

Parsnips

Parsnips contain fiber, potassium, and Vitamin C, which are good for a healthy heart and immune system



- Small to medium-sized parsnips are sweeter and more tender than larger parsnips
- Store unwashed parsnips in the vegetable drawer of the refrigerator for up to 2 weeks
- Scrub parsnips before cooking. You do not have to peel them!
- Treat parsnips like a potato! Cook and mash them, roast them, shred them and make “hash browns”, or stir fry chopped parsnips. Add chopped parsnips to soups, stew or roasts and cook until tender (about 30 minutes)



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Butternut Squash

Butternut squash contains potassium, which is good for a healthy heart



- Choose butternut squash that are heavy and have smooth skins
- Store in a cool, dry place for up to 3 months
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or cook over stove top until tender
- Add squash to a soup or casserole; Try stuffed squash with apples and walnuts



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Acorn Squash

Acorn squash contains vitamin C, which is good for fighting colds and healing cuts



- Select squash are heavy and have smooth skins.
- Store acorn squash in a cool, dry area for up to 3 months.
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or cook over stove top until tender
- Add squash to a soup or casserole; Try stuffed squash with apples and walnuts



***Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!***

Spaghetti Squash

Spaghetti squash contains potassium, which is good for a healthy heart



- For the best buy, choose squash that are heavy and have smooth skin
- To keep fresh, store in a cool, dry place for up to 3 months.
- To prepare squash, rinse and cut squash in half. Remove seeds. Bake for 30-40 minutes at 350° F. Pull a fork through the squash to separate into spaghetti strands.
- Top spaghetti squash with your favorite pasta sauce; Serve spaghetti squash as a hearty side dish



**Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!**

Cauliflower

Cauliflower contains vitamin C, which is good for fighting colds and healing cuts



- Choose cauliflower that is firm and heavy with a white and creamy color
- Store in the refrigerator, unwashed in an unsealed plastic bag for up to 1-2 weeks
- To prepare cauliflower, wash and trim florets from stalks. Enjoy florets raw or cooked.
- Use cooked cauliflower in soups, stews or pasta dishes; Eat raw cauliflower with a low-fat salad dressing for a healthy, crunch snack



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Broccoli

Broccoli contains vitamin C, which is good for fighting colds and healing cuts



- Choose broccoli with dark green florets and stems
- Store in the refrigerator, unwashed in an unsealed plastic bag for up to 1-2 weeks
- To prepare broccoli, wash and trim florets from stalks. Enjoy florets raw or cooked.
- Steam broccoli with garlic for a delicious side dish; Eat raw broccoli with a low-fat salad dressing for a healthy, crunch snack



***Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!***

Cucumbers

Cucumbers contain fiber, which is good for your gut and helps to keep you regular. Cucumbers and zucchini look very similar; however cucumbers are cold and waxy, while zucchini are rough and dry.



- Choose firm, unspotted cucumbers
- To store, refrigerate whole cucumbers for up to one week
- To prepare cucumbers, rinse and remove ends before eating. You can eat the skin!
- Add cucumber slices to your sandwich for extra crunch; Add chopped cucumbers to salads.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Zucchini

Zucchini contains potassium, which is good for a healthy heart.

Zucchini and cucumber look very similar; however zucchini are rough and dry, while cucumbers are cold and waxy.



- Choose zucchini that is firm and without soft spots
- To store, refrigerate in an open plastic bag for up to 5 days
- To prepare zucchini, scrub and rinse skins. Cut off ends before using
- Slice and eat fresh in salads or as part of a cold vegetable platter; Add grated zucchini into an omelet.



***Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!***

Summer Squash

Summer squash contains potassium, which is good for a healthy heart.

Yellow squash is a type of summer squash, along with other tender squash like zucchini, patty pan and crookneck squash.



- Choose yellow squash that is firm and without soft spots
- To store, refrigerate in an open plastic bag for up to 5 days
- To prepare yellow squash, scrub and rinse skins. Cut off ends before using.
- Slice and eat fresh in salads or as part of a cold vegetable platter. Brush slices with oil and roast slices in oven at 400°F for 25 minutes; Steam chopped yellow squash in a small amount of water for 5 minutes, season with pepper.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Mustard Greens

Mustard greens contain vitamin A, which is good for healthy skin and eyes



- Choose greens that are moist and crisp, with rich green leaves
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days
- To prepare mustard greens, wash leaves well and trim leaves from stem
- Add chopped mustard greens to soups and stews; Cook with oil and garlic for a quick side dish



***Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!***

Kale

Kale contains vitamin A, which is good for healthy skin and eyes



- Choose greens that are moist and crisp, with rich green leaves
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days
- To prepare kale, wash leaves well and trim leaves from stem. Chop or slice thinly.
- Add chopped kale to pastas, soups and stews. Cook with oil and garlic for a quick side dish. Add raw chopped kale to salads.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Collard Greens

Collard greens contain vitamin A, which is good for healthy skin and eyes



- Choose greens that are moist and crisp, with rich green leaves
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days
- To prepare collards, wash leaves well and trim leaves from stem
- Add collard greens to soups and stews; cook with oil and garlic for a quick side dish. Add raw chopped collards to salads



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Swiss Chard

Swiss chard contains vitamin A, which is good for healthy skin and eyes



- Choose greens that are moist and crisp, with rich green leaves
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days
- To prepare chard, wash leaves well and trim leaves from stem
- Add chard to soups and stews; Cook with oil and garlic for a quick side dish.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Spinach

Spinach contains vitamin A, which is good for healthy skin and eyes



- Choose spinach with crisp, dark green leaves
- To store fresh, place in an unsealed plastic bag and refrigerate for up to 3 days
- To wash spinach, float leaves in a bowl of cold water; sand will fall to bottom of bowl. Remove spinach from water and pat dry.
- Add spinach to soups; or eat raw in a salad. Cook spinach and add to rice and pasta dishes



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Sweet Potatoes

Sweet Potatoes contain vitamin A, which is good for healthy skin and eyes



- Choose sweet potatoes that are firm and tapered at both ends
- To keep fresh, store in a cool, dry place for up 1-2 weeks
- To prepare sweet potatoes, scrub and remove eyes and dark spots
- For a baked potato, scrub and place on lined baking tray. Bake at 375 degrees F for 1 hour or until soft. Eat the skin, it's high in fiber.
- Boil sweet potatoes and mash. Add a little milk and butter for mashed sweet potatoes. Or, slice sweet potato, drizzle with vegetable oil and roast on a lined baking sheet for 40 minutes. Enjoy!



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Corn

Corn contains fiber, which helps to keep you regular.



- Choose fresh green husks with no rotten spots
- To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to 3 days
- To prepare fresh corn, remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool.
- Corn can be eaten raw! Just cut the kernels off the cob and add to salads.
- Grill or roast ears of corn with their husks on.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Asparagus

Asparagus contains fiber, which helps to keep you regular



- Choose asparagus spears that are crisp and have pointed tops. Avoid wilted or dried out asparagus.
- To keep fresh, store asparagus in a plastic bag in the refrigerator and use within 3-5 days
- To prepare asparagus, rinse and snap off ends of stems. Lightly steam or roast for best flavor.
- Chop asparagus and toss in a soup, casserole or stir fry. Broil asparagus and top with low-fat shredded cheese. To roast, drizzle asparagus with vegetable oil, salt and pepper. Place on lined baking sheet and roast at 400°F for about 20 minutes, until tender and lightly browned. Enjoy!



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Brussels Sprouts

Brussels sprouts contain vitamin C, which is good for fighting colds and healing cuts



- Choose Brussels sprouts that are firm and bright green with no yellow or wilted leaves, and no holes
- To store fresh, keep unwashed Brussels sprouts in an unsealed plastic bag in the refrigerator for up to 10 days
- To prepare fresh Brussels sprouts, remove stem and discolored leaves. Rinse well.
- Brussels sprouts can be eaten cooked or raw by shredding them in salads
- To roast Brussels sprouts, toss them with a small amount of oil, salt and pepper. Place on lined baking sheet and roast at 400°F for 30-40 minutes. Enjoy!



***Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!***

Beets

Beets contain fiber, which helps keep you regular



- Choose firm, smooth beets that have a rich, dark color
- To keep fresh, store beets in the refrigerator and use within 2 weeks.
- To prepare beets, remove the greens, leaving 1 inch of stem. Scrub well. Beets may be roasted, boiled, steamed or eaten raw. Don't throw out the beet greens! Rinse, chop and cook in soups and stir fry dishes!
- Use care when preparing. The red juice can stain. Use salt to remove juice stains from hands. The red juice may also dye your urine and other body waste products. Don't worry! That red color is really good for your body.



**Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!**

Cabbage

Cabbage contains Vitamin C, which is good for fighting colds and healing cuts



- Choose cabbage with firm heads and no brown spots
- To keep fresh, refrigerate unwashed cabbage up to 1 week.
- To prepare cabbage, remove outer leaves and rinse well.
- Steamed or boiled cabbage leaves can be filled with cooked meat, beans and rice; Chop cabbage and add to a stir fry; Add chopped cabbage to soups and stews.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Eggplant

Eggplant contains fiber, which helps keep your regular



- Choose eggplant with smooth skin and no soft spots
- To prepare eggplant, rinse, cut off the tops and peel, if desired.
- To keep fresh, store eggplants in the refrigerator for up to 4 days.
- Use diced eggplant as an ingredient in cooked vegetable side dishes or entrees.
- Fry, sauté, bake or grill sliced eggplant.
- Eggplant is great on the grill! Top eggplant with oil, salt and pepper and place on hot grill.



***Adapted from: Just Say Yes to
Fruits and Vegetables. Visit
jsyfruitveggies.org for more
recipe ideas!***

Radishes

Radishes contain Vitamin C, which is good for fighting colds and healing cuts



- To keep fresh, store unwashed radishes in the refrigerator for up to 2 weeks. Store radish greens wrapped in a damp paper towel for 2-3 days.
- Radishes and radish greens can be eaten raw or cooked; Radishes can be boiled, baked, steamed, or roasted.
- Place radishes in a bowl with vinegar for 30 minutes and enjoy a delicious pickle!
- Add sliced radishes to sandwiches or salads for a peppery crunch.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Rutabaga

Rutabaga contains Vitamin A, which is good for healthy eyes and skin



- Rutabagas are also known as swedes, yellow turnips or wax turnips.
- To keep fresh, store in the refrigerator in a plastic bag for up to 1 month.
- To prepare rutabaga, rinse well and peel. Cook rutabagas like potatoes. Try mashed rutabaga or roasted rutabaga fries.
- Add rutabaga to soups and stews or mash with potatoes.



Adapted from: Just Say Yes to Fruits and Vegetables. Visit jsyfruitveggies.org for more recipe ideas!

Turnips

Turnips contain vitamin C, which is good for fighting colds and healing cuts.
Cook turnips like you would potatoes.



- To keep fresh, store unwashed turnips in the refrigerator for up to 2 weeks. Store turnip greens wrapped in a damp paper towel for 2-3 days.
- To prepare turnips, remove green tops. Scrub well. Turnips can be eaten raw or cooked.
- Turnips can be boiled, baked, steamed, or roasted. They take longer to cook than potatoes.
- Chop turnips and add to soups and stews. Mash turnips with milk and butter, or add to mashed potatoes.



Adapted from: *Just Say Yes to Fruits and Vegetables*. Visit jsyfruitveggies.org for more recipe ideas!