

PENNSTATE



# Pennsylvania Produce

**A GUIDE TO QUALITY PRODUCE GROWN IN PA**



## **WHY CHOOSE FRUITS AND VEGETABLES?**

Fruits and vegetables supply our bodies with many of the vitamins, minerals and phytochemicals needed to keep our bodies growing and healing. These nutrients are important and can help you ward off heart disease and stroke, control blood pressure and cholesterol, prevent some types of cancer, and may help avoid vision loss and help you maintain a healthy weight.

## **PENNSYLVANIA PRODUCE:**

### **A GUIDE TO QUALITY PRODUCE GROWN IN PA**

This publication was designed to assist you in purchasing fresh quality produce at the peak of its season. The alphabetical format allows you to quickly find a selection and gives basic information about the produce items. This produce guide also lists many uses, how to select best quality, what to avoid, storage tips and the nutrition label to help you make healthy balanced food choices for you and your family.

**THE MyPYRAMID** website is a great place to find useful information and tips on nutrition, resources, as well as fun activities for kids!  
<http://www.mypyramid.gov/>



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

## ***Paying For Your Produce***

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

## ***Containers And Shopping Bags***

Many farmers' markets have bags and boxes, but it may be easier if you bring your own bags with handles. Keep a few extra bags in your car for those unexpected shopping stops. If you are not returning home right away, have coolers with ice packs in your car. This will ensure your produce arrives home fresh and ready to eat.

## ***Comfortable Clothes***

Most markets are not in buildings and may only have an awning or canvas roof. If it is a large market and you plan on spending a lot of time shopping, be prepared with sunscreen and maybe an umbrella to keep off the sun or rain. Comfortable clothes and shoes will make your trip more pleasant. Markets are usually open rain or shine. If you take children along, make sure you have drinks for them. Children love to help pick out the fruits and vegetables and learning about fresh produce teaches them the importance of healthy eating habits.

## ***Go Early—Go Late!***

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

## ***Take Your Time—Try Something New!***

Have fun browsing and looking around. Don't be afraid to try something new. You may discover a new favorite fruit or vegetable. Shopping at a farmers' market means that you will get the best, freshest produce available.

## ***Ask Questions***

If you see something unfamiliar, don't hesitate to ask questions. Market vendors love to share their knowledge and can even give you recipes and cooking tips. The growers know their products, so if you have questions on preparation or storage, or just want to know how something is grown, ask away!

## **FOOD SAFETY**

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

### ***Additional tips to ensure clean produce:***

1. Clean vegetable bins in your refrigerator frequently.  
Moisture in the bottom of the bins, as well as moldy or slimy items can encourage bacterial growth.
2. Thoroughly rinse raw fruits and vegetables under running water before eating them.
3. Don't use soaps, detergents or bleach solutions.
4. Before handling produce wash your hands with soap and warm water for 20 seconds, and clean all work surfaces, cutting boards, and knives.
5. Scrub tougher-skinned produce such as potatoes, carrots, and melons, and citrus fruits, with vegetable brush under running water to remove all dirt and bacteria. Any bacteria on the outside of the produce can be transferred to the inside when the fruit is peeled or cut.
6. When washing leafy greens, first place the greens in the sink with enough water to make the greens float. Agitate the greens so that the majority of the sand and soil fall to the bottom of the sink. Drain water, and then wash each leaf under cool, running water to remove any remaining dirt and contaminants.
7. Do not store bruised or damaged items. Use immediately by cutting away damaged or bruised areas- bacteria can thrive in these places.
8. Prewashed produce can be washed again as an extra measure but only just before using.
9. Drying produce with a paper towel may further reduce bacteria that may be present.



Food safety information provided by:  
Martin Bucknavage,  
Food Safety Extension Associate

**THE HARVEST CALENDAR** is a guide to when locally grown fresh produce is available at your local farmer’s market. Many county Cooperative Extension offices will be able to direct you to markets in your area. Contact information for your county extension office can be found at this website: <http://www.extension.psu.edu/>, or contact Directory Assistance for the phone number for your county Penn State Cooperative Extension office.

Harvest Calendar							
Produce	May	June	July	August	Sept.	October	November
Apples							
Asparagus							
Beans							
Beets							
Blueberries							
Broccoli							
Cabbage							
Carrots							
Cauliflower							
Cucumbers							
Cherries							
Corn (Sweet)							
Eggplant							
Grapes							
Lettuce							
Melons							
Onions							
Peaches							
Pears							
Peas							
Peppers							
Plums							
Potatoes							
Pumpkins							
Raspberries							
Radishes							
Strawberries							
Spinach							
Squash							
Tomatoes							

## APPLES

There are hundreds of different apple varieties with colors ranging from various shades of red, green and yellow. The flavor of apples also varies from tart to sweet.

**Usage:** May eat raw, add to salads, baked, or steamed and in desserts.

**Selection:** Good quality apples will be firm with smooth, clean skin and range in color. Test the firmness of the apple by holding it in the palm of your hand. (Do not push with your thumb). It should feel solid and heavy, not soft and light.

**Avoid:** Avoid product with soft or dark spots. Also if the apple skin wrinkles when you rub your thumb across it, the apple has probably been in cold storage too long or has not been kept cool. Also avoid rough and scab-like condition mainly on the stem end of the apple.

**Storage:** Store apples in cool dark place, they also do well placed in plastic bag in refrigerator.

Nutrition Facts	
Serving Size 1 medium apple	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 0g	
Vitamin A 2%	Vitamin C 10%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## ASPARAGUS

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

**Usage:** May eat raw, add to salads, steamed or microwaved.

**Selection:** High quality asparagus has tender stalks that are nearly completely green. Tender stalks will usually be medium-sized and the tips will be firmly closed. Do not skip buying asparagus simply because the stalks are fairly thick -simply peel and cook as you normally would!

**Avoid:** Avoid asparagus with wrinkled stalks and wilted tips. Also avoid stalks that are too thin.

**Storage:** Keep fresh asparagus clean, cold and covered. Trim the stem ends about ¼ inch and wash in warm water several times. Pat dry and place in moisture-proof wrapping. Refrigerate and use within 2 or 3 days for best quality. To maintain freshness, wrap a moist paper towel around the stem ends, or stand upright in two inches of cold water.

Nutrition Facts	
Serving Size 1 cup asparagus	
Servings Per Container	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 20%	• Vitamin C 15%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## BEANS: GREEN OR YELLOW

Available in green and yellow, beans are also known as string beans, snap beans or wax beans.

**Usage:** May be eaten raw, steamed, baked, added to salads and casseroles.

**Selection:** Look for fresh, clean beans that are tender, crisp and well shaped. The most tender beans will be thin but can be either long or short. Pick beans with smooth skin.

**Avoid:** Avoid beans that are tough and discolored - this is a sign that they are not fresh. Also avoid beans that are soft, wrinkled, or have lumpy sections along the length.

**Storage:** Wash and dry beans in water before refrigeration, but do not snap off the ends before storing. Beans will keep for several days in a plastic container, but are best when used immediately.

Nutrition Facts	
Serving Size 1/2 cup beans	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars --g	
Protein 1g	
Vitamin A 6%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





## BEETS: RED

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

**Usage:** Boiled, pickled or in salads. Can be added to soups, baked or fried. Beet tops can be used like spinach.

**Selection:** Good quality beets will be relatively smooth, firm and small-sized. Bulk beets should be firm and not too dark colored. Beets with the greens still attached assure the freshest product. Fresh beet greens should have bright green leaves with red veins running through them.

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

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

Nutrition Facts	
Serving Size 1/2 cup beets	
Servings Per Container	
Amount Per Serving	
<b>Calories 30</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## BLUEBERRIES

Mildly sweet to tangy and tart blueberries are low in calories but packed full of nutrients.

**Usage:** Eaten raw, add to fruit salads, bake in pies, cooked glazes, add to muffins, pancakes, and breads.

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

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

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

Nutrition Facts	
Serving Size 1/2 cup blueberries	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## BROCCOLI

This deep green flower heads looks like a tree with thick, edible stalk.

**Usage:** Eaten raw in vegetable platters, add to salads, use in soups, stews, casseroles.

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

**Avoid:** Avoid broccoli with a flower end that is soft enough to easily part with your finger tips. Avoid broccoli that is even slightly limp. Broccoli that has yellow buds (bloom-ing) is overly mature.

**Storage:** Refrigerate unwashed in a plastic bag, up to 4 days. Keep broccoli away from moisture which can cause it to become limp, moldy, and spoiled. Peel tough stalks before cooking.

Nutrition Facts	
Serving Size 1 cup broccoli	
Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 50%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## CABBAGE

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

**Usage:** Eaten raw in salads such as coleslaw, can be steamed, added to casseroles, soups, and stews.

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

**Avoid:** Avoid cabbage that has thin, wilted leaves which are a sign of old cabbage. Oblong and cracked heads mean poor quality from growing conditions.

**Storage:** Store cabbage in an air tight bag or container in the refrigerator for a week.

## Nutrition Facts

Serving Size 1/2 cup shred cabbage  
Servings Per Container

Amount Per Serving

Calories 10      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 2g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 0g

Vitamin A 0%      • Vitamin C 20%

Calcium 2%      • Iron 0%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## CANTALOUPE

Cantaloupes have brown web like look on outer rind with soft orange flesh inside.

**Usage:** Eaten raw, added in fruit salads or in fruit platters.

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

**Avoid:** Avoid cantaloupes with a rough stem end with portions of the stem remaining. This means the melon was harvested too early. Cantaloupes with green coloring, soft or sunken spots, or dark and dirty spots that look moldy are all signs of poor quality.

**Storage:** Cantaloupes pick up other odors easily, beware when storing. The whole melon will refrigerate up to five day. Cut melon in air tight container will last 3 to 5 days.

## Nutrition Facts

Serving Size 1 cup cubed cantaloupe  
Servings Per Container

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 15mg      1%

Total Carbohydrate 7g      2%

Dietary Fiber 1g      4%

Sugars 6g

Protein 1g

Vitamin A 50%      • Vitamin C 50%

Calcium 0%      • Iron 0%

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

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

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



## CARROTS

The carrot has a thick, fleshy, deep orange colored root, which grows underground, and feathery green leaves that emerge above ground.

**Usage:** Eaten raw, added to salads, cooked, stir-fry, or for juicing.

**Selection:** Good quality carrots will be firm, smooth-skinned, straight-shaped and well-colored with no blemishes. The deeper the orange coloring of the carrot, the higher the beta carotene (Vitamin A) content.

**Avoid:** Avoid carrots that are wilting, soft, split, or are growing thin hair-like roots. Those with large green areas at the top or that have dark blemishes or brown coloring of any kind are also undesirable.

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

Nutrition Facts	
Serving Size 1/2 cup chopped carrots	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 170%	Vitamin C 6%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## CAULIFLOWER

White being the most common color, but new varieties are available in green and purple. The entire flower part is edible.

**Usage:** Eaten raw in vegetable platters and salads, steamed, baked, added to soups.

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

**Avoid:** Avoid cauliflower that is soft, has ivory to light brown coloring or that has small dark spots on the curds.

**Storage:** Refrigerate unwashed cauliflower, head-down to prevent moisture loss, tightly wrapped in the crisper drawer, away from fruit.

Nutrition Facts	
Serving Size 1 cup cauliflower	
Servings Per Container	
Amount Per Serving	
<b>Calories 15</b>	<b>Calories from Fat 0</b>
	% Daily Value*
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 40%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## CHERRIES

There are two main types of cherries, sweet and sour. Sweet cherries are great for eating raw and many other uses. Sour cherries on the other hand are almost too tart to be eaten raw and are widely used in desserts, preserves and other cooked dishes.

**Usage:** Eaten raw, added to fruit salads, cooked in sauces and desserts.

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

**Avoid:** Avoid cherries that are soft, have wrinkled skin, are leaking and sticky, or that have any visible signs of decay. Immature cherries will be smaller and less juicy while over-mature product will be soft, dull and wrinkled.

**Storage:** Refrigerate cherries unwashed and loosely-packed in a plastic bag up to one week. Cherries with healthy green stems attached stay fresh longer than those without stems.

Nutrition Facts	
Serving Size 1/2 cup cherries with pits	
Servings Per Container	
Amount Per Serving	
<b>Calories 45</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300 mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





## SWEET CORN:

### BiColor, White, or Yellow

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

**Usage:** Boil, steam, microwave or roast.

**Selection:** Good quality corn has full, evenly formed filled ears with straight rows of kernels. The husks will be fresh-looking and bright green, and the silk ends free of decay or worm damage. Be sure the coloring of the kernels is bright and shiny. Pull back the husk and poke one of the kernels at the tip of the silk end with a finger-nail. If juice squirts out and is only slightly cloudy, it’s fresh. If the juice is thick or non-existent, the corn is old.

**Avoid:** Avoid corn that has shriveled, burned looking husks, or has dark-colored slime in the tassel. Large kernels, those with dark yellow dents and wrinkled kernels with no juice in them are all indications of old corn. Also avoid underdeveloped kernels lacking good color (except in the white variety) and short or crooked ears that are not filled almost to the tip with kernels.

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

Nutrition Facts	
Serving Size 6 inch ear of corn	
Servings Per Container	
Amount Per Serving	
<b>Calories 60</b>	Calories from Fat 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## CUCUMBERS

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

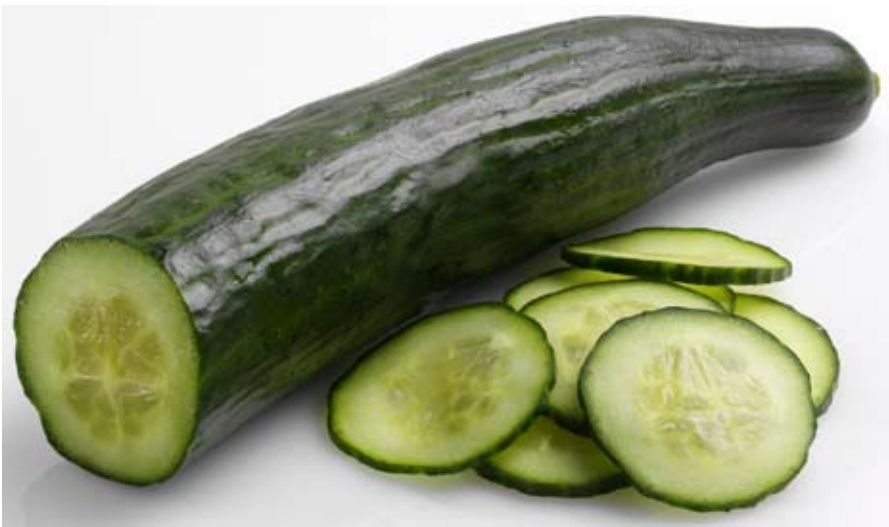
**Usage:** Eaten raw, in salads, sandwiches, or on vegetable platters, and as pickles.

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

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

**Storage:** Refrigerate cucumbers up to one week in a sealed plastic bag in the refrigerator.

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



## EGGPLANT

Most common is the dark purple color but newer varieties are available in pale yellow to white. One can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.

**Usage:** Baked, microwaved or fried.

**Selection:** Good quality eggplant should be firm, dark-colored with smooth and shiny skin, and relatively light for its size. Eggplant can be any size from small to quite large and may be egg-shaped to almost round. When young, the skin is tender and edible; as it ages the skin gets tough and needs peeling.

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

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

## Nutrition Facts

Serving Size 1/2 cup cubed eggplant  
Servings Per Container

Amount Per Serving

Calories 10      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 2g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 0g

Vitamin A 0%      • Vitamin C 2%

Calcium 0%      • Iron 0%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## GRAPES

Grapes are available in green, red, and black and vary in size. Some contain edible seeds while others are seedless.

**Usage:** Eaten raw, added in salads, as a snack or as a dessert.

**Selection:** Good quality grapes are well-colored, plump, firmly attached to the stem and are fairly large. Some varieties of red grapes are supposed to be small. Select grapes that are fairly firm, but not rock-hard. Red varieties are best when red coloring predominates on all or most of the berries. Grapes are always picked ripe, and do not ripen further once off the vine.

**Avoid:** Avoid grapes that are soft, wrinkled, shriveled, shattered, or have bleached areas around the stem. Soft or wrinkled grapes means they are getting old or have not been kept cold.

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

## Nutrition Facts

Serving Size 1 cup grapes  
Servings Per Container

Amount Per Serving

Calories 60      Calories from Fat 5

% Daily Value\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 16g      5%

Dietary Fiber 1g      4%

Sugars 15g

Protein 1g

Vitamin A 2%      • Vitamin C 15%

Calcium 2%      • Iron 2%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## HONEYDEWS

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

**Usage:** Eaten raw, added in fruit salads or in fruit platters.

**Selection:** Good quality honeydew melons turn a creamy yellow color and the skin will have a slightly waxy feel when ripe. They will be firm with a small amount of softness at the stem and will be fairly large. Those weighing about 5 pounds have the best flavor. The seeds of an especially juicy melon will rattle if the melon is shaken.

**Avoid:** Avoid a honeydew that is too firm, too soft, has dark blemishes on the skin or is green-colored.

**Storage:** Wrap ripe melon in plastic bag and refrigerate up to 5 days. Cut melon stored in air tight container will last up to 4 days.

<b>Nutrition Facts</b>	
Serving Size 1 cup cubed honeydew	
Servings Per Container	
Amount Per Serving	
<b>Calories 30</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 0g</b>	
Vitamin A 0%	Vitamin C 25%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## LETTUCE: GREEN AND ROMAINE

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

**Usage:** Eaten raw in salads, sandwiches, used as a garnish.

**Selection:** Good quality green leaf lettuce will have fairly large, loose heads and thick, “crumpled” leaves. The leaves will be medium to dark-green in color blending to nearly white ribs or veins. Scratch the stalk and smell. A sweet or bitter smell means sweet or bitter flavor.

**Avoid:** Avoid lettuce with thin, wilted leaves and brown spots near the stalk end. Extremely solid, light-colored heads mean all core and less taste.

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

Nutrition Facts	
Serving Size 3/4 cup romaine lettuce	
Servings Per Container	
Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 1g</b>	
<b>Vitamin A 70%</b>	<b>Vitamin C 20%</b>
<b>Calcium 2%</b>	<b>Iron 4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Romaine lettuce

Green lettuce



## LETTUCE: ICEBERG

Iceberg lettuce is the most common type of lettuce. Heads are large, round, and solid, with medium-green outer leaves and lighter green or pale-green inner leaves.

Butter-head lettuces, including the Bibb varieties have smaller heads than iceberg. This type will have soft, light-green leaves in a rosette pattern in the center.

**Usage:** Eaten raw in salads, sandwiches, used as a garnish.

**Selection:** Good quality iceberg lettuce will have fairly large, moderately firm heads that give to gentle pressure, and thick leaves. The leaves will be medium to light-green in color blending to nearly white ribs or veins. Scratch the stalk and smell. A sweet or bitter smell means sweet or bitter flavor.

**Avoid:** Avoid lettuce with thin, wilted leaves and brown spots. Extremely solid, light-colored heads mean all core and less taste. Oblong and cracked heads mean poor growing conditions.

**Storage:** Iceberg lettuce can store well for up to two weeks tightly wrapped in refrigerator but store away from fruit.

Nutrition Facts	
Serving Size 1 1/2 cup iceberg lettuce	
Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
Vitamin A 6%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## MUSHROOMS

We usually describe mushrooms as having a *cap*—the wide portion on top, *gills* — the numerous rows of paper-thin tissue seen underneath the cap when it opens, and a *stem*.

**Usage:** May be eaten raw, added to soups, salads, sauces, sauted and served over meats and side dishes.

**Selection:** Look for young mushrooms that are small to medium in size. Caps should be either closed around the stem or moderately open with pink or light tan gills. The surface of the cap should be white or creamy, or uniform light brown of a brown type mushroom.

**Avoid:** Overripe mushrooms (shown by wide-open caps and dark, discolored gills underneath) and those with pitted or seriously discolored caps.

**Storage:** Mushrooms should keep up to five days if stored in refrigerated unwashed in a paper bag (a plastic bag will trap moisture and promote spoilage; storing them out of a bag will promote dehydration).

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





## ONIONS

The many varieties of onions fall into three general color ranges: yellow, white, and red.

**Usage:** Eaten raw in salads and on sandwiches, barbecued on shish kebabs, added to stews and soups, and in meat dishes and casseroles.

**Selection:** Good quality yellow onions will be firm, free of blemishes or mold spots and have even-colored, paper-dry skin. Some people feel that sweeter onions will be flat-shaped from stem to rootend, not round. **Avoid:** Avoid onions that are soft, wet-skinned, bruised, have dark blemishes or spots of mold.

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

Nutrition Facts	
Serving Size 1/2 cup chopped onions	
Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## PEACHES

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

**Usage:** Eaten raw, canned, added to fruit salad, baked in desserts.

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

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

**Storage:** Once ripe, a peach will keep in the refrigerator up to one week. Do not store unripe peaches in the refrigerator, in a plastic bag or in direct sunlight; they will ripen in a closed paper bag in one to three days.

Nutrition Facts	
Serving Size 1 medium peach	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 8%	Vitamin C 15%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## PEARS: BARTLETT

Pears grow in a wide range of shapes from almost round to bell shaped. Their color can vary from green to yellow to red. The flavor also ranges from spicy to sweet to tart sweet.

**Usage:** Eaten raw, added in salads, canned, baked or poached.

**Selection:** Good quality Bartlett pears will be medium sized or larger with no bruises and only a few minor scuff marks. The coloring will be light-green to completely yellow. Bartlett pears are ripe when they turn completely yellow and give off a sweet aroma. This pear bruises easily when ripe.

**Avoid:** Avoid pears with soft spots or scars that are more than skin-deep. Pears that are extremely hard will ripen best at room temperature.

**Storage:** Ripen pears in a paper bag at room temperature for two to three days until fragrant and soft to the touch. Once ripe, pears will keep up to three days if refrigerated in a plastic bag.

Nutrition Facts	
Serving Size 1 medium pear	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 5g	20%
Sugars 16g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## PEAS

Also known as English peas, these peas should be removed from the pod before cooking. Other types such as snow peas and sugar peas, are eaten pod and all.

**Usage:** May be eaten raw, added to salads. Steamed and added to casseroles, stews, and soups.

**Selection:** Snow peas should be flat with a fairly shiny appearance. Sugar snap peas are little smaller than snow peas and should have a plump, snug pod with the peas inside. Sugar peas have strings, but whether or not they are removed is a personal choice, but not required. Good quality peas will have a large pod that bulges away from the pea inside. The pod will be firm and crisp with medium to dark-green coloring.

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

**Storage:** Snap and sugar peas have a somewhat longer shelf life than green peas, up to three days when kept refrigerated unwashed, in plastic bags. Snow peas like less humidity than sugar snap peas so take that into account in deciding where in the refrigerator to store them. It is also wise to perforate the plastic bag in which you intend to store them.

Nutrition Facts	
Serving Size 1/2 cup peas	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A 10%	Vitamin C 50%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**PEPPERS: SWEET  
GREEN, YELLOW, OR RED**

Also known as bell peppers are available in green, red, yellow, orange, and purple. The green pepper is a pepper that has not fully ripened before being picked and will not ripen after picking which gives longer storage time before spoilage. The richer the color red, orange, and purple the sweeter the flavor and higher in Vitamin A and C nutrients.

**Usage:** Eaten raw, added to vegetable platters. Cooked, roasted, added to casseroles, cored and stuffed with filling as a main dish.

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

**Avoid:** Avoid peppers that are soft, have wrinkled skin or are bruised or pock marked.

**Storage:** Whole bell peppers will refrigerate up to one week in a plastic bag. Store whole peppers unwashed.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup chopped peppers	
Servings Per Container	
Amount Per Serving	
<b>Calories 15</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 6%	Vitamin C 100%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## PLUMS

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

**Usage:** Eaten raw, baked or poached for dessert.

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

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

**Storage:** Ripen firm plums at room temperature in a paper bag, with the top folded over but not sealed, for a couple of days. Ripe plums should keep in the refrigerator up to three days

Nutrition Facts			
Serving Size 1 medium plum			
Servings Per Container			
Amount Per Serving			
<b>Calories 30</b>	Calories from Fat 0		
% Daily Value*			
<b>Total Fat 0g</b>	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 0mg</b>	<b>0%</b>		
<b>Total Carbohydrate 8g</b>	<b>3%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 7g			
<b>Protein 0g</b>			
Vitamin A 4%	• Vitamin C 10%		
Calcium 0%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



## POTATOES: RED

Potatoes are broken into four basic categories: russet, long white, round white and round red.

**Usage:** Baked, roasted, fried, boiled and added to salads.

**Selection:** Good quality red potatoes will be firm, smooth skinned and have bright red coloring. They should have few eyes, and those few eyes should be shallow.

**Avoid:** Avoid potatoes that are soft, wrinkled, have cuts in the skin or are green tinted.

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

Nutrition Facts	
Serving Size 1 medium potato	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 3g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## PUMPKIN

Large, round and orange, the flesh has a mild sweet flavor and the seeds are edible roasted.

**Usage:** Baked in pies, custards, pureed for soups, added to stews, and carved for Jack-O-Lanterns!

**Selection:** A good quality pumpkin will be hard and heavy for its size.

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

**Storage:** Fresh whole pumpkins can be stored at room temperature up to one month.

Nutrition Facts	
Serving Size 1/4 cup cooked pumpkin	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 90%	Vitamin C 8%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





## RADISHES: RED

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

**Usage:** Eaten raw in salads and vegetable platters, used as a garnish.

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

**Avoid:** Avoid radishes that are soft, dull-colored, have white or brown scars, or black spots. If the tops are yellow, limp or slimy, the radishes are either old or have not been refrigerated properly.

**Storage:** Remove and discard leaves if on at time of purchase. Store unwashed radishes in an airtight bag in refrigerator up to 5 days.

## Nutrition Facts

Serving Size 1/2 cup sliced radishes  
Servings Per Container

Amount Per Serving

Calories 10      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 25mg      1%

Total Carbohydrate 2g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 0g

Vitamin A 0%      • Vitamin C 15%

Calcium 2%      • Iron 2%

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

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

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



## RASPBERRIES

Raspberries are available in red, black, purple and gold, with red raspberries remaining the most common.

**Usage:** Eaten raw, in fruit salads, in desserts, sauces, in jams and jellies.

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

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

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

Nutrition Facts	
Serving Size 1 cup raspberries	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 8g	32%
Sugars --g	
Protein 1g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## RHUBARB

Rhubarb looks like a pink or red stalk of celery and is a vegetable, but used like a fruit in sweetened sauces and pies.

**Usage:** Chopped and cooked for desserts custards, or pie, and sauces.

**Selection:** Look for fresh, firm rhubarb stems with a bright, glossy appearance. Stems should have a large amount of pink or red color, although many good quality stems will be predominantly light green. Be sure that the stem is tender and not fibrous.

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

**Storage:** Rhubarb leaves must be removed before cooking. Rhubarb will last up to two weeks when put in a plastic bag in the coolest part of the refrigerator, but best if eaten within 7 to 10 days.

## Nutrition Facts

Serving Size 1/2 cup rhubarb  
Servings Per Container

Amount Per Serving

Calories 15      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 3g      1%

Dietary Fiber 1g      4%

Sugars 1g

Protein 1g

Vitamin A 2%      • Vitamin C 8%

Calcium 6%      • Iron 0%

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

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

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



## SPINACH

Spinach is available in curly and smooth leaf varieties.

**Usage:** Eaten raw in salads and sandwiches, cooked as a side dish, added with pasta, in soups, stews and casseroles, and used as a topping on pizza.

**Selection:** Good quality spinach will have broad, thick, crisp dark green leaves. The stems will be unblemished and free of mud.

**Avoid:** Avoid spinach with thin, limp leaves that are pale-green or yellow or in wilted condition. Also avoid mud-caked product, or bunches with extremely large or blemished stalks.

**Storage:** Store unwashed in an airtight bag for 3 to 5 days in refrigerator.

Nutrition Facts	
Serving Size 1 cup spinach	
Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 15%	Vitamin C 6%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## STRAWBERRIES

Strawberries vary in size, shape and color (some are off white). In general the flavor of smaller berries is better than larger ones.

**Usage:** Eaten raw, in desserts, glazes, juicing, jams and jellies.

**Selection:** Good quality strawberries should be firm but not rock-hard, evenly shaped and medium to large in size. Their coloring should be even and bright red.

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

**Storage:** Check the contents of the strawberry container and use any overripe berries within 24 hours of purchase. The remaining strawberries should be refrigerated in the same container they were purchased in, and should last two to five days. Do not wash them until you are ready to eat them, or they will become mushy and moldy.

## Nutrition Facts

Serving Size 1 cup strawberries  
Servings Per Container

Amount Per Serving

Calories 50      Calories from Fat 5

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 12g      4%

Dietary Fiber 3g      12%

Sugars 7g

Protein 1g

Vitamin A 0%      • Vitamin C 150%

Calcium 2%      • Iron 4%

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

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

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



## TOMATOES

Many varieties are available ranging widely in size, color and shape.

**Usage:** Eaten raw, added in salads and on sandwiches, used in salsa, chili, stews, casseroles, and sauces.

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

**Avoid:** Avoid tomatoes that are too soft, wrinkled or those that have broken skin. Tomatoes with a green blush will ripen, but avoid those with blotchy green or brown areas.

**Storage:** If your tomatoes need further ripening, keep them in a warm place but not in direct sunlight. Unless they are fully ripened, do not store tomatoes in a refrigerator—the cold temperatures might keep them from ripening later on and will ruin the flavor.

## Nutrition Facts

Serving Size 1/2 large tomato  
Servings Per Container

Amount Per Serving

Calories 25      Calories from Fat 5

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 6g      2%

Dietary Fiber 2g      8%

Sugars 4g

Protein 1g

Vitamin A 25%      • Vitamin C 30%

Calcium 2%      • Iron 2%

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

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

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



## TURNIP

The most popular turnip has white flesh and a reddish-purple tint on top. It may be sold “topped” (with leaves removed) or in bunches with tops still on. Small young turnips have a delicate slightly sweet taste. As they age the taste becomes stronger and the texture coarser, sometimes almost woody.

**Usage:** Sliced or cubed in stews, soups, salads, boil and mash with potatoes.

**Selection:** Good quality turnips will be very firm, smooth-skinned and heavy for their size. The coloring will be light-purple on the top fading to bright-white at the bottom.

**Avoid:** Avoid turnips that are soft, spongy, blemished with brown spots, cut or lightweight for its size, and large turnips with too many leaf scars around the top.

**Storage:** Turnips can be tightly wrapped and stored in the refrigerator up to two weeks.

## Nutrition Facts

Serving Size 1/2 cup cubed turnips  
Servings Per Container

Amount Per Serving

Calories 20      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 45mg      2%

Total Carbohydrate 4g      1%

Dietary Fiber 1g      4%

Sugars 2g

Protein 1g

Vitamin A 0%      • Vitamin C 25%

Calcium 2%      • Iron 2%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## WATERMELON

The flesh ranges in color from white and yellow to the most common—pink and red. The two main varieties are with seeds or seedless. Seeds or seedless does not change the flavor.

**Usage:** Eaten raw, added in fruit salads or in fruit platters.

**Selection:** Judging the quality of a watermelon is very difficult unless it is cut in half or quartered. Good quality watermelon will be firm, evenly-shaped, heavy for its size and have a deep-pitched tone when slapped with an open palm. One of the easiest methods is to simply turn the melon over. If the underside is yellow, and the rind overall has a healthy sheen, the melon is most probably ripe. The flesh of cut melons should have a fresh, firm texture, and the seeds, if present, should be fully mature and hard. Watermelons do not ripen any further once they are cut from the vine.

**Avoid:** Avoid watermelon that is partially white or pale green, soft overall, has soft spots or is leaking a milky-white fluid. Melons shouldn't have any dents, bruises or cuts, but marks left from insect bites will not affect the melon's flavor. When using the open palm technique for ripeness, avoid melons with a high-pitched tone or a dead, thudding sound.

**Storage:** Keep whole watermelons in refrigerator if at all possible up to 5 days. If refrigerator space limited, store in cool place. Store cut water melon wrapped in the refrigerator for to 3 to 5 days.

Nutrition Facts	
Serving Size 3/4 cup cubed watermelon	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	





## ZUCCHINI OR YELLOW SQUASH

Also known as summer squash, is commonly 4 to 8 inches long. On overly large summer squash, the skin becomes thick and needs peeling, and large seeds should be removed before cooking.

**Usage:** Eaten raw in vegetable platters, cooked, steamed, fried, baked or microwaved, added to soups, stews, and casseroles.

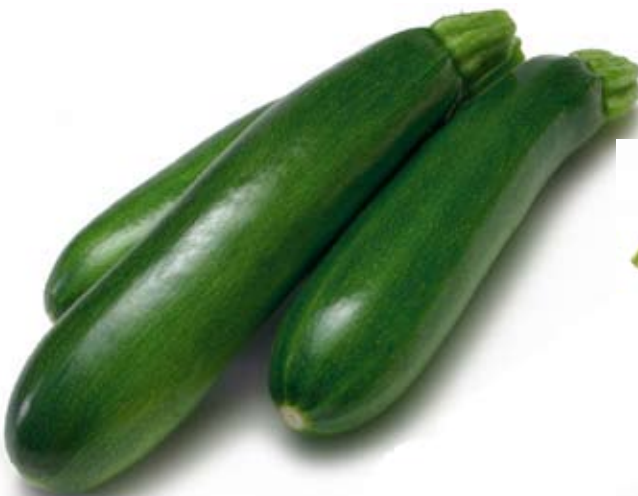
**Selection:** Good quality zucchini should be firm, smooth-skinned and small in size and the surface will be shiny.

**Avoid:** Avoid any that are soft, wrinkled, blemished or dull in appearance. Large squash will be less tender than a smaller product.

**Storage:** Unwashed squash will refrigerate up to a week in a plastic bag, though it is best used within 2 or 3 days of purchase. To prevent decay do not wash until ready to use. Keep away from moisture as it will speed the decaying process.

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

Zucchini



Yellow Squash



## SAVING PRODUCE FOR LATER

It's the time of year when gardens everywhere are producing at their peak and there are good bargains at farmers' markets and roadside stands. What do you do if you get a bounty of fruit and vegetables and you know you can't use it before it spoils? Don't worry, you have several options! Freezing, drying or preserving are all ways to save produce for later. When winter arrives, you will taste some of that summer season goodness! The Solution Source at [www.solutions.psu.edu](http://www.solutions.psu.edu) is one of many sites that can assist you in making the best choices for saving your produce for later.



## ABOUT SOLUTION SOURCE: [www.solutions.psu.edu](http://www.solutions.psu.edu)

Solution Source is a web-based information system from Penn State Cooperative Extension. The system provides you with 24/7 access to trustworthy, timely solutions based on university research. You'll find relevant information on child development, parenting, family life, food preparation and safety, lawn and garden care, agriculture, nutrition

and fitness, household problems, wildlife, and the environment. You can browse the site or use the site's search engine to find topics of interest. Information is provided free of charge and is for educational purposes only.

## PENN STATE NUTRITION LINKS

Penn State Nutrition Links is federally funded to provide individuals and families living on limited budgets—especially those with young children—with the education, practical skills and support they need to change their eating behaviors and discover a healthier lifestyle. Along with better nutrition, the program promotes a more active lifestyle, personal development, and self sufficiency.

Nutrition Links does not supply free food or food stamps, but offers educational activities following the Dietary Guidelines for Americans and MyPyramid to help participants use their available resources in the most healthful and economical ways possible. Contact your local Cooperative Extension office to learn about the programs available in your area or call 1-888-778-3535 <http://nutrlinks.cas.psu.edu>



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## WHY CHOOSE FRUITS AND VEGETABLES?

Fruits and vegetables supply our bodies with many of the vitamins, minerals and phytochemicals needed to keep our bodies growing and healing. These nutrients are important and can help you ward off heart disease and stroke, control blood pressure and cholesterol, prevent some types of cancer, and may help avoid vision loss and help you maintain a healthy weight.

## Penn State Nutrition Links



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