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# Buying, Using and Storing Vegetables

Vegetable	One serving is	Servings per pound	Best time to buy*	Cooking
asparagus	1/2 cup, chopped	4-5	February-July	steam or boil 3-5 minutes
beans, green or wax	1/2 cup, cut-up	4-5	May-September	steam or boil 4-7 minutes
beans, lima	1/2 cup	4	July-October	boil 10-15 minutes
beets	1/2 cup, slices	4	year round, peak October-May	boil whole beets 40 minutes, or bake 1 1/2-2 hours
broccoli	1/2 cup	4	year round, peak October-May	steam or boil 3-7 minutes, chopped, or 5-10 minutes, spears
Brussels sprouts	5-6 sprouts	4	September-March	boil 7-10 minutes
cabbage	1/2 cup, cooked	4-6	year round, peak September-March	steam or boil 5-7 minutes, shredded, or 10-15 minutes, quarters
carrots	1/2 cup	6	year round	boil 5-15 minutes
cauliflower	1/2 cup	4	year round, peak October-January	boil 5-8 minutes chopped or 15-20 minutes whole
celery	1/2 cup	6	year round	boil 10-15 minutes sauté 2-3 minutes
corn	1/2 cup	6	May-September	boil 3-5 minutes
cucumbers	1/2 cup, sliced	4	year round, peak May-July	usually served raw

\*Contact the Virginia Cooperative Extension Office in your local area for information on the best time to buy vegetables grown in your state.

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*Eating Right is Basic (Third Edition), 1995. Michigan State University Extension*



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## The Vegetable Group

# Buying, Using and Storing Vegetables (cont.)

Vegetable	One serving is	Servings per pound	Best time to buy*	Cooking
eggplant	1/2 cup	6	year round, peak July-October	sauté 6-8 minutes bake 30-40 minutes
greens (beet, chard, collard, turnip)	1/2 cup	3-4	year round	steam or boil 2-15 minutes
mushrooms	1/2 cup	4	year round	sauté 3-5 minutes
okra	1/2 cup	4	year round, peak June-August	boil 10-15 minutes
onions	1/2 cup	4	year round	sauté 10 minutes, chopped boil 30 minutes, whole
parsnips	1/2 cup	4	August-May	steam or boil 2-15 minutes, cut-up
peas	1/2 cup (shelled)	1 pound in pod, 2 servings	April-July	steam or boil 2-3 minutes, small, new or 4-10 minutes, large, mature
peppers (sweet or hot)	1/2 cup	8	year round, peak July-October	sauté 10-15 minutes
potatoes	1/2 cup	3	year round	boil 15-20 minutes, cut-up or 20-25 minutes, whole bake 45-60 minutes
salad greens (lettuce, endive, watercress)	1 cup	8	year round	usually served raw

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The Vegetable Group

# Buying, Using and Storing Vegetables (cont.)

Vegetable	One serving is	Servings per pound	Best time to buy*	Cooking
spinach	1/2 cup	6	year round	steam or boil 5-10 minutes
sprouts (alfalfa, soy bean)	1/2 cup	4	year round	stir-fry 2-3 minutes
summer squash (zucchini, yellow crookneck, chayote, patty pan)	1/2 cup	3	July-September	steam or boil 7-10 minutes, cut-up sauté 3-6 minutes bake 30-35 minutes
sweet potatoes	1/2 cup	3	year round, peak September-January	boil 20-30 minutes bake 30-60 minutes
tomatoes	1/2 cup	3-4	year round, peak June-September	stew 10 minutes broil 5 minutes
turnips, rutabagas	1/2 cup	4	year round, peak September-February	boil 7-10 minutes, sliced or 20-35 minutes, whole
winter squash (acorn, hubbard) and pumpkin	1/2 cup	2	August-January	stew 10-15 minutes bake 40-45 minutes, halves

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## The Vegetable Group

# Buying, Using and Storing Vegetables (cont.)

### High in vitamin A

broccoli  
carrots  
greens (beet, collard, chard,  
kale, mustard, turnip)  
pumpkin  
spinach  
sweet potatoes  
tomatoes  
winter squash

### High in vitamin C

asparagus  
broccoli  
Brussels sprouts  
cabbage  
cauliflower  
greens (beet, collard, kale, mustard, turnip)  
peppers  
rutabagas  
spinach

Store fresh vegetables carefully to preserve flavor, vitamins and minerals.

Store most fresh vegetables in the refrigerator.

Store potatoes, dry onions, winter squash and canned vegetable in a dark, cool, dry place.

*Information adapted from the University of California at Berkeley, "The Wellness Encyclopedia of Food and Nutrition", Random House, 1992*