store:

- ▶ Refrigerate in a perforated plastic bag for up to 3 days.
- ▶ Do not store too long or kale will develop a strong, bitter flavour.

### To Prepare:

- ▶ Rinse and dry well. Use fresh as a garnish or add to salads. Steam or sauté.
- ▶ Kale holds its shape well when cooked.

### Tasty Idea:

- ▶ Try kale steamed then sautéed, cooked just until crisp tender.



## Kohlrabi

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ High source of fibre
- ▶ Very high source of vitamin C
- ▶ Good source of potassium

### Look For:

- Small, smooth bulbs that are green white or purple.
- Leaves that are blue green.

### To Store:

- ▶ Do not wash.
- ▶ Cut off leaves. Put bulbs in a covered container or plastic bag. Refrigerate for up to 1 week.
- ▶ Wrap leaves in plastic. Refrigerate for up to 2 days.

### To Prepare:

- ▶ Remove leaves. The bulb must be peeled to remove the fibrous first layer under the skin. Peel before or after cooking. Roast or boil. Kohlrabi can also be eaten raw.
- ▶ To prepare leaves, wash well and pat dry. Remove stems. Steam or boil in a small amount of water.

### Tasty Ideas:

- ▶ Kohlrabi has a mild turnip taste, and has the texture and colour of cabbage.
- ▶ Serve diced kohlrabi bulbs raw in salads or cooked in soups and stews.
- ▶ Leaves taste best when cooked.



## Leeks

1 Food Guide Serving  
= 1/2 cup, boiled

### Nutrition:

- ▶ Fat-free

### Look For:

- Leeks that are clean, with white bases and fresh green tops.
- Avoid leeks with leaves that are spotted or going yellow.

### To Store:

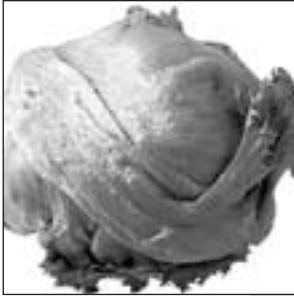
- ▶ Do not wash.
- ▶ Refrigerate in a plastic bag for up to 5 days.

### To Prepare:

- ▶ Leeks must be cleaned well. Slice in half lengthwise. Clean each leaf in cold running water to remove the sand.
- ▶ Leeks are usually cooked. Sautee or add to soups.

### Tasty Ideas:

- ▶ Try cooking leeks in chicken stock for extra flavour.



## Lettuce, Iceberg

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Fat-free

### Look For:

- A crisp head that is springy firm when you press gently.
- Outer leaves should be fresh, free of brown spots and yellow leaves.

### To Store:

- ▶ Remove core, rinse and dry well.
- ▶ Wrap in a towel and store in an airtight container.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Tear into bite size pieces or shred for salads or sandwiches.

### Tasty Idea:

- ▶ The hearty texture of iceberg lettuce suits thick, creamy salad dressings like blue cheese.



## Lettuce, Leaf

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Source of vitamins A and C and iron
- ▶ Fat-free

### Look For:

- Crisp, deep green leaves.
- Avoid lettuce with brown spots or yellow leaves.

### To Store:

- ▶ Rinse and dry well.
- ▶ Wrap in towel and put in an airtight container.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Tear into bite size pieces or shred for salads or sandwiches.

### Tasty Idea:

- ▶ Use leaf lettuce instead of iceberg lettuce for your everyday salads. Leaf lettuce offers much more nutrition!



## Lettuce, Romaine

1 Food Guide Serving  
= 1 cup

### Nutrition:

- ▶ Source of vitamins A and C, folate and iron
- ▶ Fat-free

### Look For:

- Crisp, dark green outer leaves and inner leaves that are golden yellow.
- Leaves that are free of brown spots.

### To Store:

- ▶ Rinse and dry well.
- ▶ Wrap in a towel, and put in an airtight container.
- ▶ Refrigerate up to 5 days.

### To Prepare:

- ▶ Tear into bite size pieces or shred for salads or sandwiches.

### Tasty Ideas:

- ▶ Romaine lettuce has a crisp, hearty texture. It holds up well with heavy dressing like Caesar or Ranch.



## Mushrooms

1 Food Guide Serving  
= 1/2 cup  
(6 medium)

### Nutrition:

- ▶ Good source of potassium.
- ▶ Source of vitamin C and iron

### Look For:

- Mushrooms with no blemishes or slimy spots.

### To Store:

- ▶ Do not wash.
- ▶ Keep in a paper bag.
- ▶ Refrigerate for up to 5 days.

### To Prepare:

- ▶ Gently wipe with a damp cloth or rinse and pat dry. Cut off the base of the stem, if you wish. Slice or serve whole.

### Tasty Idea:

- ▶ Try a variety of different mushrooms – button, shiitake, portabello, enoki.



## Okra

1 Food Guide Serving  
= 8 pods

### Nutrition:

- ▶ Source of fibre
- ▶ Source of vitamin C, folate and calcium
- ▶ Fat-free

### Look For:

- Deep green pods that are tender but firm, with no blemishes.

### To Store:

- ▶ Okra should be used right away. It does not store well.
- ▶ Do not wash.
- ▶ Put in a covered container or plastic bag.
- ▶ Refrigerate for up to 3 days.

### To Prepare:

- ▶ Trim off the tip and cap. Rinse and scrub to remove the thin layer of fuzz.
- ▶ Do not pierce pods. If you cut them, they become slippery.
- ▶ Pots made of iron, tin, copper or brass change their colour.

### Tasty Idea:

- ▶ Use sliced okra to thicken soups. During the last 10 minutes of cooking, add 1 cup of sliced okra for every 3 cups of liquid.



## Onions (Red, White and Yellow)

1 Food Guide Serving  
= 1 small (1/2 cup)

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- Firm, small necked onions with dry outer leaves.
- Avoid dark spotted or bulbs that are sprouting.

### To Store:

- ▶ Keep uncovered in a dry dark place for up to 2 months or at room temperature for up to 3 weeks.
- ▶ Once it is cut, put in a covered container. Refrigerate for up to 4 days.

### To Prepare:

- ▶ Rinse. Trim root and stem ends. Discard dry outer leaves. Leave whole, cut into quarters, slice or chop.

### Tasty Idea:

- ▶ To start a recipe you do you have to use oil or butter for cooking onions. Instead, simmer them in 1/4 cup water or broth. ends



## Parsnip

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Source of fibre
- ▶ Source of vitamin C, potassium and folate
- ▶ Fat-free

### Look For:

- Parsnips that are firm, crisp and without cracks.
- Buy smaller parsnips if you can.

### To Store:

- ▶ Do not wash.
- ▶ Put in a plastic bag.
- ▶ Refrigerate for up to 10 days.

### To Prepare:

- ▶ Trim tops and root ends. Rinse, scrub or peel skins. Leave whole, slice, dice, cut into sticks or shred. Boil, steam, microwave or stir fry.

### Tasty Idea:

- ▶ Serve raw or add to stews and soups.



## Peas

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ High source of fibre
- ▶ Source of vitamin C, folate, potassium and iron
- ▶ Fat-free

### Look For:

- Bright green, round peas.
- Avoid shriveled peas.

### To Store:

- ▶ Put in a plastic bag.
- ▶ Refrigerate fresh peas for up to 5 days.

### To Prepare:

- ▶ Rinse. Eat raw or cooked.

### Tasty Idea:

- ▶ Macaroni and Cheese with ham and peas!  
Add a little something extra to store bought macaroni and cheese. Throw in some frozen peas and diced ham, chicken or tuna.





## Peppers, Red

1 Food Guide Serving  
= 1/2 cup chopped  
(1/2 medium)

### Nutrition:

- ▶ Very high in vitamins A and C
- ▶ Source of potassium and iron
- ▶ Source of fibre
- ▶ Fat-free

### Look For:

- Firm, bright red peppers with smooth, shiny skin. Check for soft spots.

### To Store:

- ▶ Do not wash.
- ▶ Wrap in plastic or plastic bag for up to 1 week.

### To Prepare:

- ▶ Rinse. Remove stem, seeds and pith. Leave whole or cut.

### Tasty Idea:

- ▶ Roasted Red Peppers

Cut peppers into quarters. Brush with oil and place on a baking sheet. Bake at 375 F for 30 minutes. Serve with a roast of meat, on top of a salad or in a pita.



## Peppers, Green

1 Food Guide Serving  
= 1/2 cup chopped  
(1/2 medium)

### Nutrition:

- ▶ Very high in vitamin C
- ▶ Source of folate, vitamin A, potassium and iron
- ▶ Source of fibre
- ▶ Fat-free

### Look For:

- Firm, bright green peppers with smooth, shiny skin. Check for soft spots.

### To Store:

- ▶ Do not wash
- ▶ Wrap in plastic or plastic bag for up to 1 week.

### To Prepare:

- ▶ Rinse. Remove stem, seeds and pith. Leave whole or cut.

### Tasty Ideas:

- ▶ Green and Red Pepper Salad  
Slice 2 green peppers and 2 red peppers into bite-size strips. Whisk 1/4 cup olive oil with 1 Tbsp red wine vinegar, 1 crushed garlic clove and 1/4 tsp dried basil, 1/4 tsp dried mustard and pinch of salt and pepper. Pour over pepper. Serve on a bed of lettuce. Makes enough for 4 people.



## Potato

1 Food Guide Serving  
= 1 medium, baked,  
flesh and skin

### Nutrition:

- ▶ High source of fibre (with peel)
- ▶ Very high in potassium
- ▶ Good source of vitamin C and iron
- ▶ Fat-free

### Look For:

- Clean, firm and smooth potatoes.
- Avoid ones with sprouts, green areas or blemishes.

### To Store:

- ▶ Do not refrigerate.
- ▶ Keep in a cool, dry, dark, ventilated place for up to 2 months.
- ▶ Or keep at room temperature for up to 1 week.
- ▶ New potatoes can be refrigerated for up to 1 week.

### To Prepare:

- ▶ Scrub well. Remove sprouts and decayed or green areas. Leave whole or cut up.
- ▶ Peel, or leave the skin on for more fibre.

### Tasty Idea:

- ▶ Add a garlic boost to your mashed potatoes!  
Boil potatoes with 1 large unpeeled garlic clove for each potato. Drain. Remove, peel and mash garlic clove with a fork. Mix it in with your mashed potatoes.



## Pumpkin

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Good source of vitamins
- ▶ Source of vitamin C and potassium
- ▶ Fat-free

### Look For:

- Pumpkins that are an even colour and heavy for their size.
- Avoid pumpkins that are broken, cracked or soft.

### To Store:

- ▶ Do not refrigerate.
- ▶ Keep at room temperature for up to 1 week.
- ▶ Once it is cut, put in a covered container and refrigerate up to 5 days.

### To Prepare:

- ▶ Cut in half, remove seeds and stringy fibres. Bake individual halves or cut in chunks and

boil or steam. Remove rind. Serve cubed, mashed or as a pumpkin pie.

### Tasty Idea:

- ▶ Bake a pumpkin just as you would a squash!  
Slice pumpkin in half. Remove seeds and stringy fibres. Place cut side down on an oiled baking pan. Bake at 325 F until very tender, about 1 hour. Spoon pulp into a food processor and puree. Use in vegetable casseroles, soups, baked goods and pancakes.



## Radishes

1 Food Guide Serving  
= 10 radishes

### Nutrition:

- ▶ Source of vitamin C and folate
- ▶ Fat-free

### Look For:

- Crisp and firm with smooth skins.
- If tops are attached, they should be bright green and not wilted.

### To Store:

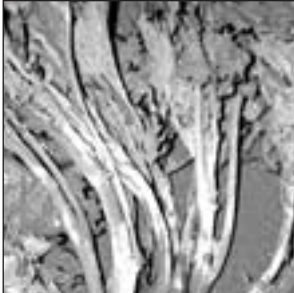
- ▶ Do not wash.
- ▶ Remove tops.
- ▶ Put in a plastic bag and refrigerate for up to 1 week.

### To Prepare:

- ▶ Trim stem and root ends. Dip in ice water for 1 hour to crisp.
- ▶ Radishes are usually eaten raw grated or sliced in salads, or used as a garnish.

### Tasty Ideas:

- ▶ Add to salads or as a garnish.
- ▶ Try cooking thinly sliced radishes in butter until just tender.



## Rapini

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Nutrition facts not available

### Look For:

- Bright green leaves that are crisp and upright.
- Avoid wilted, yellowing leaves.

### To Store:

- ▶ Wrap loosely in plastic.
- ▶ Store in refrigerator for 3 to 4 days.

### To Prepare:

- ▶ Rinse and shake off water. Cut off the heavier stem bottoms and cook. Stir fry, sauté, steam or boil.

### Tasty Idea:

- ▶ Rapini has a slightly bitter flavour. The leaves have the strongest taste. It is good in Italian dishes. Try it with Italian sausage.



## Rutabaga

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Source of potassium and vitamin C
- ▶ Fat-free

### Look For:

- Small to medium size rutabaga that are firm and heavy for size.
- Avoid rutabaga that are blemished.

### To Store:

- ▶ Do not wash.
- ▶ Refrigerate for up to 3 weeks.
- ▶ Or keep at room temperature for up to 1 week.

### To Prepare:

- ▶ Rinse, slice off top and lay the flat surface on the cutting board. Cut into small sections, then peel. Roast, boil or add to soups and stews.

### Tasty Idea:

- ▶ Rutabaga is similar to turnip but the flesh is more yellow. Cook it and mash it. Top it off with brown sugar.



## Snow Peas

1 Food Guide Serving  
= 10 pea pods

### Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of iron
- ▶ Fat-free

### Look For:

- Firm, crisp and flat green pods.

### To Store:

- ▶ Do not wash.
- ▶ Put in a plastic bag and refrigerate for up to 3 days.

### To Prepare:

- ▶ Rinse and break off ends. Leave whole or cut. It is best to cook them slightly.

### Tasty Idea:

- ▶ Good in stir-fries or in salads.



## Spinach

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Good source of folate and vitamin A
- ▶ Source of vitamin C, iron, potassium and calcium
- ▶ Fat-free

### Look For:

- Fresh crisp leaves that are solid green.

### To Store:

- ▶ Throw away yellow or damaged leaves. Remove stems and ribs if you wish.
- ▶ Rinse in cold water, drain, wrap in paper towel.
- ▶ Keep spinach wrapped in paper towel. Put in a plastic bag and refrigerate 2 to 4 days.
- ▶ If you bought spinach in a sealed bag, do not open until ready to use. Store in the fridge.

### To Prepare:

- ▶ Rinse. Leave whole or tear into bite size pieces.
- ▶ Eat raw or cooked. Drain after cooking.

### Tasty Idea:

- ▶ Raw spinach is good in salads by itself or with mixed greens.
- ▶ Spinach is best steamed or cooked for a short time over high heat with a small amount of water. Top with a touch of butter and sprinkle with nutmeg.



## Squash, Winter

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Good source of vitamin A and potassium
- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- A squash heavy for its size with hard rind.
- Avoid squash with shiny rind.

### To Store:

- ▶ Keep in a cool, dry and ventilated place for up to 2 months.
- ▶ Or keep at room temperature for 1 week.
- ▶ Once you cut it, put in a covered container and refrigerate for up to 5 days.

### To Prepare:

- ▶ Rinse. Cut squash in half. Remove seeds and stringy fibre. Cut into serving sizes before cooking.

### Tasty Idea:

- ▶ Squash in minutes!  
Cook a package of frozen pureed squash until hot. Stir in a small dab of butter, a sprinkling of brown sugar and a pinch of ground ginger.

an



## Sweet Potato (also called Yams)

1 Food Guide Serving  
= 1/2 cup  
(1/2 medium)

### Nutrition:

- ▶ Very high in vitamin A
- ▶ Good source of vitamin C and potassium
- ▶ Source of fibre
- ▶ Fat-free

### Look For:

- ☑ Choose small to medium size sweet potatoes. Look for firm sweet potatoes without soft spots or blemishes.
- ☑ Avoid ones with cracked skins or a greenish tinge.

### To Store:

- ▶ Keep uncovered at room temperature for up to 1 week.

### To Prepare:

- ▶ Scrub well. Leave whole or peel and cut up. Bake, boil or microwave until

### Tasty Idea:

- ▶ Healthy fries!
- ▶ Cut sweet potatoes into wedges, brush with a little vegetable oil and arrange on a cookie sheet. Bake at 450 F for 15 minutes. Turn over and bake for another 10 minutes until golden. Season with chili powder, Parmesan cheese or salt and pepper.

### Special Note:

people often think sweet potatoes and yams are the same. They are the same in size and shape, but true yams are white, starchy, less nutritious root that is not grown in North America.



## Swiss Chard

1 Food Guide Serving  
= 1 cup raw, 1/2 cup  
cooked

### Nutrition:

- ▶ Good source of iron and potassium
- ▶ Source of vitamins A and C
- ▶ Fat-free

### Look For:

- ☑ Crisp stalks and bright leaves.

### To Store:

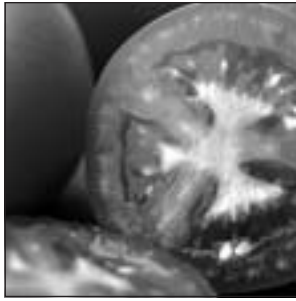
- ▶ Separate leaves from stalks and store separately.
- ▶ Refrigerate in perforated plastic bags for up to 3 to 4 days.

### To Prepare:

- ▶ Rinse. The leaves can be used raw in salads or steamed or boiled. The ribs can be sautéed or stir fried.

### Tasty Idea:

- ▶ Add Swiss chard to winter soups, stews and lasagnas. Try using it instead of cabbage for cabbage rolls.



## Tomato

1 Food Guide Serving  
= 1 medium

### Nutrition:

- ▶ Good source of vitamin C
- ▶ Source of potassium

### Look For:

- ☑ Smooth, firm tomatoes that are heavy for their size.
- ☑ Tomatoes should be red and coloured evenly, without blemishes.
- ☑ Tomatoes are ripe when they are slightly soft, deeply coloured and fragrant.

### To Store:

- ▶ Do not wash.
- ▶ Keep tomatoes uncovered at room temperature, out of direct sunlight for up to 1 week.
- ▶ Do not refrigerate unless very ripe.

- ▶ To ripen, store in a paper bag at room temperature.

### To Prepare:

- ▶ Rinse. Remove stem. Leave whole or cut up.

### Tasty Idea:

- ▶ Speedy Pasta Sauce!  
Stir chopped ripe tomatoes or a drained can of stewed tomatoes into store bought spaghetti sauce. Add fresh or dried basil and oregano. Heat and toss with pasta. Sprinkle with Parmesan cheese. oregano.



## Turnip

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- ☑ Small to medium size turnip that are firm and heavy for size.
- ☑ Avoid ones with blemishes.

### To Store:

- ▶ Do not wash.
- ▶ Refrigerate for up to 3 weeks.
- ▶ Or keep at room temperature for up to 1 week.

### To Prepare:

- ▶ Rinse, slice off top and lay the flat surface on the cutting board. Cut into small sections, then peel. Roast, boil or add to soups and stews.

### Tasty Ideas:

- ▶ Turnip Toss!  
Cut a medium size turnip into small cubes. Cook until tender. Toss with 1/4 cup light sour cream and 1/2 tsp. dried dillweed.



## Zucchini

1 Food Guide Serving  
= 1/2 cup

### Nutrition:

- ▶ Source of vitamin C
- ▶ Fat-free

### Look For:

- Small, bright coloured zucchini with smooth skins.
- Small ones have fewer seeds and are more tender.

### To Store:

- ▶ Do not wash.
- ▶ Put in a plastic bag and refrigerate for up to 1 week.

### To Prepare:

- ▶ Rinse and trim ends. Peel if you wish. Slice, cube or cut into sticks. Eat raw or cooked.

### Tasty Ideas:

- ▶ Small zucchinis are good raw with a drizzle of olive oil.