

# Kohlrabi

**\* Peel off the tough outer skin and fibers\***

Tastes a little like green cabbage, with the texture of a radish or turnip

Good source of antioxidants, vitamin B6, fiber, and potassium; may support digestive health and improve metabolism and immune function

## What to do with it?

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- Eat raw
- Add to salad
- Boil, sauté or fry
- Cook in a chili

# Radishes (red, Daikon)

No need to peel before eating

Good source of fiber, vitamin C, potassium

Have a spicy flavor and crisp texture when raw, milder flavor and softer texture when cooked

May reduce cancer risk and protect against fungal infections

## What to do with it?

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- Eat raw
- Roast, steam, boil, or microwave till tender
- Add to salads
- Add to chili, soups or pasta sauce

# Beets (red, golden, Chiogga)

Can eat the skin if it is tender, or remove the skin with a peeler before or after cooking

Good source of fiber, vitamin C, B vitamins, iron, potassium and magnesium

Note that urine or feces may temporarily turn red after eating red beets

## What to do with it?

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- Roast, steam, boil, or microwave till tender
- Add to salads
- Add to chili or pasta sauce
- Serve as a side with butter

# Swiss Chard

Good source of magnesium, potassium, iron, fiber, 13+ antioxidants, and vitamins K, A & C

Storage Tip: Unwashed, tightly wrap in paper towel inside ziplock bag to keep fresh

Can eat the stems and leaves

## What to do with it?

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- Eat raw, sautéed or baked
- Add to salads
- Add to pasta sauce
- Add to soup & chili

# Kale (curly, purple, lacinato)

Good source of potassium, calcium, iron, and vitamin K, vitamin C and vitamin A

Might support health of eyes, skin, and bone, lower cholesterol, and reduce risk of heart disease and cancer

Can eat the leaves and thin stems

## What to do with it?

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- Use as a base for a summer salad
- Cook in soups and chili
- Make a smoothie
- Cook well for a side

# Dill

Can eat seeds and leaves

Has been used as a remedy for upset stomach, cramps, and spasms, gas relief, colic, bad breath, cough, cold, flu; mild diuretic

Might increase milk production in nursing mothers

## What to do with it?

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- Eat with garlic and lemon
- Use as garnish on white fish
- Finely chop & mix with mayo
- Add with plain yogurt to sliced cucumbers

# Beet Greens

Good source of fiber, antioxidants, potassium, zinc, calcium, magnesium, lutein, and essential vitamins

Anti-inflammatory

Can eat stems and leaves

## What to do with it?

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- Eat sautéed with olive oil, garlic, onions
- Add to soups and chili
- Add to pasta sauce

# Parsley

Can eat leaves and tender stems

Has the ability to mask strong odors such as garlic

Good source of vitamins A, C and E, iron, antioxidants

Can be anti-inflammatory and act as a diuretic; leaves might soothe cramps and provide gas relief; seeds might help gout, rheumatism, arthritis

## What to do with it?

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- Sprinkle on salads and pasta
- Add to smoothies
- Put with, rosemary, thyme and garlic in olive oil for infusion

# Thyme

Use leaves and tender stems

Pairs well with rosemary, garlic parsley, sage

Has antioxidants

Might serve as an antiseptic and relieve muscle spasms, fungal infections, mild asthma, congestion, earache, colds & flu symptoms

## What to do with it?

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- Sprinkle on salads and pasta
- Add to smoothies
- Put with parsley, rosemary and garlic in olive oil for infusion

# Plantain

**\*remove the peel using a knife\***

green to yellow = firm and starchy, good for making baked chips or fried patties

Mostly black skin = soft and sweet, similar in flavor and texture to banana; eat raw or fried

Rich in vitamin B, vitamin C, vitamin E, and potassium

## What to do with it?

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- Fry in butter or oil
- Bake slices as chips
- Put in smoothies
- Pair with beans and rice

# Rosemary

Use the leaves and tender stems

Might promote memory, stimulate circulation, raise low blood pressure, boost mood, ease headaches, soothe pain and muscle aches, and promote hair growth

## What to do with it?

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- Sprinkle on salads and pasta
- Add to smoothies
- Put with parsley, thyme and garlic in olive oil for infusion

# Summer Squash

Zucchini or yellow summer squash

Skin can be eaten, no need to peel

Good source of vitamin C, vitamin B6, manganese and fiber

Low in calories and carbohydrates

## What to do with it?

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- Sauté, fry, roast or grill
- Eat raw
- Use in place of pasta
- Put in soups or chili

# Celery

Good source of vitamin A, vitamin B9, vitamin K, fiber and potassium

Might reduce blood pressure, cholesterol, asthma symptoms and inflammation, and reduce risk of cancer and urinary tract infections, boost immune system function & digestion

## What to do with it?

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- Add to smoothies
- Add to soups & salads
- Eat raw with peanut butter
- Plant the stem base in a pot with soil to grow new celery

# Apples

Good source of vitamin A, vitamin B9, vitamin C, copper, iron, magnesium, potassium, phosphorus

Eat the peel for extra fiber

Might lower blood pressure & cholesterol, help with diabetes management, aid digestion, lower risk of cancer fighter, ease asthma, support bone density

## What to do with it?

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- Eat it raw
- Dip in peanut butter or hummus
- Add to oatmeal
- Bake with cinnamon & honey

# Carrots

Good source of vitamin K, potassium, antioxidants and fiber

Might lower cholesterol & blood pressure, reduce risk of cancer and heart disease, improve eye, brain & skin health, aid digestion, boost immune function

Can eat the peel

## What to do with it?

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- Eat raw with hummus or peanut butter
- Fry in skillet with butter
- Grill or roast with oil & herbs
- Add to pasta sauce, soups, stews, chili

# Bananas

**\*Remove peel before eating\***

Good source of vitamin B6, potassium, iron, fiber

Energy & mood booster, might help circulatory system, help with control of blood glucose, promote gut health, help prevent anemia

Rub peel on teeth to whiten & on a bug bite to relieve itch

## What to do with it?

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- Eat raw
- Use as base for smoothies
- Add to oatmeal
- Put in sandwich with peanut butter

## Grapes

Good source of vitamin A, vitamin C, vitamin K, potassium, calcium, magnesium

Might promote heart, skin & eye health, kidney function, immune function and memory, and reduce allergy symptoms

### What to do with it?

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- Wash and eat raw
- Use in fruit salads
- Add to green salad with walnuts, chicken or turkey

## Potatoes

Good source of vitamin B6, vitamin C, potassium, magnesium, calcium and protein

Can eat the peel, which has fiber

Might boost the immune system, promote strong bones and muscles, promote heart health and metabolism, provide burn relief

### What to do with it?

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- Fry in skillet in oil or butter with garlic and herbs
- Grill or bake with oil & herbs
- Bake whole in skin, then add vegetables and sauce

## Kiwi

**\*Remove the skin by peeling or by cutting in half and then scooping out the flesh with a spoon\***

Good source of vitamin C & E (antioxidants), fiber, copper, magnesium, potassium

May help reduce risk of cancer, promote blood sugar management, aid digestion, support metabolism, promote health of eyes, skin & hair, boost the immune system

### What to do with it?

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- Eat raw
- Use in fruit salad
- Yogurt parfait
- Green salad topping

## Cucumber

Can eat the peel

Good source of vitamin C, vitamin K, fiber, potassium, magnesium, manganese

Might help with control of diabetes and blood pressure, act as a digestive aid, promote hydration, reduce eye puffiness and provide headache relief

### What to do with it?

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- Eat raw with hummus
- Add to smoothies
- Add to salads
- Mix with tomatoes or with yogurt & dill

# Avocado

Remove the peel and pit before eating: cut in half and then scoop the flesh from the skin & the pit from the flesh

Good source of vitamin A, B vitamins, vitamin C, vitamin E, vitamin K, fiber, protein, potassium and healthy fats

Might promote health of the eyes, bones, brain, hair & skin, ease arthritis, lower cholesterol, boost energy, and help the body absorb nutrients from other foods

## What to do with it?

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- Use for dip or toast spread
- Add to salads
- Add to sandwiches and wraps
- Add to smoothies

# Winter Squash

Butternut, buttercup, delicata, kuri, etc.

The peel can be eaten with delicata squash; for most other winter squashes remove the skin by peeling or by roasting with the skin on then scooping the flesh out of the peel

Good source of vitamin C, vitamin B6, fiber, magnesium, potassium, protein and vitamin A

## What to do with it?

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- Roast or boil
- Add to pastas and chilis
- Eat as cubes or mashed
- Make a winter squash soup

# Sweet Potatoes

Good source of vitamin A, B vitamins, vitamin C, fiber, calcium and potassium

Can eat the peel for more fiber

May support eye & skin health, aid metabolism, promote digestion, boost energy and immune function

## What to do with it?

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- Pairs well with cinnamon, curry, turmeric, ginger, honey, & savory herbs
- Boil, grill, bake, sauté, air fry
- Use in baked goods

# Rice

**\*Simmer for 15 minutes (white) or 45 minutes (brown)\***

Enriched white rice is a good source of B vitamins and iron

Brown rice is a good source of B vitamins, iron and fiber

Fiber helps the body to feel full, promotes digestive health, and helps with blood sugar control

Both are a rich source of carbs to keep you energized

## What to do with it?

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- Eat with vegetables
- Add to taco or burrito
- Mix with beans
- Make a rice pudding

# Onions

**\*Remove the tough outer layer\***

Good source of vitamin C, vitamin B6, magnesium, sodium, potassium, iron, calcium, fiber

May have cancer fighting, anti-fungal, anti-bacterial and anti-inflammatory properties

## What to do with it?

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- Eat raw, sauteed, roasted, marinated or grilled
- Add to soups and chili
- Cook with greens
- Add to salads

# Tomatoes (canned or raw)

Good source of potassium, iron, magnesium, calcium, vitamin C, vitamin B6 and vitamin D

Pair with iron-containing foods to boost iron absorption

## What to do with it?

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- Cook with herbs and add to whole wheat pasta or hot sandwiches
- Eat raw
- Add to salads
- Add to soups, stews & chili

# Nuts

Good source of manganese, potassium, calcium, iron, magnesium, zinc, selenium, vitamin E, B vitamins, protein, fiber and healthy fats

Contain antioxidant compounds that can protect against cancer, heart disease, degenerative nerve diseases and viral/fungal infections

## What to do with it?

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- Eat plain as a snack
- Add to oatmeal or yogurt
- Add to salads
- Use in a trail mix

# Black, Kidney or Pinto Beans (canned or dried)

**\*Dried beans: soak at least 8 hours, drain, then simmer for 1 ½ to 2 hours\***

Good source of fiber, protein, minerals, and vitamin B  
Protein and fiber help you feel full; might reduce risk of cancer

## What to do with it?

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- Bean soup or chili
- Bean and corn salsa
- Bean and rice taco
- Add to salads

## Lentils (canned or dried)

**Dried lentils: boil for 15-30 min till tender, no need to soak in water first**

Good source of iron, zinc, protein, fiber, antioxidants and B vitamins

Protein and fiber help you feel full

### What to do with it?

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- Lentil soup
- Lentil burger
- Lentil stew
- Lentil salad

## Whole Wheat Pasta

Good source of fiber, B vitamins and iron  
Iron helps your blood cells to carry oxygen

Has fiber that helps you to feel full

### What to do with it?

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- Pasta with tomato sauce
- Pasta with meatballs
- Pasta with lemon & garlic
- Pasta salad with peanut sauce

## Canned Tuna or Salmon

Good source of iron, niacin, protein, vitamin A and vitamin D

Has unsaturated fats (omega 3) that help reduce the risk of heart disease

Has antioxidants that protect your cells from free radicals

### What to do with it?

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- Mix with oats to make a pan-fried patty
- Mix with mustard or mayonnaise for a sandwich or wrap
- Add to salads

## Corn Flakes

Enriched with vitamins and minerals

Can pair with healthy grains such as rolled oats and with nutritious fruits and nuts

Can use to provide crunch for hot and cold dishes

### What to do with it?

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- Mix with yogurt or milk, fruit, nuts, and rolled oats
- Crush and use as a topping for baked chicken or fish, mashed sweet potatoes, casseroles