

Fall and Winter Seasonal Produce Usage and Storage



- Broccoli and Cauliflower
 - Great boiled, roasted, sauteed, or put in salads.
 - Add to Macaroni and cheese to increase nutrients and vegetable servings making it more healthy.

Storage: Refrigerate for 3-5 days or freeze up to 12-18 months



- Dark Leafy greens
 - Mustard greens, Spinach, Collard Greens, Kale
 - All contain phytochemicals which fight cancer and other chronic diseases and are very nutrient dense.
 - Great for use in salads or soups, add in during last 15-20 minutes of cooking.

Storage: Store in cool place such as refrigerator.



- Beets
 - Contain vitamin C, calcium, iron, and fiber.
 - Great for roasting, salads, or soups.



- Carrots
 - Excellent source of vitamin A, C, calcium, iron, and fiber.
 - One serving contains 200% DRI vitamin A. Carrots are great for roasting, boiling, raw, or in soups.

Storage: For root vegetable such as beets and carrots, a cool dark place, or refrigeration is best.



- Brussel sprouts
 - Excellent source of vitamin C, A, calcium and some protein.
 - One serving has more than vitamin C than your Daily Recommended Intake (DRI). Great for boiling and sauteing.



- Apples and pears
 - Great source of vitamin C, A, has iron, calcium, and excellent source of fiber.
 - Great for eating raw, putting in salads, or baking

Storage: Apples, tomatoes and other fruits emit ethylene gas, which spoils other produce quicker, store separately.



- Winter squash, Great sources of vitamin C and iron. can be roasted or used to make soups.
 - Butternut, Acorn, Spaghetti and Pumpkins



- Sweet potatoes, great for roasting, frying, or baking.

Storage: Winter squashes and sweet potatoes can be stored for months under the right conditions, room temperature is best 50 to 60 degrees and in a dark area.