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# virginia home food production



## FACT SHEET

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BLACKSBURG, VIRGINIA

MH 355

### FRUIT AND VEGETABLES NUTRITIONAL SUMMARY

Most extension unit offices have a number of program offerings which should be of interest to the home gardener. Newsletters and news releases often carry information about the fresh use and/or preservation of specific fruits and vegetables. Special interest meetings may be scheduled to teach appropriate food preservation methods. A clinic may be set up to test the accuracy of dial gauges on pressure canners. Several units have offered a series of mail-out lessons on food preservation for unit residents who find it inconvenient to get to group meetings. Exhibit days, achievement days, and fairs provide an opportunity for the display of preserved food as well as fresh produce.

Extension home economists are available to answer individual questions about fresh produce.

Foods grown in the home garden can supply important amounts of several vitamins and minerals and/or dietary fiber. Perhaps the most compelling reason for having a home garden, however, is the opportunity to consume a variety of truly fresh fruits and vegetables.

Fruits and vegetables are the primary sources of vitamin C. Dark green and deep yellow fruits and vegetables account for a major portion of the vitamin A in the diet. Most fruits and vegetables will contribute some of both vitamins but some have a good deal more than others.

<u>Vitamin A Sources</u>	<u>Vitamin C Sources</u>	<u>Minor Sources of Nutrients</u>	
Carrots	Tomatoes	Cucumbers	Lettuce
Broccoli	Green peppers	Eggplant	Radishes
Sweet potatoes	Cantaloupe	Cauliflower	Onions
Cantaloupe	Strawberries	Green beans	Potatoes
Pumpkin	Broccoli	Asparagus	Green peas
Acorn squash	Cabbage	Turnips	Beets
Butternut squash	Spinach	Corn	Summer squash
Spinach	Kale	Okra	Lima beans
Kale	Collards	Raspberries	Blackberries
Collards	Turnip greens	Apples	Peaches
Turnip greens	Mustard	Rhubarb	Cherries
Mustard	Brussels sprouts		

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