

Asparagus





Asparagus

SHOPPER'S TIPS

- Look for firm, bright green stalks with tightly closed tips.
- Avoid limp asparagus stalks or stalks with open tips.

FUN FACTS!

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

WHAT IS IN IT FOR YOU?

One cup of asparagus (about six medium- to large-sized spears) is:

- An excellent source of vitamin A and vitamin K.
- A source of vitamin C, iron, fiber, folate, riboflavin, and thiamin.

SERVING IDEAS

- Cook asparagus in a small amount of boiling water until tender.
- Thread wooden skewers through whole spears side by side to make an asparagus "raft" that can be easily flipped on the grill.

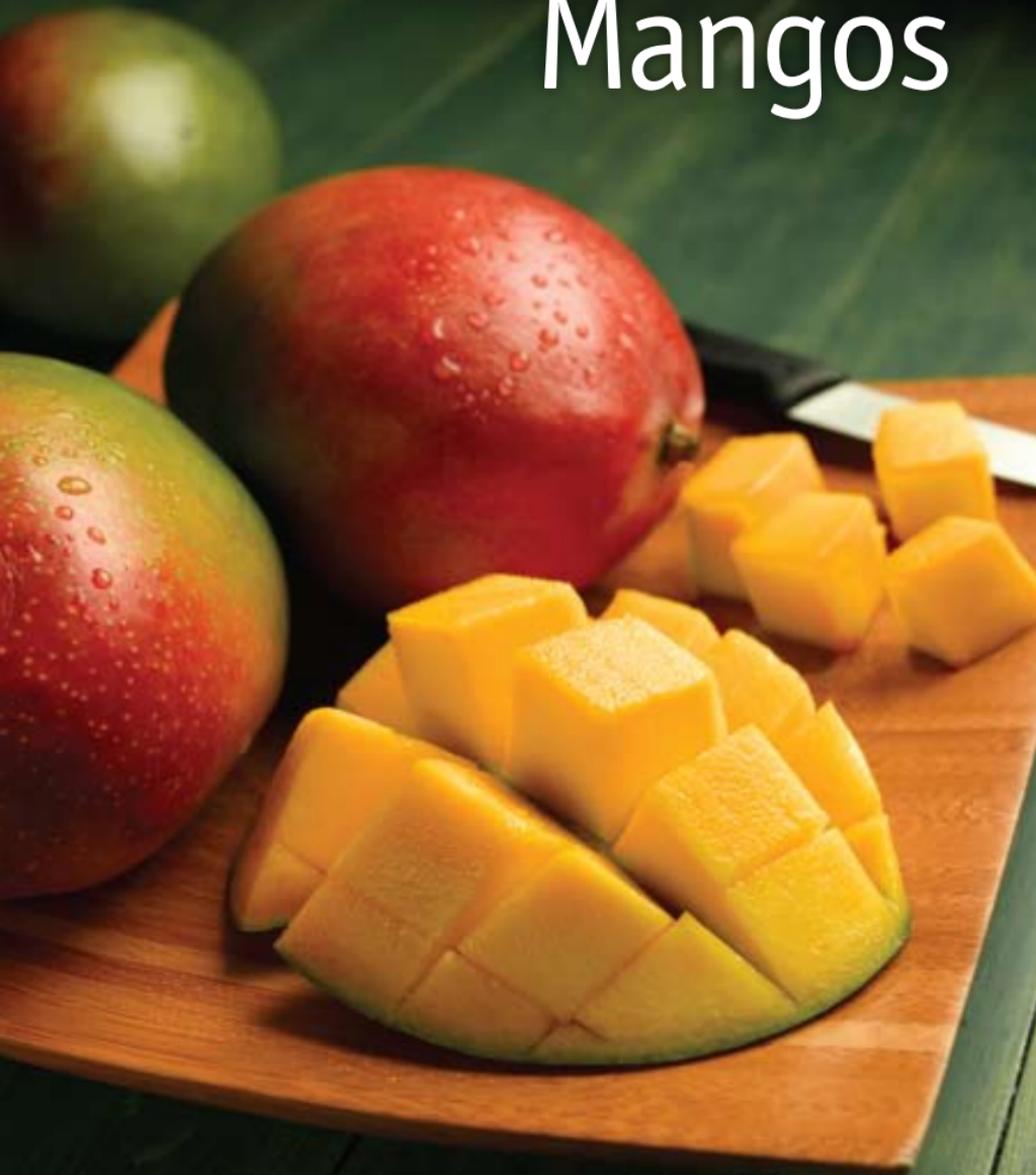
PEAK SEASON

California grown varieties, available from mid-winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

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

Mangos





Mangos

SHOPPER'S TIPS

- Look for firm, plump mangos that have a sweet smell and give slightly to gentle pressure.
- Avoid mangos with bruised or broken skin.

FUN FACTS!

- Mangos come in various sizes and colors including red, orange, yellow, and green.
- Mangos came from Southeast Asia and India over 4,000 years ago.

WHAT IS IN IT FOR YOU?

One mango is:

- An excellent source of vitamin C and vitamin A.
- A source of fiber, vitamin B6, vitamin E, and vitamin K.

SERVING IDEAS

- Blend mango chunks with lowfat yogurt and orange juice for a smoothie.
- Sprinkle mango chunks with chili powder and lime juice for a refreshing snack.

PEAK SEASON

California grown varieties, available in early summer and mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store mangos at room temperature and away from the sun until ripened. Store ripe mangos in the refrigerator for up to two weeks.

Collard Greens





Collard Greens

SHOPPER'S TIPS

- Look for crisp bunches with smooth, firm leaves.
- Avoid bunches with yellow, wilted, or slimy leaves and thick, dried-out stems. Wilting is a sign of bitter tasting leaves.

FUN FACTS!

- Collard greens were grown by the ancient Greeks and Romans.
- A southern tradition in the United States, collard greens are eaten on New Year's Day to ensure wealth in the coming year because their leaves resemble folded money.

WHAT IS IN IT FOR YOU?

One cup of cooked collard greens is:

- An excellent source of vitamin A, vitamin K, vitamin C, folate, fiber, and calcium.
- A source of iron, vitamin B6, riboflavin, and magnesium.

SERVING IDEAS

- Flavor collard greens with smoked turkey, and 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

California grown varieties, available from winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Wrap unwashed greens in a damp paper towel and store in an airtight plastic bag. Place the bag in the refrigerator for up to five days.

Strawberries





Strawberries

SHOPPER'S TIPS

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Avoid bruised, moldy, or soft berries with green or white tips. Staining at the bottom of the container may be a sign of overripe or rotting fruit.

FUN FACTS!

- Native Americans used to pound strawberries into their cornmeal bread. European colonists made their own version, which is known today as strawberry shortcake.
- On average, there are about 200 seeds on each strawberry.

WHAT IS IN IT FOR YOU?

One cup of strawberry halves is:

- An excellent source of vitamin C.
- A source of fiber.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available in late spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store strawberries in the refrigerator for up to three days. Do not wash them until you are ready to eat them.

Tomatoes





Tomatoes

SHOPPER'S TIPS

- Look for plump tomatoes with smooth skin, an even color, and a sweet smell.
- Avoid mushy, bruised, or split-skinned tomatoes.

FUN FACTS!

- There are over 4,000 types of tomatoes ranging in size, shape, and color.
- The tomato is actually a berry, but in 1893, the U.S. Supreme Court declared it to be a vegetable.

WHAT IS IN IT FOR YOU?

One medium-sized tomato is:

- An excellent source of vitamin C.
- A source of vitamin A.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure. Store ripe tomatoes at room temperature and away from direct sunlight for up to five days. Only refrigerate tomatoes that have been cut or cooked.

Plums





SHOPPER'S TIPS

- Look for firm fruit with full color that gives slightly to gentle pressure.
- Avoid fruit that is cracked, soft, or has brown spots.

FUN FACTS!

- There are more than 140 types of plums sold in the United States.
- Most types have yellow or reddish flesh and skin colors that include red, yellow, green, and purple.

WHAT IS IN IT FOR YOU?

One medium-sized plum is:

- A source of vitamin C.

SERVING IDEAS

- Plums are perfect for picnics — just grab and go!
- Add chopped plums to fruit salads.

PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Ripen firm plums in a paper bag for up to three days or until they give slightly to gentle pressure. Store ripe plums in the refrigerator for up to five days.

Okra





SHOPPER'S TIPS

- Look for small pods that are dry, firm, medium to dark green in color, and free of dark spots.
- Avoid pods that look shriveled or moldy. Dark tops are a sign that the okra has been in storage too long.

FUN FACTS!

- La okra came from Northeast Africa near Ethiopia.
- When okra pods are cut, they leak a sticky juice that is excellent for thickening soups and stews.

WHAT IS IN IT FOR YOU?

One cup of okra slices is:

- An excellent source of vitamin K, vitamin C, and folate.
- A source of magnesium, fiber, thiamin, and vitamin B6.

SERVING IDEAS

- Sauté whole okra pods with onions and tomatoes for a quick dish.
- Instead of deep frying okra, 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

California grown varieties, available from summer to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store in a paper bag for up to three days in the refrigerator.

Watermelon





Watermelon

SHOPPER'S TIPS

- Look for a firm fruit, with a sweet smell, dull rind, dried stem, and a yellow underside where it touched the ground.
- Avoid fruit that has cracks, soft spots, mold, or a white or very light green color on the underside.

FUN FACTS!

- Watermelons came from Africa and are mentioned in Egyptian writings.
- Early explorers used watermelon rinds as canteens to hold their water.

WHAT IS IN IT FOR YOU?

One cup of cubed watermelon is:

- An excellent source of vitamin C.
- A source of vitamin A.

SERVING IDEAS

- Replace the tomato in your favorite salsa recipe with diced watermelon for a sweet and spicy snack.
- Blend equal amounts of watermelon and water with a splash of lime juice to make a cool Mexican drink called agua fresca.

PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Watermelons can be stored uncut at room temperature for up to two weeks.

Bell Peppers





Bell Peppers

SHOPPER'S TIPS

- Look for peppers that have firm, smooth skin and a fresh green stem.
- Avoid peppers with sunken areas, broken skin, or black spots.

FUN FACTS!

- Bell peppers can be found in a rainbow of colors including red, orange, yellow, green, purple, and chocolate brown.
- Green and red bell peppers come from the same plant. As bell peppers mature, their color changes from green to red. That's why red bell peppers are sweeter than green bell peppers — they are riper!

WHAT IS IN IT FOR YOU?

A medium-sized green, yellow, or red bell pepper is:

- An excellent source of vitamin C.
- A source of vitamin B6.

SERVING IDEAS

- Add sautéed bell pepper slices to chicken dishes.
- Add chopped bell peppers to your favorite salads or pasta sauces.

PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store bell peppers in a plastic bag in the refrigerator for up to five days.

Sweet Potatoes





Sweet Potatoes

SHOPPER'S TIPS

- Look for firm, dark, smooth skin without wrinkles, bruises, or sprouts.
- Avoid sweet potatoes with moldy spots.

FUN FACTS!

- In the United States, sweet potatoes are often called yams. It is believed that the confusion started in 1930 when growers began calling a new type of orange sweet potato the Louisiana Yam to set it apart from the common white sweet potato.
- 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.

WHAT IS IN IT FOR YOU?

One sweet potato is:

- An excellent source of vitamin A.
- A source of fiber, vitamin B6, and potassium.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available in the fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Do not store sweet potatoes in the refrigerator or they will develop a hard core and an "off" taste. Sweet potatoes kept at room temperature should be enjoyed within one week.

Butternut Squash





Butternut Squash

SHOPPER'S TIPS

- Look for heavy squash with a thick neck and a small round base.
- Avoid squash that looks shriveled, bruised, or dented.

FUN FACTS!

- Butternut squash is a type of “winter squash.” The term dates back to a time before refrigerators when varieties of squash harvested in the fall were known as winter vegetables because they could last until December.
- Butternut squash is also known as the African Bell.

WHAT IS IN IT FOR YOU?

One cup of butternut squash cubes is:

- An excellent source of vitamin A and vitamin C.
- A source of potassium, magnesium, fiber, vitamin B6, and vitamin E.

SERVING IDEAS

- Roast butternut squash chunks that have been seasoned with nutmeg and sage.
- Bake butternut squash halves and mash for a filling side dish.

PEAK SEASON

California grown varieties, available from late fall to early winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store whole squash in a cool, dry place for up to three months.

Apples





Apples

SHOPPER'S TIPS

- Look for apples that are firm and do not have soft spots.
- Avoid apples with broken or bruised skin.

FUN FACTS!

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

WHAT IS IN IT FOR YOU?

A medium-sized apple is:

- A source of fiber and vitamin C.

SERVING IDEAS

- Dip apple slices into peanut butter for a quick snack.
- Mix apple chunks and raisins with your morning oatmeal.

PEAK SEASON

California grown varieties, available from late summer to early winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Apples can be stored at room temperature, but they will last up to six weeks if refrigerated. Do not refrigerate apples in closed bags.

Cauliflower





Cauliflower

SHOPPER'S TIPS

- Look for heads that are white in color, firm, and compact.
- Avoid cauliflower with opened florets or brown patches.

FUN FACTS!

- Cauliflower came from Asia and the Mediterranean area about 2,000 years ago.
- Cauliflower is white because the head is covered by heavy green leaves that shield it from sunlight while it grows.

WHAT IS IN IT FOR YOU?

One cup of cauliflower florets is:

- An excellent source of vitamin C and vitamin K.
- A source of folate, vitamin B6, and fiber.

SERVING IDEAS

- Sauté cauliflower florets with Italian seasoning.
- Add cauliflower florets to pasta sauces.

PEAK SEASON

California grown varieties, available from mid-fall to early spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store cauliflower in an open plastic bag in the refrigerator for up to five days.

Grapefruit





Grapefruit

SHOPPER'S TIPS

- Look for grapefruit that has smooth skin and feels heavy for its size.
- Avoid any grapefruit with soft spots or very thick and wrinkled skin.

FUN FACTS!

- Grapefruit can be found in white, 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.

WHAT IS IN IT FOR YOU?

Half a grapefruit is:

- An excellent source of vitamin C.

SERVING IDEAS

- Eat half of a grapefruit in the morning along with your cereal.
- Toss peeled grapefruit segments into your fruit salads.

PEAK SEASON

California grown varieties, available from winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Grapefruit can be stored at room temperature for up to one week. If stored in the refrigerator, grapefruit will last up to two weeks. For the best flavor, enjoy them at room temperature.

Avocados





Avocados

SHOPPER'S TIPS

- Look for avocados that give slightly to gentle pressure. Firm avocados can be ripened at home for use later in the week.
- Avoid avocados that are very soft.

FUN FACTS!

- Avocados came from Central America over 7,000 years ago.
- European sailors once used avocados as their form of butter.

WHAT IS IN IT FOR YOU?

Half an avocado is:

- A source of fiber, vitamin K, folate, vitamin C, vitamin B6, and potassium.

SERVING IDEAS

- Add diced avocados to your favorite salad.
- Replace mashed avocados for mayonnaise in sandwiches.

PEAK SEASON

California grown varieties, available from winter to summer, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Let hard avocados ripen on a countertop or place in a paper bag for two to three days at room temperature. Refrigerate ripe avocados for up to three days.

Broccoli





Broccoli

SHOPPER'S TIPS

- Look for a firm stem and tight, compact florets with dark green color.
- Avoid tough stems and florets that are open, flowering, discolored, or soaked with water.

FUN FACTS!

- Broccoli was first grown in Italy and has been around for more than 2,000 years.
- Broccoli has as much calcium per ounce as milk.

WHAT IS IN IT FOR YOU?

One cup of chopped broccoli is:

- An excellent source of vitamin C and vitamin K.
- A source of folate and vitamin A.

SERVING IDEAS

- Boil broccoli in a small amount of water until tender.
- Sauté broccoli with chopped onions and Italian seasonings.

PEAK SEASON

California grown varieties, available year round, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store unwashed broccoli in an open plastic bag and place in the refrigerator for up to five days.

Oranges





Oranges

SHOPPER'S TIPS

- Look for fruit with shiny skin that is firm and heavy for its size. Oranges with thin skins tend to be juicier than those with thick skins.
- Avoid fruit with bruised, wrinkled, or discolored skins.

FUN FACTS!

- Oranges came from Southeast Asia.
- Which came first, the color or the fruit? The fruit! Oranges got their name from an ancient Southeast Asian word that means “fruit.”

WHAT IS IN IT FOR YOU?

One medium orange is:

- An excellent source of vitamin C.
- A source of fiber and folate.

SERVING IDEAS

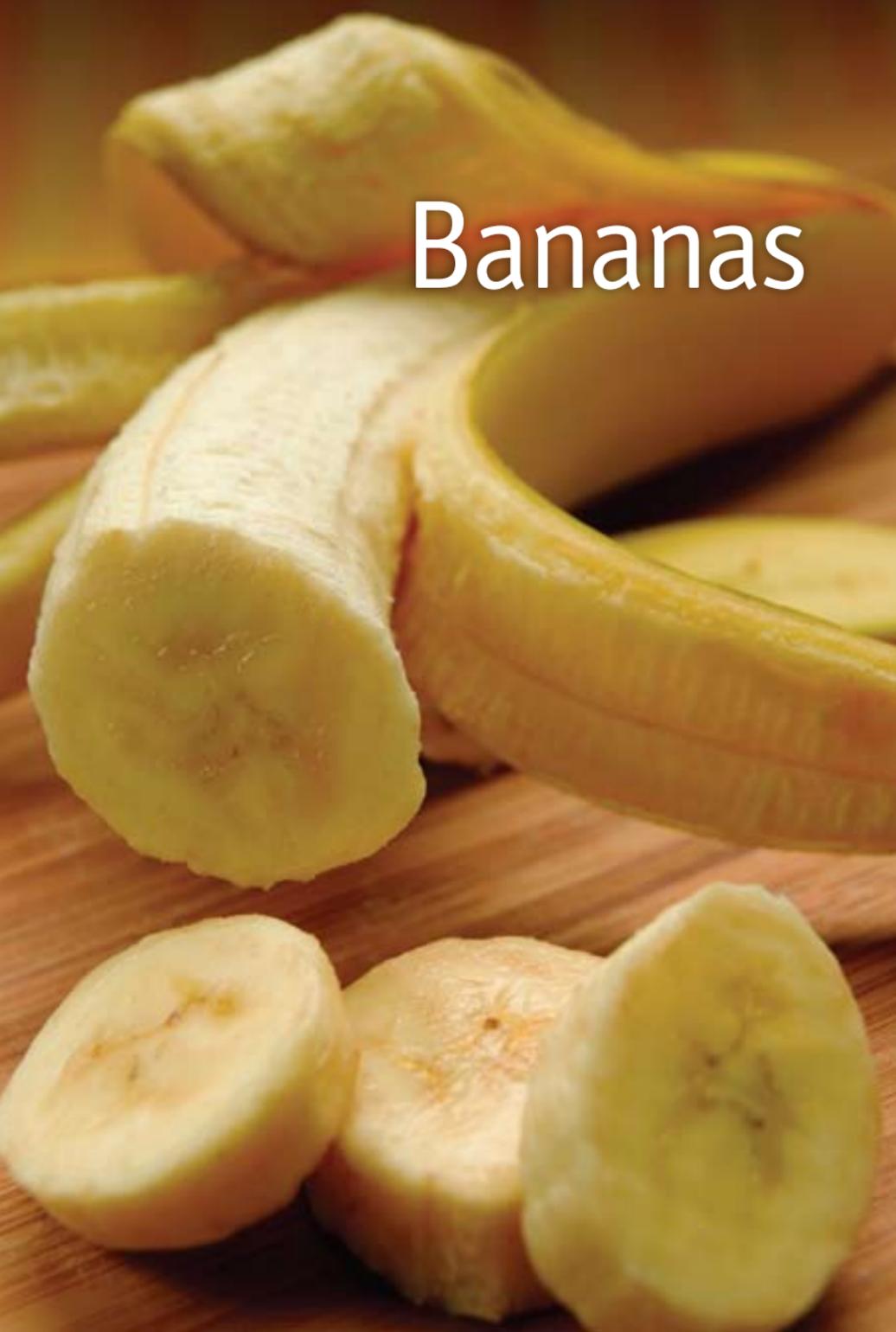
- Orange slices make a quick snack.
- Toss peeled orange segments into your green salads.

PEAK SEASON

California grown varieties, available from winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

A close-up photograph of sliced bananas on a wooden surface. The word "Bananas" is overlaid in white text. The image shows several slices of banana, some whole and some cut into rounds, arranged on a light-colored wooden cutting board. The lighting is warm and focused on the fruit, highlighting its texture and color. The word "Bananas" is written in a clean, white, sans-serif font, positioned in the upper right quadrant of the image.

Bananas



Bananas

SHOPPER'S TIPS

- Look for bananas that are firm and have a bright color.
- Avoid bananas with brown spots that seem very soft.

FUN FACTS!

- Plantains, finger bananas, and red bananas are other popular types of banana.
- Ripe bananas can be stored in the refrigerator. Although the skin may turn dark, the fruit inside will be fresh and ripe.

WHAT IS IN IT FOR YOU?

One large banana is:

- An excellent source of vitamin B6 and vitamin C.
- A source of fiber and potassium.

SERVING IDEAS

- Add sliced bananas to cereal, yogurt, or a peanut butter sandwich.
- Out of yogurt for your smoothie? Substitute bananas for flavor and thickness in your favorite smoothie recipes.

PEAK SEASON

Available year round.

STORAGE

To ripen bananas, leave at room temperature for a couple of days. Enjoy bananas once they are ripe and have lost their green color.

Frozen Fruit





Frozen Fruit

SHOPPER'S TIPS

- Look for unsweetened varieties.
- Avoid torn packages, packages with water stains, or expired use-by dates.

FUN FACTS!

- The Chinese were the first to freeze foods beyond the winter months by using ice cellars as early as 3,000 years ago.
- During World War II, canned foods were needed for military use, so the frozen food industry grew to fill the gap created by the limited supply of canned goods. Until then, most frozen foods were a luxury.

WHAT IS IN IT FOR YOU?

The freezing process locks in nutrients soon after harvest. As a result, frozen fruit can be just as nutritious as fresh fruit.

SERVING IDEAS

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

PEAK SEASON

Frozen fruit is available year round and makes a great substitute for fresh varieties that are not in season.

STORAGE

Store fruit in the freezer for up to eight months. Once the package has been opened, tightly seal the remaining fruit to avoid freezer burn.

Carrots





Carrots

SHOPPER'S TIPS

- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that are crackled, shriveled, soft, or wilted.

FUN FACTS!

- Carrots, which came from Central Asia, were originally purple, white, and yellow in color.
- Most baby carrots you find in the store are made from large carrots that have been peeled and trimmed. The trimmings are used in salad mixes, juices, and other carrot products.

WHAT IS IN IT FOR YOU?

One cup of chopped carrots is:

- An excellent source of vitamin A and vitamin K.
- A source of fiber, vitamin C, and potassium.

SERVING IDEAS

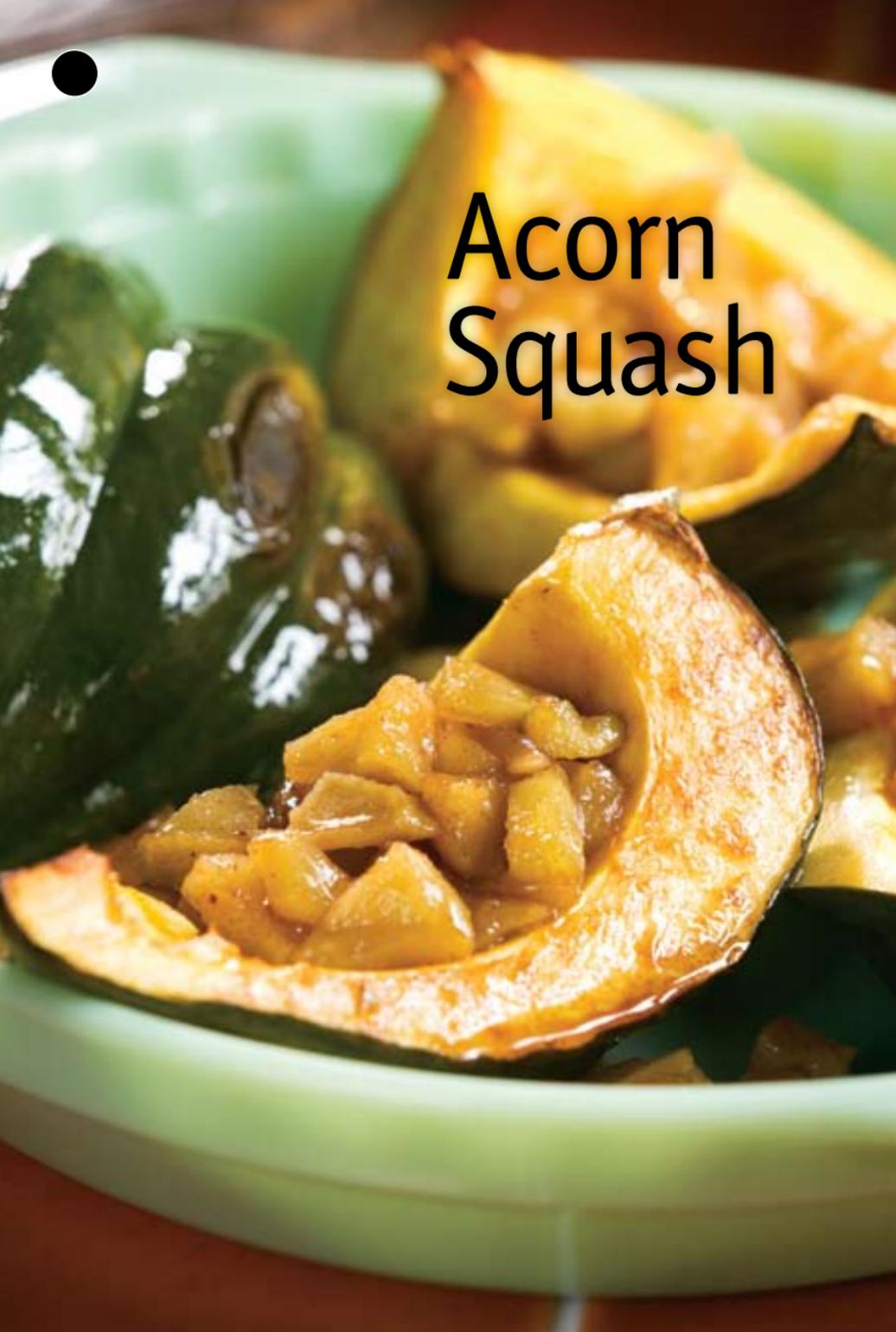
- Snack on carrot sticks and light dressing.
- Add shredded carrots to coleslaw for extra crunch, color, and flavor.

PEAK SEASON

California grown varieties, available year round, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store carrots in a plastic bag and refrigerate for up to two weeks. If you buy carrots with the green tops, break off the tops before refrigerating.



Acorn Squash



Acorn Squash

SHOPPER'S TIPS

- Look for firm squash that have dull-colored skin and feel heavy for their size.
- Avoid squash that feel soft or have cracks in the skin.

FUN FACTS!

- Acorn squash is named for its acorn-like shape and comes in a variety of colors – dark green, tan, yellow, and orange.
- Acorn squash is a type of “winter squash.” The term dates back to a time before refrigerators when squash harvested in the fall were known as winter vegetables because they could last until December.

WHAT IS IN IT FOR YOU?

One cup of cubed acorn squash is:

- An excellent source of fiber, vitamin C, vitamin B6, potassium, thiamin, and magnesium.
- A source of vitamin A, iron, and folate.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available in early fall through winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store uncut squash in a cool, dark, dry place for up to three months. Once cut, wrap and refrigerate squash for up to one week.



Artichokes





Artichokes

SHOPPER'S TIPS

- Look for artichokes that are heavy for their size with tightly closed leaves. Fresh artichokes make a squeaking sound when squeezed.
- Avoid artichokes that look dried out, have brown spots, or have floppy outer leaves.

FUN FACTS!

- Artichoke is the official vegetable of Monterey County.
- The part of the artichoke that you eat is actually the plant's closed flower bud. If the bud blossoms, its flowers are a bright purple color.

WHAT IS IN IT FOR YOU?

One medium artichoke is:

- An excellent source of fiber, vitamin K, and folate.
- A source of vitamin C, magnesium, and potassium.

SERVING IDEAS

- Cut one inch off the top of four medium artichokes. Place artichokes "stem up" in a deep, microwave-safe dish with an inch of low-sodium chicken broth and cover the dish with plastic wrap. Microwave on high for 7-10 minutes. Eat the meat off the leaves, stem, and heart plain or dip in lemon juice for a light dish.
- Remove the fuzzy choke from cooked artichokes and stuff with a mixture of whole wheat bread crumbs, garlic, chopped onions, parmesan cheese, and a little oregano for a hearty meal.

PEAK SEASON

California grown varieties, available from late winter to late spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Cut a thin slice off of the stem and sprinkle the leaves with water. Place the artichokes in a plastic bag and store in the refrigerator for up to one week.



Blackeye Peas





Blackeye Peas

SHOPPER'S TIPS

- Look for dried blackeye peas that are uniform in size and color. When selecting frozen or canned blackeye peas, choose low-sodium varieties.
- Avoid damaged packages with expired use-by dates.

FUN FACTS!

- Blackeye peas originated in Africa and are one of the most ancient vegetables.
- Although they are a Southern favorite, more blackeye peas are grown in California than in any other state.

WHAT IS IN IT FOR YOU?

One cup of cooked blackeye peas is:

- An excellent source of fiber, iron, vitamin K, thiamin, folate, and magnesium.
- A source of zinc and potassium.

SERVING IDEAS

- Sauté boiled blackeye peas with some of the remaining cooking liquid, 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 some cumin, garlic powder, and a tablespoon each of vegetable oil, white wine vinegar, and lime juice. Serve with baked chips or grilled chicken.

PEAK SEASON

Available year round.

STORAGE

If loose, store dried peas in an airtight container in a cool, dry, dark place for up to one year.

Bok Choy





Bok Choy

SHOPPER'S TIPS

- Look for thick, full, firm, white stalks with shiny, dark green leaves. Baby bok choy will have light green leaves.
- Avoid bok choy with yellowing or wilted leaves, slimy spots, or bruised stalks.

FUN FACTS!

- In Chinese, bok choy means “white vegetable.”
- Although it looks like romaine lettuce or celery stalks, bok choy is actually a type of cabbage.

WHAT IS IN IT FOR YOU?

One cup of cooked bok choy is:

- An excellent source of vitamin A, vitamin C, and vitamin K.
- A source of iron, calcium, vitamin B6, folate, and potassium.

SERVING IDEAS

- Stir-fry bok choy with a variety of colorful vegetables and serve over a bed of brown rice.
- Cook bok choy in low-sodium chicken broth to add extra flavor.

PEAK SEASON

California grown varieties, available from late winter to early summer, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store bok choy in the refrigerator for up to two weeks.

Cabbage





Cabbage

SHOPPER'S TIPS

- Look for firm cabbage heads that feel heavy for their size. The leaves should be a green or red-purple color.
- Avoid cabbage heads that have lots of loose outer leaves and heads with wilted, brown, or yellow leaves.

FUN FACTS!

- There are more than 400 varieties of cabbage. The most common varieties in the United States are green, red (purple), savoy, and Chinese cabbage.
- Cabbage is one of the oldest European vegetables. Cabbage first came to the United States with the settlers of Jamestown.

WHAT IS IN IT FOR YOU?

One cup of shredded green or red cabbage is:

- An excellent source of vitamin C and vitamin K.
- A source of vitamin A.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available late winter to mid-spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store whole or cut cabbage in a plastic bag in the refrigerator for up to one week.

●
Cactus
Leaves





Cactus Leaves

SHOPPER'S TIPS

- Look for small to medium cactus leaves that feel firm and have a glossy skin ranging in color from pale to dark green.
- Avoid cactus leaves that are overly soft or wrinkled.

FUN FACTS!

- A cactus plant can bear fruit for up to three years without a single drop of water.
- Edible cactus leaves are called nopales when whole and nopalitos when chopped.

WHAT IS IN IT FOR YOU?

One cup of cactus leaves is:

- An excellent source of calcium.
- A source of fiber, vitamin A, vitamin C, vitamin K, and magnesium.

SERVING IDEAS

- Combine 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 for a warm side dish called nopalitos con queso.

PEAK SEASON

California grown varieties, available from late summer to late fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Carefully remove any needles with a sharp knife and wrap whole cactus leaves in plastic wrap. Store in the refrigerator for up to one week.



Cantaloupe





Cantaloupe

SHOPPER'S TIPS

- Look for well-shaped cantaloupe with a sweet smell. They should feel heavy for their size and give slightly to gentle pressure near the stem end.
- Avoid dark green cantaloupe that feel hard and have no smell. If it has any super soft spots, it is over ripe.

FUN FACTS!

- Cantaloupe are also known as netted melons because of the net-like markings on their skins.
- Cantaloupe were first grown by the ancient Egyptians and Romans.

WHAT IS IN IT FOR YOU?

One cup of cubed cantaloupe is:

- An excellent source of vitamin A and vitamin C.
- A source of potassium.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available from late spring to early fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

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



Cherries





Cherries

SHOPPER'S TIPS

- Look for large, plump, and firm cherries with stems still attached. Choose cherries that have shiny skin and a dark color for their variety.
- Avoid cherries that feel soft or have bruised or cracked skin.

FUN FACTS!

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

WHAT IS IN IT FOR YOU?

One cup of pitted sweet cherries is:

- A source of vitamin C, fiber, and potassium.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available from late spring to early summer, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store rinsed cherries in the refrigerator for up to one week.



Corn





SHOPPER'S TIPS

- Look for fresh, green husks with clean silk ends. Choose ears that are well-covered with plump, bright-colored kernels.
- Avoid yellow, wilted, or dried husks and rotted silk ends. Also avoid ears with dried or rotted kernels.

FUN FACTS!

- An average ear of corn has 800 kernels in 16 rows.
- The Native American word for corn is “maize” meaning “our life.”

WHAT IS IN IT FOR YOU?

One large ear of yellow or white corn is:

- A source of fiber, vitamin C, folate, and thiamin.

SERVING IDEAS

- Cook whole ears of corn on the grill at your next family BBQ.
- Mix corn kernels with rinsed, canned black beans, chopped tomatoes, chopped avocado, chopped cilantro, 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

California grown varieties, available from late spring to early fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store corn in the husk in the refrigerator for up to two days. If husks have been removed, store ears of corn in a plastic bag with small holes for up to two days.

Dried Fruits





Dried Fruits

SHOPPER'S TIPS

- Look for unsweetened varieties of dried fruit.
- Avoid packages that are torn or have expired use-by dates.

FUN FACTS!

- Fruits become dry when their moisture level drops below 20 percent.
- Some fruits can be sundried (grapes, figs), while others must be dried using machines (plums, dates).

WHAT IS IN IT FOR YOU?

The process of drying fruit removes most of the water but locks in many of the nutrients. As a result, dried fruit can have many of the nutrients found in fresh fruit.

SERVING IDEAS

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

PEAK SEASON

Dried fruit is available year-round and makes a great substitute for fresh varieties that are not in season.

STORAGE

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

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Green Beans





Green Beans

SHOPPER'S TIPS

- Look for fresh green beans that feel plump and firm and have a bright green color.
- Avoid green beans that feel soft, limp, or have brown spots or open pods.

FUN FACTS!

- Green beans used to have a very thick “string” running along the outer curve of the pod. This led to their nickname of “string beans.” In 1894, scientists found a way to grow the beans without the string. Today, nearly all green beans are grown without thick strings.
- Green beans were first grown in Latin America as many as 8,000 years ago.

WHAT IS IN IT FOR YOU?

One cup of green beans is:

- An excellent source of vitamin C and vitamin K.
- A source of vitamin A, fiber, and folate.

SERVING IDEAS

- Boil green beans for about 3 minutes. Drain the green beans and sauté with sliced almonds and bell peppers.
- Boil green beans in low-sodium chicken broth instead of water.

PEAK SEASON

California grown varieties, available from late spring through fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Keep unwashed green beans in a plastic bag with small holes and store in the refrigerator for up to five days.



Jicama





SHOPPER'S TIPS

- Look for brown jicama that are smooth, firm, and feel heavy for their size.
- Avoid jicama that are discolored and have soft spots, holes, or rough skin.

FUN FACTS!

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

WHAT IS IN IT FOR YOU?

One cup of sliced jicama is:

- An excellent source of fiber and vitamin C.

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 into a salad for some extra crunch.

PEAK SEASON

Available year round.

STORAGE

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

Kiwifruit





SHOPPER'S TIPS

- Look for kiwifruit that feels firm but gives slightly to gentle pressure. Size does not affect taste.
- Avoid kiwifruit that are very soft, cracked, or shriveled.

FUN FACTS!

- Kiwifruit are actually berries that came from China.
- 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.

WHAT IS IN IT FOR YOU?

Two medium kiwifruit are:

- An excellent source of vitamin C and vitamin K.
- A source of vitamin E, fiber, and potassium.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available from mid-fall to early winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store ripe kiwifruit at room temperature for two to four weeks or store them in the refrigerator for up to eight weeks. Place firm kiwifruit in a paper bag until ripe.



Peaches





Peaches

SHOPPER'S TIPS

- Look for peaches that have a sweet smell and yellow background. They should feel firm but give slightly to gentle pressure.
- Avoid peaches with bruises, worm holes, or a red-colored background.

FUN FACTS!

- The peach is the state fruit of South Carolina and the state flower of Delaware. Georgia is nicknamed “The Peach State.”
- There are two types of peaches – Freestone and Clingstone. Freestones are called this because of the way the fruit easily separates from the pit, making them easier to eat and slice. Clingstones get their name from the way the fruit “clings” to the pit.

WHAT IS IN IT FOR YOU?

One medium peach is:

- A source of vitamin A and vitamin C.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available from early summer to early fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Keep ripe peaches in the refrigerator for up to five days. Keep firm peaches in a bag at room temperature until ripe.



Pears





SHOPPER'S TIPS

- Look for bright and colorful pears that give slightly to gentle pressure near the stem.
- Avoid pears that feel mushy or have bruises or holes.

FUN FACTS!

- There are more than 3,000 varieties of pears worldwide and a range of colors including red, yellow, green, and brown.
- Bartlett pears taste best when picked before they are ripe. If they are allowed to ripen on the tree, they take on a grainy texture.

WHAT IS IN IT FOR YOU?

One medium pear is:

- An excellent source of fiber.
- A source of vitamin C and vitamin K.

SERVING IDEAS

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

PEAK SEASON

California grown varieties, available from mid-summer to late fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store ripe pears in the refrigerator for up to one week. Keep firm pears at room temperature until ripe.

Peas





SHOPPER'S TIPS

- Look for frozen peas without butter sauces or seasonings.
- Avoid frozen peas in torn packages, packages with water stains, or expired use-by dates.

FUN FACTS!

- There are two main 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, snow, and Chinese peas.
- Green peas lose their sweetness so quickly that the frozen varieties can often taste better than fresh.

WHAT IS IN IT FOR YOU?

One cup of green peas is:

- An excellent source of vitamin A, vitamin C, vitamin K, thiamin, folate, and fiber.
- A source of protein, iron, vitamin B6, riboflavin, and niacin.

SERVING IDEAS

- Sauté green peas with garlic and mushrooms for a savory side dish.
- Add peas to stews or pasta dishes.

PEAK SEASON

Frozen peas are available year-round.

STORAGE

Keep frozen green peas in the freezer for up to eight months. Once cooked, green peas should be stored in an airtight container in the refrigerator for up to four days.



Fuyu Persimmons



Fuyu Persimmons



SHOPPER'S TIPS

- Look for bright orange and red-colored Fuyu persimmons with smooth skins. Ripe Fuyus should be firm.
- Avoid Fuyu persimmons that are bruised and have no stem leaves.

FUN FACTS!

- There are two types of persimmons. Fuyu persimmons are pumpkin shaped, sweet, and can be eaten raw. Hachiya persimmons are acorn shaped, tart, and are usually cooked before they are eaten.
- Nearly all (99%) of the United States' persimmons are grown in California.

WHAT IS IN IT FOR YOU?

One medium persimmon is:

- An excellent source of vitamin A, vitamin C, and fiber.

SERVING IDEAS

- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.
- Add Fuyu slices to spinach salads and stir-fries.

PEAK SEASON

California grown varieties, available from mid-fall to early winter, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store ripe Fuyu persimmons at room temperature for up to three weeks. Keep in the refrigerator for up to two months.

Potatoes





Potatoes

SHOPPER'S TIPS

- Look for firm potatoes with fairly clean skin.
- Avoid potatoes that are sprouting or dried out. Also avoid potatoes with large cuts, bruises, or green skin.

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.

WHAT IS IN IT FOR YOU?

One medium potato is:

- An excellent source of vitamin C and vitamin B6.
- A source of fiber, potassium, thiamin, and magnesium.

SERVING IDEAS

- Poke holes in a medium potato and microwave for 7-9 minutes. Split the potato open and add mashed avocado instead of butter for a delicious side dish.
- Boil potatoes and chunks of carrots. Mash with a small amount of reduced-sodium chicken broth to make sweet and savory mashed potatoes.

PEAK SEASON

California grown varieties, available in spring and fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

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

Spinach





SHOPPER'S TIPS

- Look for loose-leaf spinach with crisp, green leaves.
- Avoid spinach with leaves that are limp, damaged, spotted, or browning. Also avoid spinach bags that are damaged or have expired use-by dates.

FUN FACTS!

- Spinach was the first frozen vegetable to be sold in grocery stores.
- Spinach originally came from Persia, an area which is now called Iran.

WHAT IS IN IT FOR YOU?

One cup of raw spinach is:

- An excellent source of vitamin A and vitamin K.
- A source of vitamin C and folate.

SERVING IDEAS

- Toss spinach with apples, dried cranberries, walnuts, and a light vinaigrette dressing for a refreshing salad.
- Stir-fry spinach with brown rice, garlic, onion, and chopped red bell peppers for a colorful side dish.

PEAK SEASON

California grown varieties, available year-round, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store washed and dried spinach loosely in an open bag in the refrigerator for up to four days.

Yellow Squash





Yellow Squash

SHOPPER'S TIPS

- Look for well-shaped squash that feel firm but give slightly to gentle pressure. The skin should be shiny and smooth.
- Avoid overly large squash with brown spots or bruises. Also avoid squash that looks dull or has hard, rough skin.

FUN FACTS!

- Squash is a Native American word for “eaten raw.”
- Yellow squash is a type of “summer squash.” This means that it is picked when the rind is soft and edible, unlike the thick inedible skin of winter squash.

WHAT IS IN IT FOR YOU?

One cup of yellow squash is:

- A source of fiber and vitamin C.

SERVING IDEAS

- Steam sliced yellow squash until tender.
- Top your favorite vegetable pizza with sliced yellow squash.

PEAK SEASON

California grown varieties, available from late spring to late summer, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store yellow squash in an open plastic bag and keep in the refrigerator for up to 10 days.



The Benefits of Fruits and Vegetables

Every fruit and vegetable has a different combination of nutrients that helps promote better health. Use this card to find out what each of these nutrients do to keep you healthy.

VITAMIN A

This vitamin helps your body maintain healthy eyes and skin.

THIAMIN

This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

RIBOFLAVIN

This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

VITAMIN B6

This B vitamin helps your body build healthy blood cells.

FOLATE

This B vitamin helps lower a woman's risk of having a child with certain birth defects.

VITAMIN C

This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E

This vitamin helps maintain healthy cells throughout your body.



VITAMIN K

This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

CALCIUM

This mineral helps build strong bones and healthy teeth.

IRON

This mineral helps red blood cells carry oxygen to all the parts of your body.

MAGNESIUM

This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

POTASSIUM

This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

ZINC

This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

FIBER

Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

PHYTOCHEMICALS

Phytochemicals are naturally found in plants and help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

WATER

The water found in fruits and vegetables helps you feel full after a meal or snack. It also adds to the amount of water you take in every day.