

Acorn Squash





SHOPPER'S TIPS

- Look for firm squash that have dull-colored skin and feel heavy for their size.
- Don't buy acorn squash that feel soft or have cracks in the skin.

WHY IS IT GOOD FOR YOU?

One cup of acorn squash cubes is:

- An excellent source of fiber, vitamin C, vitamin B₆, potassium, thiamin, and magnesium.
- A good source of vitamin A, iron, and folate.
- Thiamin is also called vitamin B₁. It helps keep your body's nerves healthy.

FUN FACT!

- Acorn squash is named for its acorn-like shape. It comes in a variety of colors—dark green, tan, yellow, and orange.

HEALTHY SERVING IDEAS

- Cut acorn squash in half and remove seeds. Cover squash with plastic wrap and microwave on high for 5 minutes. Sauté one chopped apple with cinnamon, nutmeg, and a sprinkle of brown sugar. Fill cooked squash halves with apple mixture. Bake for 10 minutes at 400°F.
- Slice an acorn squash across the middle to create four rings. Remove the seeds. Sprinkle rings with sage and thyme and bake at 400°F.

PEAK SEASON

Fall and Winter
Buy California grown acorn squash in peak season. They may be fresher and cost less.

STORAGE

Keep whole squash in a cool, dark, dry place for up to three months. Wrap cut squash and keep in the refrigerator for up to one week.

Apples





SHOPPER'S TIPS

- Look for apples that are smooth, firm and have stems.
- Don't buy apples with broken or bruised skin.

WHY ARE THEY GOOD FOR YOU?

One medium apple is:

- A good source of fiber and vitamin C.
- Fiber may help lower your risk of high blood pressure, heart disease, stroke, and some types of cancer.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- 2,500 apple varieties are grown in the United States.
- The legendary Johnny Appleseed was a real man. He roamed America planting apple trees for nearly 50 years so that people would never go hungry.

HEALTHY SERVING IDEAS

- Dip apple slices into peanut butter for a quick snack.
- Add chopped apples and raisins to your oatmeal. Or, mix them into tuna salad for a healthy lunch.

PEAK SEASON

Summer, Fall, and Winter
Buy California grown apples.
They may be fresher and
cost less.

STORAGE

Keep apples at room temperature for up to one week. Or, put them in the refrigerator for up to three weeks. Do not keep apples in closed bags.

Artichokes





SHOPPER'S TIPS

- Look for artichokes that are heavy for their size with tightly closed leaves. They should make a squeaking sound when squeezed.
- Don't buy artichokes that look dried out or have brown spots, a thin stem, or floppy outer leaves.

WHY IS IT GOOD FOR YOU?

One medium artichoke is:

- An excellent source of fiber, vitamin K, and folate.
- A good source of vitamin C, magnesium, and potassium.
- Magnesium is a mineral that helps your body use the energy found in food.

FUN FACT!

- The part of the artichoke that you eat is actually the closed flower bud. If the bud blossoms, its flowers are a bright purple color.

HEALTHY SERVING IDEAS

- Cut one inch off the top of an artichoke. Put artichoke “stem up” in a deep, microwave-safe dish. Add an inch of low-sodium chicken broth. Cover the dish with plastic wrap. Microwave on high for 7-10 minutes. Eat the meat off the leaves, stem, and heart. You can eat it plain or dip in lemon juice for a light dish.
- Add cooked or canned artichoke hearts to pasta and salad dishes.

PEAK SEASON

Winter and Spring
Buy California grown artichokes in peak season. They may be fresher and cost less.

STORAGE

Put artichokes in a plastic bag. Keep them in the refrigerator for up to one week.

Asparagus





SHOPPER'S TIPS

- Look for firm, bright green, dry stalks with tightly closed tips.
- Don't buy limp asparagus stalks or stalks with open tips.

WHY IS IT GOOD FOR YOU?

One cup of asparagus (about six large spears) is:

- An excellent source of vitamin K, folate, vitamin A, and vitamin C.
- A good source of iron, fiber, potassium, riboflavin, and thiamin.
- Folate is a vitamin that helps make healthy red blood cells.

FUN FACTS!

- Asparagus comes in green, white, and purple varieties.
- When temperatures reach at least 90°F, an asparagus can grow seven inches in one day.

HEALTHY SERVING IDEAS

- Cook asparagus in a small amount of boiling water until tender.
- Add cooked and chopped asparagus to pasta and salad dishes.

PEAK SEASON

Winter and Spring
Buy California grown asparagus in peak season. It may be fresher and cost less.

STORAGE

Wrap the bottoms of asparagus stalks in a damp paper towel and put in a plastic bag. Keep it in the refrigerator for up to three days, and make sure the tips stay dry.

Avocados





SHOPPER'S TIPS

- Look for ripe avocados that feel slightly firm and heavy for their size.
- Don't buy avocados that are very soft or wrinkled, or have faded, dull skin.

WHY ARE THEY GOOD FOR YOU?

A ½ cup of sliced avocado (about half of an avocado) is:

- A good source of fiber, vitamin K, vitamin C, folate, vitamin B₆, and potassium.
- A good source of monounsaturated fat. This is a healthy fat your body needs. Monounsaturated fat helps lower the “bad” cholesterol in your body. It may also help raise the “good” cholesterol.

FUN FACTS!

- European sailors once used avocados as butter.
- The avocado is also called the “alligator pear.”

HEALTHY SERVING IDEAS

- Add diced avocados to your favorite salad. Or, serve them with eggs for breakfast.
- Mash avocados and use in place of mayonnaise on sandwiches. Also, use mashed avocados on top of baked potatoes.

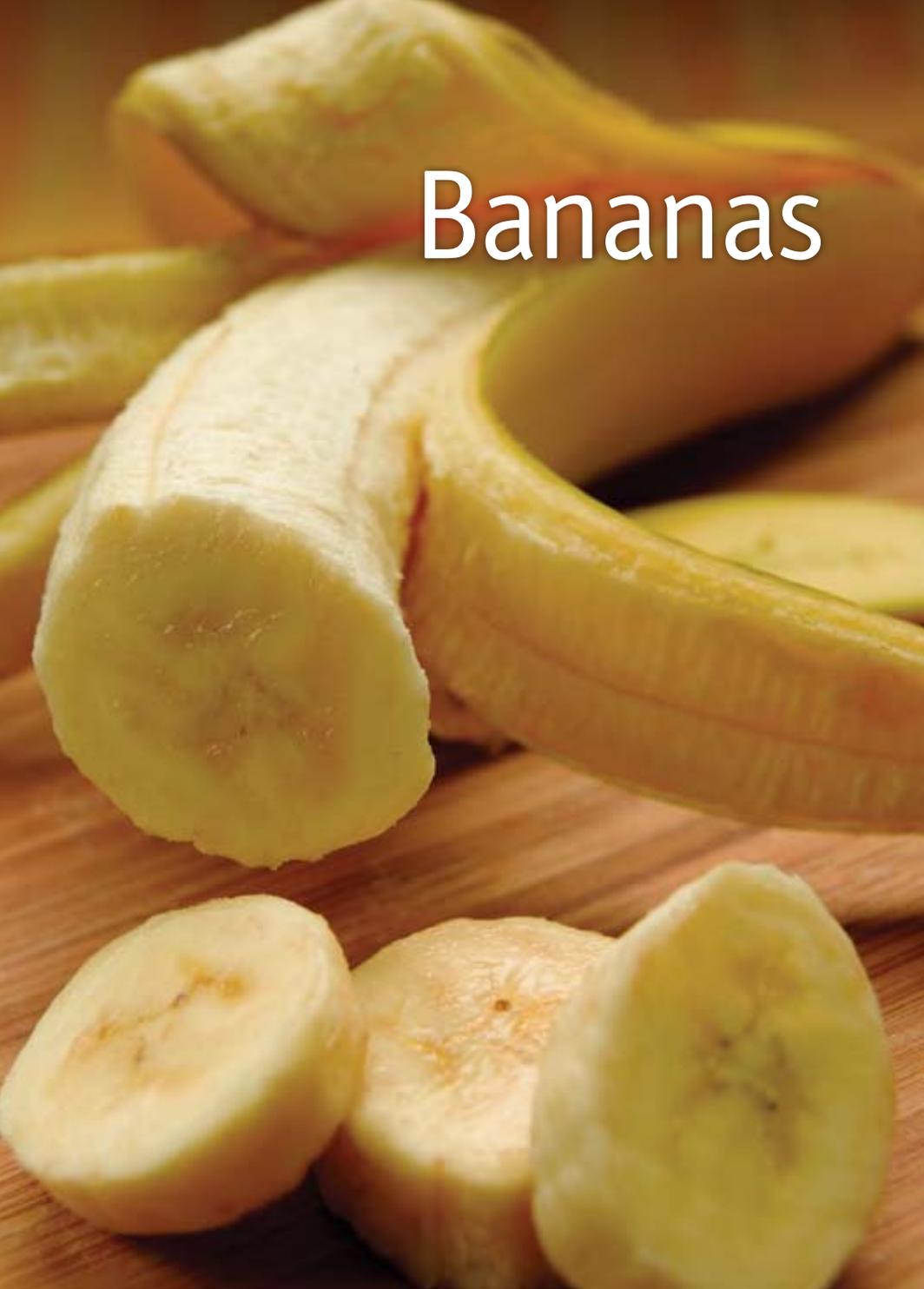
PEAK SEASON

Winter, Spring, and Summer
Buy California grown avocados in peak season. They may be fresher and cost less.

STORAGE

Keep ripe avocados in the refrigerator for up to three days. Put hard avocados on a counter or in a paper bag at room temperature until ripe.

Bananas





SHOPPER'S TIPS

- Look for bananas that are firm and have a bright color with a little green on the stem and tip.
- Don't buy bananas that feel very soft or have bruises.

WHY ARE THEY GOOD FOR YOU?

One large banana (about one cupped sliced) is:

- An excellent source of vitamin B₆ and vitamin C.
- A good source of fiber and potassium.
- Vitamin B₆ helps your body build healthy blood cells. It also helps build substances that fight infection, send signals to your brain, and control blood sugar levels.

FUN FACT!

- There is no such thing as a “banana tree.” Although tall like trees, bananas grow on herb plants.

HEALTHY SERVING IDEAS

- Add sliced bananas to cereal, yogurt, or a peanut butter sandwich.
- Make a healthy banana split! Slice a banana lengthwise and top with lowfat vanilla yogurt. Sprinkle with fresh berries and lowfat granola for a tasty dessert.

PEAK SEASON

Available year round

STORAGE

Keep ripe bananas on the counter for two or three days, or in the refrigerator for up to two weeks. The banana skin may turn dark in the refrigerator, but the fruit inside will still be fresh. Keep green or hard bananas at room temperature until ripe.

Bell Peppers





SHOPPER'S TIPS

- Look for bell peppers that feel heavy for their size. Buy peppers with firm, smooth skin and a fresh green stem.
- Don't buy peppers with skin that is wrinkled, broken, or has black spots.

WHY ARE THEY GOOD FOR YOU?

One medium bell pepper is:

- An excellent source of vitamin C.
- A good source of vitamin B₆ and vitamin K.
- Vitamin B₆ helps your body build healthy red blood cells. It also helps build proteins and release energy.

FUN FACT!

- Green and red bell peppers come from the same plant. As bell peppers grow, their color changes from green to red. That's why red bell peppers are sweeter than green ones – they're riper!

HEALTHY SERVING IDEAS

- Add sautéed bell pepper slices to chicken dishes. Or, add them to your favorite egg dishes for breakfast.
- Chop fresh bell peppers and add to your favorite salads or pasta sauces.

PEAK SEASON

Spring, Summer, and Fall
Buy California grown bell peppers in peak season. They may be fresher and cost less.

STORAGE

Put bell peppers in a plastic bag. Keep them in the refrigerator for up to five days. Green bell peppers may last longer than red or yellow ones.

Blackeye Peas





SHOPPER'S TIPS

- Look for dried blackeye peas that are similar in size and color. When using frozen or canned blackeye peas, look for low-sodium varieties.
- Don't buy packages of blackeye peas that are damaged or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

One cup of cooked blackeye peas is:

- An excellent source of plant protein, fiber, iron, thiamin, folate, and magnesium.
- Protein helps make the bones, muscles, hair, and skin of your body.

FUN FACT!

- Although called “peas,” blackeye peas are actually beans. They are also known as “cowpeas.”

HEALTHY SERVING IDEAS

- Boil blackeye peas. Then sauté them with chopped onions and bell peppers for a warm side dish.
- Mix a can of low-sodium blackeye peas with a chopped tomato and a chopped mango. Season with cumin and garlic powder. Add in a tablespoon each of vegetable oil, white wine vinegar, and lime juice. Serve with baked chips or grilled chicken.

PEAK SEASON

Available year-round
Buy California grown blackeye peas.
They may be fresher and cost less.

STORAGE

If loose, store dried blackeye peas in a sealed container. Keep in a cool, dry, and dark place for up to one year.

Bok Choy





SHOPPER'S TIPS

- Look for full, firm, white stalks with shiny, dark green leaves. Baby bok choy will have light green leaves.
- Don't buy bok choy with yellowing or wilted leaves, slimy spots, or bruised stalks.

WHY IS IT GOOD FOR YOU?

One cup of cooked bok choy is:

- An excellent source of vitamin A, vitamin C, and vitamin K.
- A good source of iron, calcium, vitamin B₆, folate, and potassium.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- Bok choy is also called Chinese cabbage. In Chinese, bok choy means "white vegetable."

HEALTHY SERVING IDEAS

- Stir-fry bok choy with a variety of colorful vegetables. Serve it over a bed of brown rice.
- Cook bok choy in low-sodium chicken broth for extra flavor. Serve it as a warm side dish.

PEAK SEASON

Winter and Spring
Buy California grown bok choy in peak season. It may be fresher and cost less.

STORAGE

Keep bok choy in the refrigerator for up to one week. Wash just before using.

Broccoli





SHOPPER'S TIPS

- Look for broccoli with a firm stem and tightly packed florets that are dark green in color.
- Don't buy broccoli with florets that are open, flowering, browning, or have a strong smell.

WHY IS IT GOOD FOR YOU?

One cup of fresh chopped broccoli is:

- An excellent source of vitamin C and vitamin K.
- A good source of folate and vitamin A.
- Folate is a vitamin that helps make healthy red blood cells. It is also being studied for its ability to help protect against heart disease.

FUN FACTS!

- Broccoli was first grown in Italy over 2,000 years ago.
- Broccoli is often referred to as the "Crown Jewel of Nutrition" because it is so rich in vitamins and minerals.

HEALTHY SERVING IDEAS

- Boil broccoli in a small amount of water until tender. Serve it with lemon or light cheese as a side dish.
- Mix chopped broccoli with chopped cabbage, shredded carrots, grilled chicken breasts, and a light Sesame dressing for an Asian chicken salad.

PEAK SEASON

Available year-round
Buy California grown broccoli.
It may be fresher and cost less.

STORAGE

Put broccoli in an open plastic bag.
Keep in the refrigerator for up to five days.
Wash broccoli just before using.

Butternut Squash





SHOPPER'S TIPS

- Look for squash with dull-colored skin that feel heavy for their size.
- Don't buy squash that are soft, wrinkled, bruised, or dented.

WHY IS IT GOOD FOR YOU?

One cup of butternut squash cubes is:

- An excellent source of vitamin A and vitamin C.
- A good source of potassium, magnesium, fiber, vitamin B₆, and vitamin E.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACTS!

- Butternut squash is also known as the African Bell.
- Butternut squash can be used in place of pumpkin in any recipe.

HEALTHY SERVING IDEAS

- Sprinkle butternut squash cubes with nutmeg and sage. Roast in oven at 400°F for 25 to 30 minutes.
- Bake butternut squash halves. Then, mash them for a sweet side dish.

PEAK SEASON

Fall and Winter
Buy California grown butternut squash in peak season. It may be fresher and cost less.

STORAGE

Keep whole squash in a cool, dry place for up to three months. Wrap cut butternut squash and keep in the refrigerator for up to one week.

Cabbage





SHOPPER'S TIPS

- Look for firm cabbage heads that feel heavy for their size. The leaves should be tightly packed.
- Don't buy cabbage heads with lots of loose outer leaves or wilted, brown, or yellow leaves.

WHY IS IT GOOD FOR YOU?

One cup of shredded green or red cabbage is:

- An excellent source of vitamin C and vitamin K.
- A good source of vitamin A.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

FUN FACT!

- There are more than 400 varieties of cabbage. The most common varieties in the United States are green, red (purple), savoy, and Chinese cabbage.

HEALTHY SERVING IDEAS

- Make a “rainbow” coleslaw by using a mix of green and red cabbage.
- Add shredded red cabbage to chicken salad for a colorful dish.

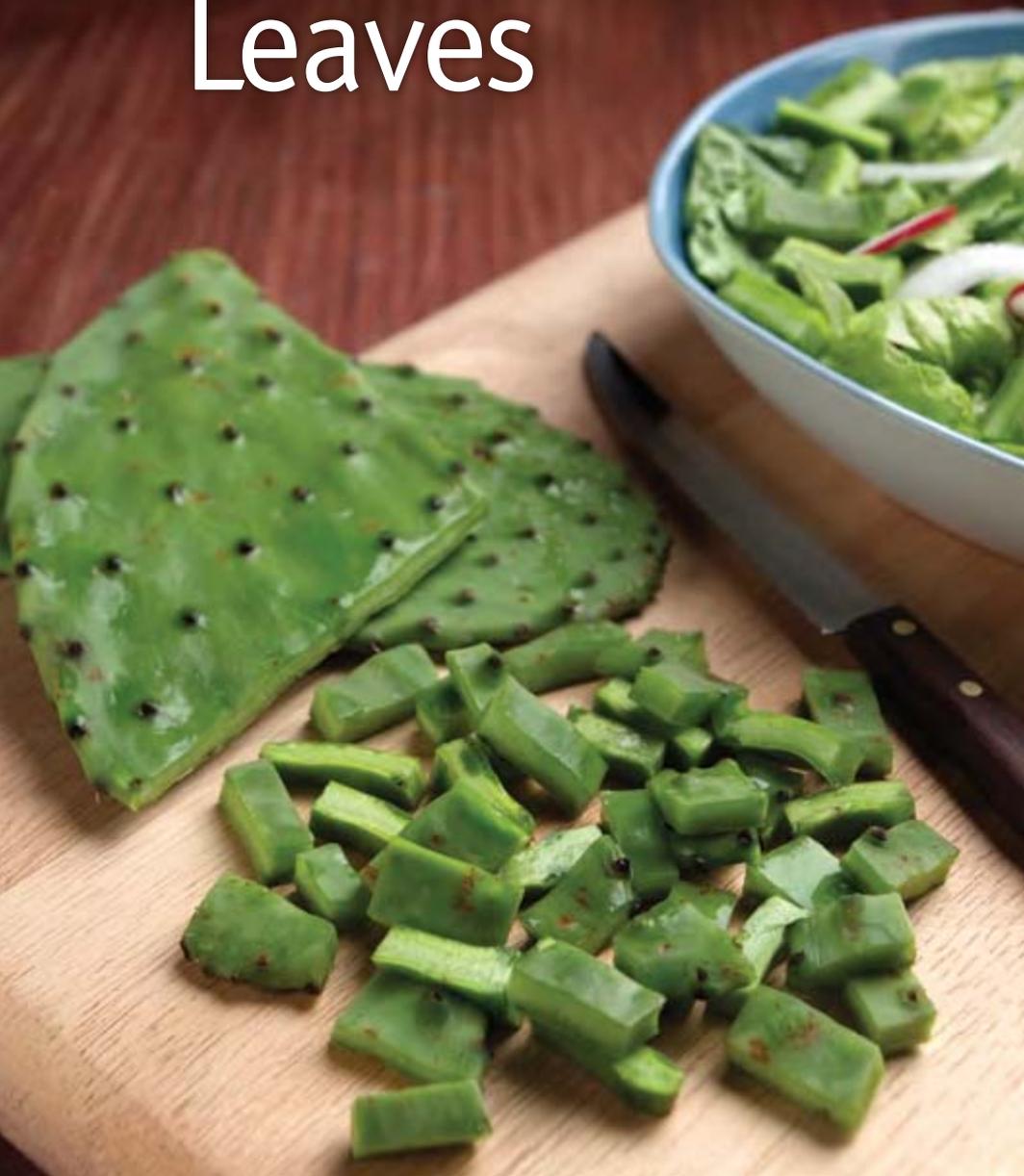
PEAK SEASON

Winter and Spring
Buy California grown cabbage in peak season. It may be fresher and cost less.

STORAGE

Put whole or cut cabbage in a sealed plastic bag. Keep it in the refrigerator for up to one week. Wash cabbage just before using.

Cactus Leaves





Cactus Leaves

SHOPPER'S TIPS

- Look for cactus leaves that feel firm and have a glossy skin. They should look pale to dark green in color.
- Don't buy cactus leaves that feel super soft, dry, or look wrinkled.

WHY ARE THEY GOOD FOR YOU?

One cup of sliced cactus leaves is:

- A good source of calcium, vitamin C, and magnesium.
- Calcium is a mineral that works with vitamin D and phosphorous to build strong bones and teeth.

FUN FACTS!

- A cactus plant can grow fruit for up to three years without any water.
- Cactus leaves that you can eat whole are called *nopales*. When chopped, they are called *nopalitos*.

HEALTHY SERVING IDEAS

- Mix chopped cactus leaves, diced tomatoes, corn, and hot peppers for a spicy salad.
- Stir-fry or sauté chopped cactus leaves, onions, and chili peppers. Sprinkle with lowfat cheese to make a warm side dish called *nopalitos con queso*.

PEAK SEASON

Summer and Fall
Buy California grown cactus leaves in peak season. They may be fresher and cost less.

STORAGE

Carefully remove any needles with a sharp knife. Wrap whole cactus leaves in plastic wrap. Keep them in the refrigerator for up to two weeks.

Canned Fruits





Canned Fruits

SHOPPER'S TIPS

- Look for canned fruits packed in water or 100% fruit juice.
- Don't buy canned fruits that are packed in syrup. Also, avoid cans that are dented, bulging, leaking, or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

- Canned fruits are picked when they are ripest. They are canned soon after to lock in the nutrients. As a result, canned fruits have many of the same nutrients as fresh ones.
- Nutrients are needed for life. Your body uses nutrients to grow, work, and fix itself.

FUN FACT!

- Canned foods were invented by Europeans in the early 1800s as a way to feed their armies. Canned foods came to the United States in 1822.

HEALTHY SERVING IDEAS

- Top canned pears or peaches with granola for a quick snack.
- Combine your favorite canned fruit with ice and lowfat yogurt to make a refreshing smoothie.

PEAK SEASON

Available year-round
Canned fruits make great substitutes for fresh varieties that are not in season.

STORAGE

Store canned fruits in a cool, dry place like a cupboard. If unopened, canned fruits will keep for one year or more. Do not store opened cans in the refrigerator. Once opened, put any leftover fruits in a container, cover and store in the refrigerator for up to four days.

Canned Vegetables





Canned Vegetables

SHOPPER'S TIPS

- Look for low sodium or no salt added varieties.
- Don't buy cans that are dented, bulging, leaking, or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

- Canned vegetables are picked when they are ripest. They are canned soon after to lock in the nutrients. As a result, canned vegetables have many of the same nutrients as fresh ones.
- Nutrients are needed for life. The body uses nutrients to grow, work, and fix itself.

FUN FACT!

- Vegetables are quickly dipped in boiling water before being sealed in cans. This helps to keep their texture and flavor.

HEALTHY SERVING IDEAS

- Make a salad of canned corn and green beans with fresh diced tomatoes and chopped onions.
- Add canned mixed vegetables to soups, stews, casseroles, and stir-fries.

PEAK SEASON

Available year-round
Canned vegetables make a great substitute for fresh vegetables that are not in season.

STORAGE

Store canned vegetables in a cool, dry place like a cupboard. If unopened, canned vegetables will keep for one year or more. Do not store opened cans in the refrigerator. Once opened, put any leftover vegetables in a container, cover and store in the refrigerator for up to four days.

Cantaloupe





SHOPPER'S TIPS

- Look for well-shaped cantaloupe with a sweet smell. They should feel heavy for their size and slightly firm near the stem end.
- Don't buy dark green cantaloupe that feel hard and have no smell. If there are any super soft spots, they are over ripe.

WHY ARE THEY GOOD FOR YOU?

One cup of cubed cantaloupe is:

- An excellent source of vitamin A and vitamin C.
- A good source of potassium.
- Potassium is a mineral that helps your brain tell your muscles when to move. Potassium also helps keep your blood pressure healthy.

FUN FACT!

- Cantaloupe are also called muskmelons. They are known for net-like markings on their skin.

HEALTHY SERVING IDEAS

- Cut cantaloupe into wedges. Serve for dessert or a light snack.
- Blend lowfat yogurt, chopped cantaloupe, frozen strawberries, and a banana. Pour it into paper cups and insert plastic spoons. Freeze it for several hours to make light and healthy fruit pops.

PEAK SEASON

Summer
Buy California grown cantaloupe in peak season. They may be fresher and cost less.

STORAGE

Keep ripe cantaloupe at room temperature for up to one week.
Wrap cut cantaloupe and keep in the refrigerator for up to two days.

Carrots





SHOPPER'S TIPS

- Look for smooth, firm, and well-shaped carrots with an even color.
- Don't buy carrots that are cracked, wrinkled, soft, or wilted.

WHY ARE THEY GOOD FOR YOU?

One cup of chopped carrots is:

- An excellent source of vitamin A and vitamin K.
- A good source of fiber, vitamin C, and potassium.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy. Vitamin A is also a powerful antioxidant.

FUN FACTS!

- Carrots were originally purple, white, and yellow in color.
- The average American eats about 17 pounds of carrots every year.

HEALTHY SERVING IDEAS

- Dip carrot sticks into a light vegetable dip for a tasty snack.
- Boil carrots with potatoes to make sweet mashed potatoes.

PEAK SEASON

Available year-round
Buy California grown carrots.
They may be fresher and
cost less.

STORAGE

Put carrots in a plastic bag. Keep them in the refrigerator for up to two weeks. If you buy carrots with the green tops, cut off the tops before refrigerating.

Cauliflower





SHOPPER'S TIPS

- Look for cauliflower with heads that are firm, compact, and white in color.
- Don't buy cauliflower with opened florets or brown patches.

WHY IS IT GOOD FOR YOU?

One cup of fresh cauliflower florets is:

- An excellent source of vitamin C and vitamin K.
- A good source of folate, vitamin B₆, and fiber.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process. Together with calcium, vitamin K helps build strong bones.

FUN FACT!

- Cauliflower is white because the head is covered by heavy green leaves. These leaves block it from sunlight while it grows.

HEALTHY SERVING IDEAS

- Stir-fry cauliflower with peas, carrots, and your favorite seasonings. Serve with grilled chicken or fish.
- Add cauliflower florets to pasta sauces.

PEAK SEASON

Fall, Winter, and Spring
Buy California grown cauliflower in peak season. It may be fresher and cost less.

STORAGE

Put cauliflower in an open plastic bag. Keep it in the refrigerator for up to five days. Wash cauliflower just before using.

Celery





SHOPPER'S TIPS

- Look for firm, straight celery stalks with fresh leaves and a shiny, green color.
- Avoid celery stalks that feel soft or have a pale yellow color. Also avoid stalks with brown spots or wilted leaves.

WHY IS IT GOOD FOR YOU?

One cup of chopped celery (about two large stalks) is:

- An excellent source of vitamin K.
- Vitamin K helps stop cuts and scrapes from bleeding too much. It also helps start the healing process. Together with calcium, vitamin K helps build strong bones.

FUN FACTS!

- California is the world's leading grower of celery.
- Celery was first used as medicine by ancient Romans.

HEALTHY SERVING IDEAS

- Cut celery into 4-inch pieces. Spread with all-natural peanut butter, hummus, or lowfat cottage cheese. Sprinkle with raisins for a healthy afternoon snack.
- Add chopped celery to soups, casseroles, tuna salad, tacos, vegetable stir-fries, and even salsa for extra crunch.

PEAK SEASON

Available year-round
Look for California grown celery.
It may be fresher and cost less.

STORAGE

Put celery in a plastic bag. Keep it in the refrigerator for up to two weeks.
Wash celery just before using.

Chayotes





SHOPPER'S TIPS

- Look for slightly firm chayotes with smooth skin, a light green color, and pear shape.
- Don't buy chayotes with bruises, soft spots, or other blemishes.

WHY ARE THEY GOOD FOR YOU?

One cup of cooked chayote is:

- An excellent source of vitamin C.
- A good source of fiber.
- Vitamin C helps your body heal cuts and wounds, and helps lower your risk of infection. It also helps your body absorb the iron found in foods.

FUN FACT!

- Chayote is actually a fruit related to squash. But, it is mostly thought of as a vegetable.

HEALTHY SERVING IDEAS

- Cut chayote into cubes and sprinkle with lime juice and chili powder. Roast at 400°F for 30 to 40 minutes. Enjoy it as a winter side dish.
- Use chayotes in place of potatoes or summer squash in almost any recipe. (Hint: the skin and seeds are edible.)

PEAK SEASON

Fall, Winter and Spring
Buy California grown chayotes in peak season. They may be fresher and cost less.

STORAGE

Put chayote in a plastic bag.
Keep it in the refrigerator for up to one month.

Cherries





SHOPPER'S TIPS

- Look for large, plump, and slightly firm cherries with stems still on. Pick cherries with shiny skin.
- Don't buy cherries that are very soft, bruised, wrinkled, or cracked.

WHY ARE THEY GOOD FOR YOU?

One cup of pitted sweet cherries is:

- A good source of vitamin C, fiber, and potassium.
- Vitamin C helps your body heal cuts and wounds.
- Fiber helps you feel full and keep normal blood sugar levels. It is found only in plant foods.
- Potassium is a mineral that helps your brain tell your muscles when to move. It also helps keep your blood pressure healthy.

FUN FACTS!

- The average cherry tree has more than 7,000 cherries.
- Cherry pits have been found in ancient European caves, meaning that cherries have been around since the Stone Age.

HEALTHY SERVING IDEAS

- Eat cold cherries for a light and refreshing summer snack.
- Blend frozen, pitted cherries with nonfat vanilla yogurt for a tasty smoothie.

PEAK SEASON

Spring and Summer
Buy California grown cherries in peak season. They may be fresher and cost less.

STORAGE

Keep cherries in the refrigerator for up to one week. Wash cherries just before eating.

Chili Peppers





Chili Peppers

SHOPPER'S TIPS

- Look for firm chili peppers that have shiny, smooth skin and fresh green stems.
- Don't buy chili peppers that have rough, wrinkled, soft, or spotted skin.

WHY ARE THEY GOOD FOR YOU?

One green or red chili pepper (about five inches long) is:

- An excellent source of vitamin C.
- A good source of vitamin A.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- Columbus first found chili peppers growing in Latin America in 1492. He named them "peppers" because he thought they were black peppercorns from India.

HEALTHY SERVING IDEAS

- Put whole peppers on a nonstick baking sheet. Roast in a preheated oven at 450° for 4-5 minutes. Use them in enchiladas, tacos, burritos, and quesadillas.
- Add sliced chili peppers to homemade vegetable pizza for a spicy kick.

PEAK SEASON

Spring, Summer, and Fall
Buy California grown chili peppers in peak season. They may be fresher and cost less.

STORAGE

Wrap whole chili peppers in paper towels and keep in the refrigerator for up to three weeks. Wrap cut chili peppers in plastic and keep in the refrigerator for up to three days.

Collard Greens





SHOPPER'S TIPS

- Look for crisp bunches with firm, dark green leaves.
- Don't buy bunches with yellow, wilted, or slimy leaves or thick, dried-out stems. Wilting is a sign of bitter tasting leaves.

WHY ARE THEY GOOD FOR YOU?

One cup of cooked collard greens is:

- An excellent source of vitamin A, vitamin K, vitamin C, folate, calcium, and fiber.
- A good source of iron, vitamin B₆, riboflavin, and magnesium.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- It is a southern tradition in the United States to eat collard greens on New Year's Day. It is believed to bring wealth in the coming year because the leaves resemble money.

HEALTHY SERVING IDEAS

- Cook collard greens with smoked turkey to add flavor. Do not cook them too long or most of their vitamins will go into the cooking water.
- Sauté chopped collard greens with onions, tomatoes, olive oil, and garlic.

PEAK SEASON

Winter and Spring
Buy California grown collard greens in peak season. They may be fresher and cost less.

STORAGE

Put collard greens in a plastic bag. Keep them in the refrigerator for up to five days. Wash collard greens just before using.

Corn





SHOPPER'S TIPS

- Look for corn with fresh, green husks and clean silk ends. Pick ears of corn that are well-covered with plump kernels.
- Don't buy corn with yellow, wilted, or dried husks or rotted silk ends. Also, avoid corn with dried or rotted kernels.

WHY IS IT GOOD FOR YOU?

One large ear of corn (about one cup of kernels) is:

- A good source of thiamin, fiber, vitamin C, and folate.
- Thiamin is also called vitamin B₁. It helps keep your body's nerves healthy.

FUN FACT!

- An average ear of corn has 800 kernels in 16 rows.

HEALTHY SERVING IDEAS

- Cook whole ears of corn on the grill at your next family BBQ.
- Mix corn kernels with rinsed, canned black beans. Add chopped tomatoes, chopped avocado, and a splash of olive oil and balsamic vinegar. Serve the corn and bean mixture in a whole-wheat pita for a light lunch.

PEAK SEASON

Summer and Fall
Buy California grown corn in peak season. It may be fresher and cost less.

STORAGE

Put corn with the husk in the refrigerator for up to two days. If husks have been removed, put corn in a plastic bag with small holes in the refrigerator for up to two days. Cook corn as soon as possible for the best flavor.

Dried Fruits





Dried Fruits

SHOPPER'S TIPS

- Look for unsweetened varieties of dried fruit.
- Don't buy dried fruits that have sugar or other sweeteners added to them. Also, avoid packages that are torn or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

- The process of drying fruit removes most of the water but locks in the nutrients. As a result, dried fruits have many of the same nutrients as fresh ones.

FUN FACT!

- Some fruits can be sundried (grapes, figs), while others must be dried using machines (plums, dates).

HEALTHY SERVING IDEAS

- Make your own trail mix. Combine your favorite dried fruit varieties with almonds, pretzels, or lowfat granola.
- Sprinkle dried fruits over hot and cold cereals. Or, mix it with lowfat yogurt and granola.
- Do not give dried fruits to children under the age of two.

PEAK SEASON

Available year-round
Dried fruits make great substitutes for fresh varieties that are not in season.

STORAGE

Put dried fruits in an airtight container. Keep it in a cool, dry location like a cupboard, or in the refrigerator for up to six months.

Eggplant





SHOPPER'S TIPS

- Look for small to medium-size eggplants that feel slightly firm and heavy for their size. They should have glossy skin and bright green stems and caps.
- Don't buy eggplants that have wrinkled, bruised, or cracked skin.

WHY IS IT GOOD FOR YOU?

One cup of cooked eggplant cubes is:

- A good source of fiber.
- Fiber helps you feel full and keep normal blood sugar levels. It may also help lower your risk of high blood pressure, heart disease, stroke, and some types of cancer.

FUN FACTS!

- Eggplant is actually a fruit related to tomatoes and hot peppers. But it is mostly thought of as a vegetable.
- Eggplants can be purple, green, white, or striped.

HEALTHY SERVING IDEAS

- Cook sliced eggplant on the grill. Serve it on chicken sandwiches at a family BBQ.
- Poke several holes in an eggplant and bake at 400°F for 30 to 40 minutes. Then, mash or blend cooked eggplant into soups or stews.

PEAK SEASON

Summer and Fall
Buy California grown eggplant in peak season. It may be fresher and cost less.

STORAGE

Put whole eggplant in a plastic bag. Keep it in the refrigerator for up to one week. Wash eggplant just before using.

Frozen Fruits





Frozen Fruits

SHOPPER'S TIPS

- Look for unsweetened frozen varieties.
- Don't buy packages that are torn, thawed, water stained, or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

- Frozen fruits are picked when they are ripest. After they are picked, they are immediately washed, dried, and then frozen to lock in the nutrients. As a result, frozen fruits can be just as nutritious as fresh ones.

FUN FACT!

- The Chinese were the first to freeze foods by using ice cellars as early as 3,000 years ago.

HEALTHY SERVING IDEAS

- Top yogurt with frozen berries for a cool treat.
- Use frozen fruit to make smoothies.

PEAK SEASON

Available year-round
Frozen fruits make great substitutions for fresh varieties that are not in season.

STORAGE

Store frozen fruits in the freezer for up to eight months or until the expiration date. Once the package has been opened, tightly seal any leftover fruits in a bag or container. This will help to avoid freezer burn.

Frozen Vegetables





Frozen Vegetables

SHOPPER'S TIPS

- Look for frozen varieties without added seasonings, salt, fat, or sauces.
- Don't buy packages that are torn, thawed, water stained, or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

- Frozen vegetables are picked when they are ripest. After they are picked, they are dipped in boiling water and then frozen to lock in the nutrients. As a result, frozen vegetables can be just as nutritious as fresh ones.

FUN FACT!

- Peas and spinach were the first frozen vegetables to be sold in American supermarkets in 1929.

HEALTHY SERVING IDEAS

- Stir-fry a bag of mixed frozen vegetables. Serve with grilled chicken and brown rice for a complete dinner.
- Scramble eggs with your favorite frozen vegetables for an easy, healthy breakfast.

PEAK SEASON

Available year-round
Frozen vegetables make great substitutions for fresh varieties that are not in season.

STORAGE

Store frozen vegetables in the freezer for up to eight months or the expiration date. Once the package has been opened, tightly seal any leftover vegetables in a bag or container. This will help to avoid freezer burn.

Grapefruit





SHOPPER'S TIPS

- Look for grapefruit that has smooth, thin skin and feels heavy for its size.
- Don't buy grapefruit with soft spots or very thick and wrinkled skin.

WHY IS IT GOOD FOR YOU?

One cup of grapefruit (about one medium grapefruit) is:

- An excellent source of vitamin C.
- Vitamin C helps your body heal cuts and wounds, and helps lower your risk of infection. Vitamin C also helps your body absorb iron found in foods.

FUN FACTS!

- Grapefruit can be found in white/yellow, pink, and red varieties.
- Grapefruit got its name from a Jamaican farmer who noticed the way it grows in clusters (like grapes) on the tree.

HEALTHY SERVING IDEAS

- Eat half of a grapefruit in the morning with a bowl of whole grain cereal.
- Add peeled grapefruit segments to fruit or spinach salads for a tasty citrus splash.
- For the best flavor, enjoy grapefruit at room temperature.

PEAK SEASON

Winter and Spring
Buy California grown grapefruit in peak season. It may be fresher and cost less.

STORAGE

Keep grapefruit at room temperature for up to one week. Or, keep grapefruit in the refrigerator for up to two weeks.

Grapes





SHOPPER'S TIPS

- Look for firm, plump, and brightly colored clusters of grapes. The grapes should be firmly attached to the stem.
- Don't buy grapes that are soft, wrinkled or feel sticky. Also, don't pick grapes with brown spots or dry, brittle stems.

WHY ARE THEY GOOD FOR YOU?

One cup of red or green grapes is:

- An excellent source of vitamin C and vitamin K.
- Vitamin C helps your body heal cuts and wounds, and helps lower your risk of infection.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

FUN FACTS!

- On average, there are about 100 grapes in a bunch.
- Grapes are one of the oldest fruits dating back about 8,000 years ago.

HEALTHY SERVING IDEAS

- Place rinsed grapes in the freezer, and enjoy later as an icy snack.
- Add grape halves to coleslaw for a sweet twist on an old favorite.

PEAK SEASON

Summer and Fall
Buy California grown grapes in peak season. They may be fresher and cost less.

STORAGE

Put grapes in a covered container or plastic bag. Keep it in the refrigerator for up to one week.

Green Beans





SHOPPER'S TIPS

- Look for fresh green beans that are slender, feel firm, and have a bright green color.
- Don't buy green beans that feel soft, limp, have brown spots, or open pods.

WHY ARE THEY GOOD FOR YOU?

One cup of fresh green beans is:

- An excellent source of vitamin C and vitamin K.
- A good source of vitamin A, fiber, and folate.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

FUN FACT!

- Green beans used to have a very thick “string” running along the outer curve of the pod. This led to their nickname “string beans.” In 1894, scientists found a way to grow green beans without the string. Today, nearly all green beans are grown without thick strings.

HEALTHY SERVING IDEAS

- Boil green beans for about 3 minutes. Drain the green beans and sauté with sliced almonds and bell peppers.
- Cut fresh green beans into bite-size pieces. Add to salads and cold pasta dishes. Or, eat it as a snack with lowfat vegetable dip.

PEAK SEASON

Spring, Summer, and Fall
Buy California grown green beans in peak season. They may be fresher and cost less.

STORAGE

Put green beans in an open plastic bag. Keep in the refrigerator for up to one week. Wash green beans just before using.

Jicama





SHOPPER'S TIPS

- Look for brown jicama that is smooth, firm, and feels heavy for its size.
- Don't buy jicama that has soft spots, holes, rough, or discolored skin.

WHY IS IT GOOD FOR YOU?

One cup of sliced jicama is:

- An excellent source of fiber and vitamin C.
- Fiber helps you feel full, keep your blood sugar levels normal, and helps you avoid constipation.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- Jicama is also known as *Mexican potato* or *Mexican turnip*.
- The flesh of jicama is made up of nearly 90 percent water.

HEALTHY SERVING IDEAS

- Always peel jicama before eating. Sprinkle sliced jicama with lime juice and chili powder for a light snack.
- Add jicama strips to your favorite vegetable stir-fry. Or, toss it into a salad for some extra crunch.

PEAK SEASON

Available year-round

STORAGE

Keep whole jicama in a cool, dry place for up to four months. Put sliced jicama in a sealed plastic bag and keep in the refrigerator for up to one week.

100% Fruit and Vegetable Juices





100% Fruit and Vegetable Juices



SHOPPER'S TIPS

- Look for 100% juices without added sugars or sweeteners.
- Don't buy juices with labels that show they have less than 100% juice. Also, avoid juices in containers that are damaged or have expired use-by dates.

WHY ARE THEY GOOD FOR YOU?

- Drinking $\frac{3}{4}$ cup of juice is like eating one cup of a fruit or vegetable.
- 100% juice has many important nutrients, but not as much as if you were to eat the whole fruit or vegetable.
- Juice has nutrients, like vitamins and minerals, that your body needs to grow, work, and fix itself.

FUN FACTS!

- It takes three oranges to squeeze about one cup of orange juice.
- Grape juice is usually made from Concord grapes.
- Apple juice can be made from just about any apple variety.

HEALTHY SERVING IDEAS

- Use 100% juices to make smoothies. Just blend with ice and your favorite fresh, canned, or frozen fruits.
- Add juice to sparkling water to make a refreshing fruit spritzer.

PEAK SEASON

Available year-round 100% fruit and vegetable juices make great substitutes for fresh varieties that are not in season.

STORAGE

Once opened, juice should be kept in the refrigerator. Use it by the expiration date.

Kale





SHOPPER'S TIPS

- Look for fresh kale with small leaves and a dark green color.
- Don't buy kale with leaves that are brown, yellow, dry, soft, or withered.

WHY IS IT GOOD FOR YOU?

One cup of cooked kale is:

- An excellent source of vitamin A, vitamin C, and vitamin K.
- Vitamin A helps maintain good vision, fight infection, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

FUN FACTS!

- While cold weather can damage or kill many fruits and vegetables, kale tastes sweeter if it is grown during a frost.
- Kale was so important to Scottish cooking that if someone felt too sick to eat, they were called "off their kale."

HEALTHY SERVING IDEAS

- Try a kale salad with canned sliced beets, chopped carrots, and mandarin slices. Toss kale with a lowfat balsamic vinaigrette.
- Add chopped kale to your favorite chicken vegetable soup recipes.

PEAK SEASON

Available year-round
Buy California grown kale. It may be fresher and cost less.

STORAGE

Put kale in a plastic bag. Keep in the refrigerator for up to five days. Wash kale just before using.

Kiwifruit





SHOPPER'S TIPS

- Look for kiwifruit that feel slightly firm. Size does not affect taste.
- Don't buy kiwifruit that are very soft, cracked, or wrinkled.

WHY ARE THEY GOOD FOR YOU?

Two medium kiwifruit are:

- An excellent source of vitamin C, vitamin K, and fiber.
- A good source of potassium.
- Potassium is a mineral that helps your brain tell your muscles when to move. It also helps keep your blood pressure healthy.

FUN FACT!

- Kiwifruit were called “Chinese gooseberries” when they were first brought from China to New Zealand. New Zealand farmers named the fruit after their national bird, the Kiwi, which is also small, brown, and fuzzy.

HEALTHY SERVING IDEAS

- Cut kiwifruit in half. Scoop out the fruit and enjoy.
- Slice or dice kiwifruit and add to your favorite salads or smoothies.

PEAK SEASON

Fall and Winter
Buy California grown kiwifruit in peak season. They may be fresher and cost less.

STORAGE

Keep ripe kiwifruit at room temperature for up to two weeks. Or, put them in the refrigerator for up to six weeks. Put firm kiwifruit in a paper bag until ripe.

Lemons





SHOPPER'S TIPS

- Look for lemons that are firm, feel heavy for their size, and have a bright, yellow color. Also, pick lemons with smooth, thin rinds.
- Don't buy lemons with wrinkled skin, soft spots, thick rinds, or a greenish color.

WHY ARE THEY GOOD FOR YOU?

The juice of one lemon is:

- An excellent source of vitamin C.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- The ancient word for lemon actually means "sour free."
- One large lemon will give about a $\frac{1}{4}$ cup of juice.

HEALTHY SERVING IDEAS

- Squeeze lemon juice into ice cube trays and put in freezer. Use the lemon ice cubes in water or 100% juice drinks.
- Add a squeeze of lemon to salads and meats. It can trick your tongue into thinking you added salt to your meal.

PEAK SEASON

Winter, Spring, and Summer
Buy California grown lemons in peak season. They may be fresher and cost less.

STORAGE

Keep whole lemons at room temperature for up to two weeks. Or, put them in a plastic bag and keep in the refrigerator for up to six weeks. Put cut lemons in a sealed plastic bag and keep in the refrigerator for up to three days.

Lettuce





Lettuce

SHOPPER'S TIPS

- Look for fresh, crisp leaves.
- Don't buy lettuce with leaves that are wilted, slimy, or have brown edges or spots.

WHY IS IT GOOD FOR YOU?

One cup of shredded romaine, green leaf, red leaf, or butterhead lettuce is:

- An excellent source of vitamin A and vitamin K.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

FUN FACTS!

- Lettuce is the second most popular vegetable in the United States.
- Dark leaves (like romaine and green leaf) have more nutrients than lighter color leaves (like iceberg).

HEALTHY SERVING IDEAS

- Make a large salad using two or three different lettuce varieties. Add color to the salad with sliced carrots, apples, corn, or peppers.
- Add lettuce to turkey sandwiches – use dark green leaves.

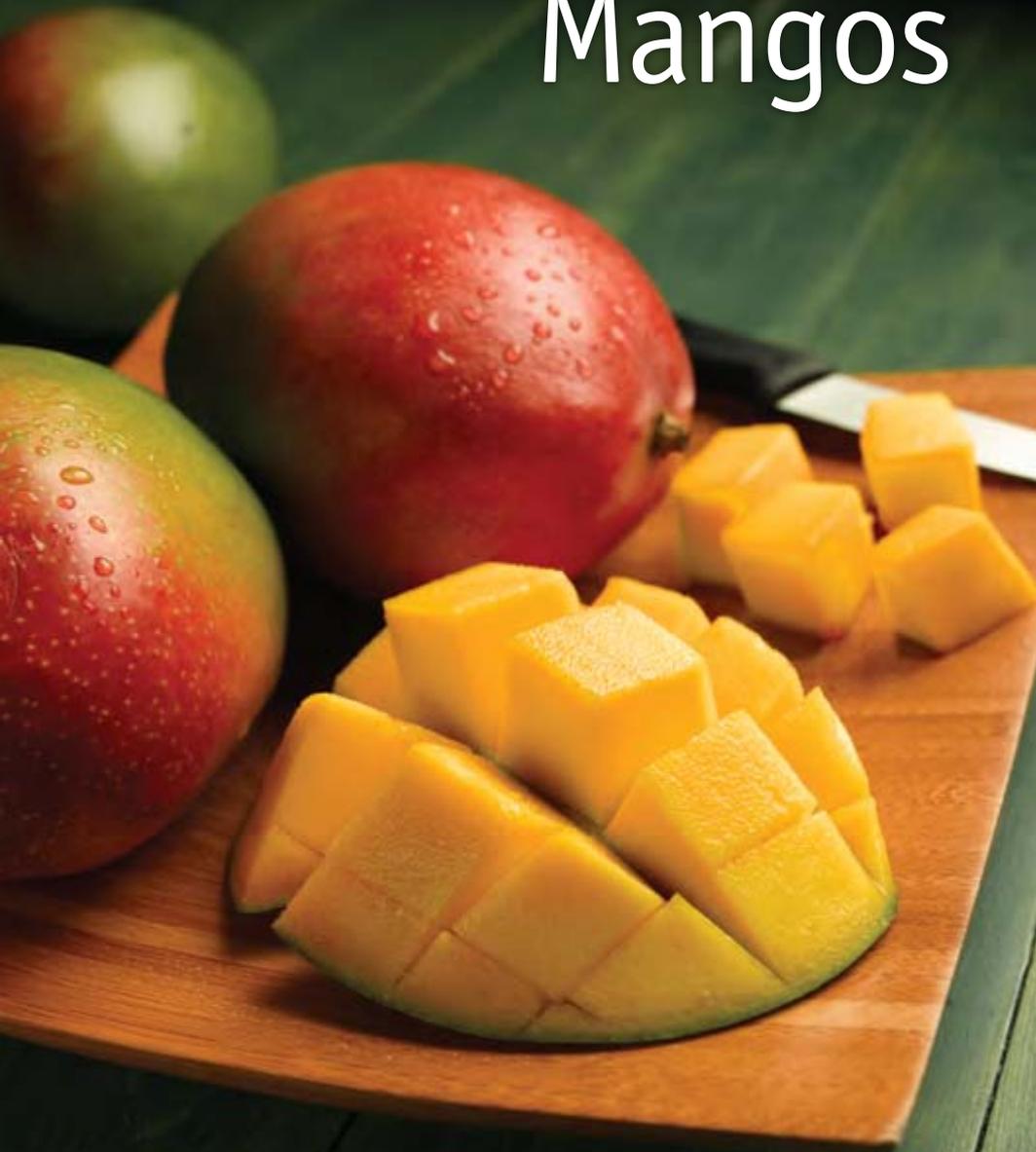
PEAK SEASON

Winter, Spring, and Summer
Buy California grown lettuce varieties in peak season. They may be fresher and cost less.

STORAGE

Put washed and dried lettuce in an open plastic bag. Keep red leaf, green leaf, or butterhead lettuce in the refrigerator for up to four days. Keep romaine lettuce in the refrigerator for up to 10 days. Keep iceberg lettuce in the refrigerator for up to two weeks.

Mangos





SHOPPER'S TIPS

- Look for slightly firm, plump mangos that have a sweet smell.
- Don't buy mangos with bruised, broken, or wrinkled skin. Also, avoid mangos with sap on the skin.

WHY ARE THEY GOOD FOR YOU?

One small mango (about one cupped sliced) is:

- An excellent source of vitamin C and vitamin A.
- A good source of fiber and vitamin B₆.
- Vitamin B₆ helps your body build healthy blood cells. It is needed to help build proteins and provide energy.

FUN FACTS!

- Mangos are the most widely eaten fruit in the world.
- Mangos come in various sizes and colors including red, orange, yellow, and green.

HEALTHY SERVING IDEAS

- Blend sliced mango with lowfat yogurt and orange juice for a smoothie.
- Cut a mango into cubes. Sprinkle it with chili powder and lime juice for a tasty snack.

PEAK SEASON

Summer and Fall
Buy California grown mangos in peak season. They may be fresher and cost less.

STORAGE

Keep ripe mangos in the refrigerator for up to two weeks. Put cut mangos in a plastic bag and keep in the refrigerator for up to three days. Keep hard mangos at room temperature and away from the sun until ripe.

Mushrooms





Mushrooms

SHOPPER'S TIPS

- Look for well-shaped mushrooms with a firm texture.
- Don't buy mushrooms that have bruises, spots, or any signs of mold. Also, avoid over-ripe mushrooms that feel soft, mushy, or slimy.

WHY ARE THEY GOOD FOR YOU?

One cup of fresh sliced mushrooms is:

- A good source of riboflavin.
- Riboflavin is also called vitamin B₂. It helps turn food into energy.

FUN FACTS!

- Ancient Egyptians believed mushrooms were a sign of immortality.
- Mushrooms grow in the dark.

HEALTHY SERVING IDEAS

- Sauté sliced mushrooms in low-sodium chicken broth with garlic and onions. Serve with grilled lean meat.
- Add chopped fresh mushrooms to garden salads.

PEAK SEASON

Available year-round
Look for California grown mushrooms. They may be fresher and cost less.

STORAGE

Keep mushrooms in original container or a paper bag in the refrigerator for up to one week. Wash mushrooms just before using.

Nectarines





SHOPPER'S TIPS

- Look for nectarines with shiny skin and a sweet smell. Pick nectarines that feel smooth and slightly firm.
- Don't buy nectarines that feel soft or mushy. Also don't pick nectarines with brown spots, bruises, or a dull color.

WHY ARE THEY GOOD FOR YOU?

One medium nectarine (about one cup sliced) is:

- A good source of vitamin C and fiber.
- Fiber helps you feel full and keep normal blood sugar levels. Fiber may also help lower your risk of high blood pressure, heart disease, stroke, and some types of cancer.

FUN FACTS!

- Nectarines are actually a type of peach without the fuzz.
- California grows more than 175 different varieties of nectarines. Each variety has its own unique color and flavor.

HEALTHY SERVING IDEAS

- Blend fresh or frozen nectarines with lowfat frozen yogurt for a dessert smoothie.
- Add sliced nectarines to green salads.

PEAK SEASON

Summer
Buy California grown nectarines in peak season. They may be fresher and cost less.

STORAGE

Keep ripe nectarines at room temperature for up to three days. Put firm nectarines in a paper bag at room temperature until ripe.

Okra





SHOPPER'S TIPS

- Look for small okra pods that are dry, firm, and medium to dark green in color.
- Don't buy okra pods that have dark spots, look shriveled, or are moldy.

WHY IS IT GOOD FOR YOU?

One cup of cooked okra slices are:

- An excellent source of vitamin K and vitamin C.
- A good source of folate, fiber, magnesium, thiamin, vitamin B₆, and calcium.
- Calcium is a mineral that works with vitamin D and phosphorous to build strong bones and teeth.

FUN FACT!

- When okra pods are cut, they leak a sticky juice that is excellent for making soups and stews thicker.

HEALTHY SERVING IDEAS

- Sauté whole okra pods with onions and tomatoes for a quick dish.
- Soak okra slices in buttermilk and roll in cornmeal. Bake okra slices on a lightly oiled pan at 450°F for 30 to 40 minutes until crispy.

PEAK SEASON

Summer and Fall
Buy California grown okra in peak season. It may be fresher and cost less.

STORAGE

Put okra in a paper bag. Keep it in the refrigerator for up to three days. Use it as soon as possible. Wash okra pods just before using.

Onions





SHOPPER'S TIPS

- Look for firm onions that feel heavy for their size. They should have little or no scent.
- Don't buy onions that feel soft, have dark spots, or a strong smell.

WHY ARE THEY GOOD FOR YOU?

One cup of chopped onion (about one large onion) is:

- An excellent source of vitamin C. It is also a good source of fiber and vitamin B₆.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACT!

- In ancient times, Greek athletes used onions to help them compete in the Olympic Games. Before the games, they would eat onions, drink onion juice, and rub onions on their bodies.

HEALTHY SERVING IDEAS

- Slice onion "rings" and toss lightly with olive oil and your favorite seasonings. Roast at 400°F for 30 to 40 minutes and add to sandwiches.
- Mix finely chopped onions into lean ground turkey meat. Shape meat into hamburger patties and sprinkle with salt and pepper. Grill on the barbeque.

PEAK SEASON

Available year-round
Buy California grown onions in peak season. They may be fresher and cost less.

STORAGE

Keep whole onions in a cool, dry place for up to four weeks. Do not put whole onions in a plastic bag. Keep cut, onions in a sealed container in the refrigerator for up to three days.

Oranges





SHOPPER'S TIPS

- Look for oranges with shiny skins that feel firm and heavy for their size. Oranges with thin skins tend to be juicier than those with thick skins.
- Don't buy oranges with bruised, wrinkled, or discolored skins.

WHY ARE THEY GOOD FOR YOU?

One medium orange (about one cup sliced) is:

- An excellent source of vitamin C.
- A good source of fiber and folate.
- Fiber helps you feel full, helps keep your blood sugar levels normal, and helps you avoid constipation. Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

FUN FACTS!

- After chocolate and vanilla, orange is the world's favorite flavor.
- Navel oranges got their name because the bottom looks like a belly button or navel.

HEALTHY SERVING IDEAS

- Orange wedges make a quick, refreshing snack.
- Mix peeled orange slices with sliced bananas and raisins. Top with lowfat yogurt and a dash of cinnamon for a tasty breakfast.

PEAK SEASON

Winter and Spring
Buy California grown oranges in peak season. They may be fresher and cost less.

STORAGE

Keep oranges at room temperature or in the refrigerator for up to two weeks.

Papayas





SHOPPER'S TIPS

- Look for papayas that feel slightly firm and heavy for their size. Ripe papayas should be mostly yellow in color.
- Don't buy papayas that are hard, shriveled, or bruised.

WHY ARE THEY GOOD FOR YOU?

One cup of papaya slices (about one small papaya) is:

- An excellent source of vitamin C and vitamin A.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACT!

- Papayas are actually large berries. They grow on the trunk of a branchless tree.

HEALTHY SERVING IDEAS

- Make a thick papaya smoothie. Blend chopped papaya, lowfat vanilla yogurt, and orange juice.
- Slice a papaya in half and scoop out the seeds. Fill the papaya with your favorite mixture of berries or lowfat granola. Enjoy your own fruit bowl for breakfast.

PEAK SEASON

Available year-round
Look for papayas in peak seasons. They may be fresher and cost less.

STORAGE

Keep papayas at room temperature for up to three days. Put cut papaya in a plastic container and keep in the refrigerator. To ripen firm green papaya, put in a paper bag in a cool, dark place.

Parsnips





SHOPPER'S TIPS

- Look for firm, dry parsnips with smooth skin and a creamy white to beige color. Smaller parsnips may be more flavorful.
- Don't buy parsnips that are soft, withered, very large, or have wet spots.

WHY ARE THEY GOOD FOR YOU?

One cup of cooked parsnips is:

- An excellent source of vitamin C, fiber, and folate.
- A good source of magnesium and potassium.
- Folate is a vitamin that helps make healthy red blood cells.
- Potassium is a mineral that helps your brain tell your muscles when to move.

FUN FACT!

- Before the potato arrived in Europe, parsnips were used in dishes that are now made with potatoes.

HEALTHY SERVING IDEAS

- Boil sliced parsnips and potatoes for about 10 minutes until tender. Drain water and mash with low-sodium chicken broth. Enjoy these sweet and savory mashed potatoes.
- Sprinkle cubed parsnips with ginger, cinnamon, or nutmeg. Bake in a covered dish at 350°F for 20 to 30 minutes for a tasty side dish.

PEAK SEASON

Spring, Summer, and Fall
Buy California grown parsnips in peak season. They may be fresher and cost less.

STORAGE

Put unwashed parsnips in an open plastic bag. Keep them in the refrigerator for up to three weeks.

Peaches





SHOPPER'S TIPS

- Look for peaches that are slightly firm and have a sweet smell. The skin should have a cream or yellow background.
- Don't buy peaches with bruises, worm holes, or a red-colored background.

WHY ARE THEY GOOD FOR YOU?

One medium peach (about one cup sliced) is:

- A good source of vitamin C and vitamin A.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- The peach is part of the rose family. It is the state fruit of South Carolina and the state flower of Delaware. Georgia is nicknamed "The Peach State."

HEALTHY SERVING IDEAS

- Spread all-natural peanut butter in a whole wheat pita. Stuff with sliced peaches and bananas for an on-the-go snack.
- Make smoothies using frozen peaches, 100% orange juice, and lowfat milk. Blend with ice and enjoy.

PEAK SEASON

Summer
Buy California grown peaches in peak season. They may be fresher and cost less.

STORAGE

Keep ripe peaches in the refrigerator for up to one week. Put firm peaches in a paper bag and keep at room temperature until ripe.

Pears





SHOPPER'S TIPS

- Look for smooth, bright, and colorful pears that feel slightly firm near the stem.
- Don't buy pears that feel mushy or have bruises, holes, or dark brown colors.

WHY ARE THEY GOOD FOR YOU?

One medium pear (about one cup sliced) is:

- An excellent source of fiber.
- A good source of vitamin C and vitamin K.
- Fiber helps you feel full and keep normal blood sugar levels. It may also help lower your risk of high blood pressure, heart disease, stroke, and some types of cancer.

FUN FACTS!

- There are more than 3,000 varieties of pears worldwide. They come in many colors including red, yellow, green, and brown.
- Pears are the second most popular fruit in the United States. (Apples are the most popular.)

HEALTHY SERVING IDEAS

- Cut a pear in half and remove the core. Fill the centers with lowfat yogurt, sprinkle with raisins and enjoy.
- Add sliced pears, dried cranberries, and shredded carrots to spinach for a colorful salad. Top with grilled chicken breast and lowfat salad dressing for a healthy meal.

PEAK SEASON

Summer and Fall
Buy California grown pears in peak season. They may be fresher and cost less.

STORAGE

Put ripe pears in a plastic bag and keep in the refrigerator for up to one week. Put firm pears in a paper bag and keep at room temperature until ripe.

Peas





SHOPPER'S TIPS

- Look for firm, bright green, medium-sized pods. Choose low-sodium canned peas.
- Don't buy fresh peas with bruised or soft pods. Avoid frozen peas with butter sauces, or in packages that are torn, water stained, or expired.

WHY ARE THEY GOOD FOR YOU?

One cup of green peas is:

- An excellent source of vitamin A, vitamin C, vitamin K, thiamin, folate, and fiber.
- A good source of protein, iron, vitamin B₆, riboflavin, and niacin.
- Thiamin is also called vitamin B₁. It helps keep your body's nerves healthy.

FUN FACT!

- There are two kinds of peas: green peas and edible-pod peas. Green peas are also called shelling, garden, and English peas. Edible-pod peas include sugar snap and snow peas.

SERVING IDEAS

- Dip snow and sugar snap peas into lowfat vegetable dip for an afternoon snack.
- Add frozen peas to stews, casseroles, stir-fries, or pasta dishes.

PEAK SEASON

Winter, Spring, and Summer
Look for California grown peas in peak season. They may be fresher and cost less.

STORAGE

Put fresh peas in an open plastic bag and keep in the refrigerator for up to five days. Remove peas from shells just before use. Put cooked green peas in an airtight container and keep in the refrigerator for up to four days.

Fuyu Persimmons





SHOPPER'S TIPS

- Look for firm Fuyu persimmons with smooth, glossy, and brightly colored skins. Ripe Fuyus should be firm.
- Don't buy Fuyu persimmons with bruised, wrinkled, or broken skin. Also avoid persimmons that have no green leaves at the top.

WHY ARE THEY GOOD FOR YOU?

One medium persimmon is:

- An excellent source of vitamin A, vitamin C, and fiber.
- Vitamin A helps maintain your vision, fight infection, and keep your skin healthy.

FUN FACT!

- There are two kinds of persimmons. Fuyu persimmons are sweet, shaped like a pumpkin, and can be eaten fresh. Fresh Hachiya persimmons are tart, shaped like an acorn, and are usually cooked to eat.

HEALTHY SERVING IDEAS

- Use chopped Fuyu persimmons in place of tomatoes in your favorite salsa recipe. It makes a sweet salsa snack.
- Add Fuyu slices to spinach salads and stir-fries.
- Enjoy a whole Fuyu persimmon by eating it like an apple.

PEAK SEASON

Fall and Winter
Buy California grown Fuyu persimmons in peak season. They may be fresher and cost less.

STORAGE

Keep ripe Fuyu persimmons in the refrigerator for up to two months. Put unripe Fuyu persimmons in a paper bag with an apple or banana. Keep them at room temperature until ripe.

Pineapples





SHOPPER'S TIPS

- Look for pineapples with dark green leaves that feel heavy for their size and have a sweet smell. If you can easily pull out one of the top leaves, it is ripe.
- Don't buy pineapples with dark or soft spots, or with leaves that look dry.

WHY ARE THEY GOOD FOR YOU?

One cup of pineapple chunks is:

- An excellent source of vitamin C.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACT!

- The word "pineapple" comes from the Spanish word *pina* used to describe a pine cone.

HEALTHY SERVING IDEAS

- Serve pineapple slices as a snack or dessert.
- Blend canned pineapple chunks with orange juice, lowfat yogurt, and peach slices for a refreshing smoothie.

PEAK SEASON

Summer

Look for pineapples in peak season. They may be fresher and cost less.

STORAGE

Keep whole, ripe pineapple at room temperature for up to two days. Put cut pineapple in a plastic container and keep in the refrigerator for up to three days.

Plums





SHOPPER'S TIPS

- Look for plums that are plump, smooth, slightly firm, and well colored.
- Don't buy plums that are cracked, bruised, wrinkled, or overly soft.

WHY ARE THEY GOOD FOR YOU?

One medium plum (about a ½ cup of fruit) is:

- A good source of vitamin C.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- There are more than 140 types of plums sold in the United States.
- Most types have yellow or red flesh. The skin can be red, yellow, green, or purple.

HEALTHY SERVING IDEAS

- Enjoy plums as snacks and for dessert – just wash and eat!
- Add chopped plums to fruit salads.

PEAK SEASON

Summer and Fall
Buy California grown plums in peak season. They may be fresher and cost less.

STORAGE

Keep ripe plums in the refrigerator for up to three days. Put firm plums in a paper bag and keep at room temperature until ripe.

Potatoes





SHOPPER'S TIPS

- Look for firm potatoes with smooth skin.
- Don't buy potatoes that are sprouting or shriveled. Also, avoid potatoes with large cuts, bruises, or green skin.

WHY ARE THEY GOOD FOR YOU?

One cup of cooked potato (about one medium-sized potato) is:

- An excellent source of vitamin C and vitamin B₆.
- Vitamin B₆ helps your body make healthy blood cells. It is also needed to help your body build proteins and release energy.

FUN FACTS!

- Potato skins can be brown, yellow, red, or purple. The flesh may be white, yellow, or purple.
- The potato was the first vegetable to be grown in outer space.

HEALTHY SERVING IDEAS

- Poke holes in a medium potato and microwave for 7 to 9 minutes. Split the potato open and add mashed avocado instead of butter.
- Boil potatoes and chopped carrots. Mash with a small amount of low-sodium chicken broth to make colorful mashed potatoes.

PEAK SEASON

Spring and Fall
Buy California grown potatoes in peak season. They may be fresher and cost less.

STORAGE

Keep potatoes in a cool, dark, and dry area where air can move (not the refrigerator). Put them in a plastic bag with holes for up to five weeks.

Spinach





SHOPPER'S TIPS

- Look for loose-leaf spinach with crisp, green leaves.
- Don't buy spinach with leaves that are limp, damaged, spotted, or browning. Also, avoid bags of spinach that are damaged or have expired use-by dates.

WHY IS IT GOOD FOR YOU?

One cup of fresh spinach is:

- An excellent source of vitamin A and vitamin K.
- A good source of vitamin C and folate.
- Vitamin A is an antioxidant that helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACTS!

- Spinach was the first frozen vegetable to be sold in grocery stores.
- Spinach shrinks a lot when cooked! One cup of fresh spinach makes about ¼ cup of cooked spinach.

HEALTHY SERVING IDEAS

- Toss spinach with fresh fruit – like berries, apples, or mandarin orange slices. Add nuts and a light vinaigrette dressing for a tasty salad.
- Stir-fry spinach with brown rice, garlic, onion, and chopped red bell peppers for a colorful side dish.

PEAK SEASON

Available year-round
Look for California grown spinach. It may be fresher and cost less.

STORAGE

Put washed and dried spinach loosely in an open bag. Keep it in the refrigerator for up to five days.

Strawberries





SHOPPER'S TIPS

- Look for plump strawberries with a natural shine and bright red color. The caps should be attached and look fresh.
- Don't buy strawberries that are bruised, moldy, or wrinkled, or with green or white tips. If the bottom of the container is stained or leaking, it may be a sign that the berries are rotting.

WHY ARE THEY GOOD FOR YOU?

One cup of strawberries (about 8 large berries) is:

- An excellent source of vitamin C.
- A good source of fiber.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.
- Fiber helps you feel full and keep normal blood sugar levels.

FUN FACT!

- On average, there are about 200 seeds on each strawberry.

HEALTHY SERVING IDEAS

- Add sliced strawberries to spinach salad for a sweet side dish.
- Top your cereal or oatmeal with sliced strawberries for a healthy start to your day.

PEAK SEASON

Spring
Buy California grown strawberries in peak season. They may be fresher and cost less.

STORAGE

Keep strawberries in the refrigerator for up to three days. Wash berries just before eating them.

Sweet Potatoes





Sweet Potatoes

SHOPPER'S TIPS

- Look for sweet potatoes with firm, dark, smooth skin.
- Don't buy sweet potatoes with wrinkles, bruises, sprouts, or moldy spots.

WHY ARE THEY GOOD FOR YOU?

One baked sweet potato is:

- An excellent source of vitamin A and vitamin C.
- A good source of fiber, vitamin B₆, and potassium.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- Sweet potatoes are roots (like carrots) that came from South America. Yams are tubers (like potatoes) that came from West Africa. True yams are not commonly found in the United States.

HEALTHY SERVING IDEAS

- Enjoy a batch of sweet potato fries. Dip strips of sweet potatoes in egg substitute. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

PEAK SEASON

Fall and Winter
Buy California grown sweet potatoes in peak season. They may be fresher and cost less.

STORAGE

Keep sweet potatoes in a cool, dry place for up to one month. If left at room temperature sweet potatoes will keep for up to one week. Do not put sweet potatoes in the refrigerator or they will develop a hard core and an "off" taste.

Swiss Chard





Swiss Chard



SHOPPER'S TIPS

- Look for Swiss chard with fresh, crisp stalks and glossy, dark green leaves.
- Don't buy Swiss chard that is browning, wilted, or dull-colored.

WHY IS IT GOOD FOR YOU?

One cup of cooked Swiss chard is:

- An excellent source of vitamin A, vitamin C, vitamin K, potassium, iron, and magnesium.
- A good source of fiber, vitamin E, and calcium.
- Iron is a mineral that helps move oxygen from your lungs to the rest of your body.
- Vitamin E is an antioxidant that protects your body's cells. It also helps your body use vitamin K and helps keep your immune system, skin, and hair healthy.

FUN FACT!

- Swiss chard was first grown in Italy, but a Swiss scientist was the first to name it.

HEALTHY SERVING IDEAS

- Add chopped Swiss chard to soups and stews.
- Sauté Swiss chard with chopped garlic and light olive oil. Serve as a warm side dish.

PEAK SEASON

Summer and Fall
Buy California grown Swiss chard in peak season. It may be fresher and cost less.

STORAGE

Put Swiss chard in an open bag. Keep it in the refrigerator for up to three days.

Tomatoes





SHOPPER'S TIPS

- Look for plump tomatoes with smooth skin and a sweet smell. They should feel slightly firm.
- Don't buy tomatoes that are mushy, bruised, or have broken skin.

WHY ARE THEY GOOD FOR YOU?

One large tomato (about one cup sliced) is:

- An excellent source of vitamin C and vitamin A.
- A good source of vitamin K and potassium.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- In 1893, the U.S. Supreme Court declared the tomato to be a vegetable. But it is actually a berry.

HEALTHY SERVING IDEAS

- Use fresh or canned tomatoes in soups, stews, and chili for a great taste.
- Add fresh tomatoes to everyday foods like sandwiches and salads.

PEAK SEASON

Summer and Fall
Buy California grown tomatoes in peak season. They may be fresher and cost less.

STORAGE

Keep ripe tomatoes at room temperature and away from direct sunlight for up to five days. Put firm tomatoes in a paper bag until ripe. Put cut or cooked tomatoes in the refrigerator for up to two days.

Watermelon





SHOPPER'S TIPS

- Look for firm watermelon with a sweet smell, dull rind, and dried stem. It should have a yellow underside where it touched the ground.
- Don't buy watermelon with cracks, soft spots, or a white to light green color on the underside.

WHY IS IT GOOD FOR YOU?

One cup of watermelon cubes is:

- An excellent source of vitamin C.
- A good source of vitamin A.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.
- Vitamin A helps you maintain good vision, fight infection, and keep your skin healthy.

FUN FACT!

- Watermelons came from Africa. They date back to the ancient Egyptians.

HEALTHY SERVING IDEAS

- Use diced watermelon in place of tomato in your favorite salsa recipe.
- Blend equal amounts of chopped watermelon and water. Add a splash of lime juice to make a cool Mexican drink called *aqua fresca*.

PEAK SEASON

Summer and Fall
Buy California grown watermelon in peak season. It may be fresher and cost less.

STORAGE

Keep whole watermelon at room temperature for up to two weeks. Wrap cut watermelons in plastic and put in the refrigerator for up to five days.

Yellow Squash





SHOPPER'S TIPS

- Look for well-shaped yellow squash that feel slightly firm and heavy for their size. The skin should be shiny and smooth.
- Don't buy yellow squash with cuts, brown spots, or bruises. Also, don't pick squash with dull, hard, or rough skin.

WHY IS IT GOOD FOR YOU?

One cup of fresh sliced yellow squash is:

- A good source of fiber and vitamin C.
- Fiber helps you feel full and keep normal blood sugar levels.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- Yellow squash is a type of “summer squash.” This means that it is picked when the rind is soft so you can eat it. Winter squash has thick, hard skin that you can't eat.
- Squash is a Native American word for “eaten raw.”

HEALTHY SERVING IDEAS

- Steam sliced yellow squash until tender.
- Dip sliced yellow squash into lowfat vegetable dip for a snack. Or, add to summer pasta dishes.

PEAK SEASON

Spring and Summer
Buy California grown yellow squash in peak season. It may be fresher and cost less.

STORAGE

Put yellow squash in an open plastic bag. Keep in the refrigerator for up to one week.

Zucchini





SHOPPER'S TIPS

- Look for zucchini that is shiny and feels heavy for its size. Ripe zucchini should be slightly firm.
- Don't buy zucchini that has bruises, cuts, or brown spots.

WHY ARE THEY GOOD FOR YOU?

One cup of fresh sliced zucchini (about one small zucchini) is:

- An excellent source of vitamin C.
- A good source of vitamin B₆.
- Vitamin B₆ helps build substances that fight infection, send signals to your brain, and control blood sugar levels.

FUN FACT!

- Zucchini is a type of summer squash that looks like a cucumber. Summer squash have thin skins you can eat, unlike the thick skins of winter squash that you can't eat.

HEALTHY SERVING IDEAS

- Sauté zucchini strips with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.
- Enjoy sliced zucchini, cherry tomatoes, and carrot sticks with lowfat vegetable dip for a summer appetizer.

PEAK SEASON

Spring, Summer, and Fall
Buy California grown zucchini in peak season. They may be fresher and cost less.

STORAGE

Put fresh whole zucchini in a plastic bag and keep in the refrigerator for up to five days. Wash zucchini just before using. Put sliced or cooked zucchini in a sealed container and keep in the refrigerator for up to two days.