

COOKSMARTS' GUIDE TO ENJOYING VEGETABLES

Here's your guide on how you can fill your diet with a whole variety of vegetables. Enjoy them in season for tastiest (and least expensive) results!

WAYS TO ENJOY



BEST IN



| | | | |
|-----------------|------------------|----------|----------------|
| OKRA | ONIONS | PARSNIPS | POTATOES |
| SUGAR SNAP PEAS | SPAGHETTI SQUASH | SPINACH | SWEET POTATOES |

| | | | | | | | | | | | | |
|------------------|------------------|---------|-----------|-------------|--------------|----------|------------------------|-----------|---|-------------------------|----------|--------------------------|
| ACORN SQUASH | ARTICHOKES | ARUGULA | ASPARAGUS | BEETS | BELL PEPPERS | BOK CHOY | BROCCOLI RABE | BROCCOLI | NEW / BABY POTATOES | RADICCHIO | RADISHES | RUTABAGAS |
| BRUSSELS SPROUTS | BUTTERNUT SQUASH | CABBAGE | CARROTS | CAULIFLOWER | CELERY | CHARD | COLLARDS | CORN | TOMATOES | CHERRY / GRAPE TOMATOES | TURNIPS | ZUCCHINI / SUMMER SQUASH |
| CUCUMBER | EGGPLANT | ENDIVE | FENNEL | GREEN BEANS | KALE | LEEKS | LETTUCE / MIXED GREENS | MUSHROOMS | <p><i>Find this chart online at:</i> http://www.cooksmarts.com/cooking-lessons/cooking-produce/guide-to-veggies/</p> | | | |

COOKSMARTS helping some cooks live happier, simpler, smarter in the kitchen

For videos on how to chop & prepare produce, visit the Produce Prep Guide at:

<http://www.cooksmarts.com/cooking-lessons/cooking-produce/produce-prep-guide/>

Produce Storage

Refrigerator

- | | | |
|-----------------|-------------------|---------------|
| Apples | Cherries | Leeks |
| Apricots | Corn | Lettuce |
| Artichokes | Figs | Mushrooms |
| Asparagus | Honeydew | Okra |
| Beets | Lychee | Peas |
| Blueberries | Grapes | Plums |
| Blackberries | Green Beans | Radishes |
| Broccoli | Green Onions | Raspberries |
| Brussel Sprouts | Herbs (Not Basil) | Spinach |
| Cabbage | Rambutan | Sprouts |
| Cantaloupe | Pomegranate | Strawberries |
| Carrots | Kale | Summer Squash |
| Cauliflower | Lima Beans | Yellow Squash |
| Celery | Leafy Vegetables | Zucchini |

Cool Dry Place

- | | | |
|------------------|------------------|---------------|
| Acorn Squash | Potatoes | Sweet Potato |
| Butternut Squash | Pumpkin | Taro |
| Onions | Spaghetti Squash | Winter Squash |

Countertop

- | | | |
|--------------|------------|--------------|
| Avocado | Mangoes | Persimmons |
| Banana | Oranges | Pineapple |
| Basil | Papaya | Plantains |
| Cucumbers | Peppers | Plums |
| Eggplant | Jicama | Pluots |
| Garlic | Kiwi | Pomegranates |
| Ginger | Nectarines | Star Fruit |
| Grapefruit | Peaches | Tomato |
| Lemons/Limes | Pears | Watermelon |

Color Legend

- Store in plastic bag, unwashed
- Store in single layer, unwashed
- Store in paper bag

■ High Ethylene Producer (these will ripen other produce faster, so keep away from other fresh produce for longer shelf life)