



Extension

UNIVERSITY OF WISCONSIN-MADISON



B4166-SET



Healthy Seasonal Produce



Sherry Tanumihardjo

Jennifer Keeley

Elizabeth Chitwood



Contents



- | | |
|--------------------|-----------------------|
| 01. Apples | 17. Green Beans |
| 02. Asparagus | 18. Herbs |
| 03. Beans and Peas | 19. Kohlrabi |
| 04. Beets | 20. Onions |
| 05. Bell Peppers | 21. Peas |
| 06. Berries | 22. Potatoes |
| 07. Broccoli | 23. Rhubarb |
| 08. Cabbage | 24. Root Vegetables |
| 09. Cantaloupe | 25. Spinach |
| 10. Carrots | 26. Summer Squash |
| 11. Cauliflower | 27. Sweet Corn |
| 12. Chile Peppers | 28. Sweet Potatoes |
| 13. Cranberries | 29. Tomatoes |
| 14. Cucumbers | 30. Watermelon |
| 15. Eggplant | 31. Winter Squash |
| 16. Greens | 32. What's in Season? |

APPLES



Apples are in season from August through October.

Tips for selecting apples

Some of the most common varieties of Wisconsin apples include Cortland, Golden Delicious, Jonathan, McIntosh, Red Delicious, Rome Beauty, and Wealthy. Apples should be firm and have skins that are smooth and free of bruises. Smaller apples are often available in bulk. An apple that is 2½ inches in diameter is adequate for most uses. Do not pick apples that are soft or mealy-fleshed or that have tan or brown areas. Do not eat apples off the ground.

Storage

Apples should be stored in a solid plastic bag in the refrigerator to slow the loss of crispness and flavor. Apple slices and applesauce can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash apples carefully in cold water. Core or quarter the apple and remove seeds. Slice into desired size. To prevent browning, sprinkle cut apples with lemon juice.

Key nutrients

- Carbohydrates for energy
- Fiber to prevent constipation

Uses for popular apple varieties

Cortland—Eating, applesauce

Golden Delicious—Eating, baking, salad

Jonathan—Eating

Red Delicious—Eating, salad

Rome Beauty—Baking

McIntosh—Eating

Wealthy—Applesauce

Recipes

Apple bake

2 large apples, cut into small pieces

¼ cup apple juice

¼ cup water

¼ teaspoon ground cinnamon

Dash of ground nutmeg

¼ teaspoon vanilla extract

Combine juice, water, and spices. Put apples in a loaf pan and pour liquid over apples. Bake at 350°F for 35 to 45 minutes or microwave on high for 6 to 8 minutes. If microwaving, stir every 3 minutes. Serves 2; 140 Cal; less than 1 g fat.

Baked cinnamon apples

Cut out stem and remove core and seeds from baking apples and cut a 1-inch strip of peel around the middle of each apple to prevent splitting. Place apples upright in ungreased baking dish. Place 1 tablespoon brown sugar and ½ teaspoon cinnamon in the center of each apple. Pour water into baking dish until ¼-inch deep. Bake uncovered in 375°F oven until tender, about 30 minutes.

To microwave: Use a microwave safe dish. Prepare apples as directed except do not put water in the dish. Microwave uncovered until tender, about 6 to 8 minutes for 4 apples; 120 Cal each.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Apples (B4166-01)

R-03-2019

ASPARAGUS



Asparagus is in season from April through June.

Tips for selecting asparagus

Select stalks that are firm and straight with compact tips. The spears should be round and snap easily when bent. Asparagus should be a vibrant green color. Do not choose asparagus if:

- it is badly scarred,
- it is droopy and wilted, or
- the tips are spreading.

Storage

Asparagus is best eaten the day it is harvested. To store it, trim $\frac{1}{4}$ inch off the bottom of the stalks and place in 2 inches of standing water, or wrap a moist towel around it. Asparagus can be stored in the refrigerator for two to three days.

Preparation

Rinse with cold water. Cut off the bottom of the stalk, as it is usually woody and tough. Pare away any rough edges with a potato peeler. Asparagus can be steamed, boiled, or roasted with olive oil.

Key nutrients

- Fiber to prevent constipation
- Folate to prevent birth defects and reduce the risk of heart disease
- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Asparagus with lemon mustard vinaigrette

- 1½ pounds fresh asparagus, washed and trimmed
- 1 small red onion, thinly sliced
- 2 teaspoons lemon and pepper seasoning
- 1 tablespoon country-style Dijon mustard
- 1 teaspoon red-wine vinegar
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{4}$ cup olive or vegetable oil

Steam or boil the asparagus for 7 to 10 minutes or until tender. Rinse with cold water. Place the asparagus on a large platter and top with the red onion. Combine the remaining ingredients, drizzle over the asparagus, and serve. Serves 6; 120 Cal; 9 g fat.

Asparagus with yogurt dill sauce

- 2 pounds fresh asparagus, steamed
- 3 cloves garlic, minced
- 2 tablespoons lemon juice
- 1 teaspoon prepared mustard (e.g., Dijon)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 tablespoons parsley, minced
- 1 teaspoon minced dill
- 1 cup yogurt

Mix everything except the asparagus together in a bowl and allow it to stand for at least an hour before serving. Serve over steamed asparagus. Serves 8; 50 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Asparagus (B4166-02)

R-03-2019

BEANS & PEAS



Beans and peas are in season from July through October.

Tips for selecting beans and peas

The edible part of beans and peas lies within the pod. Choose pods that are plump, of similar size, and well-filled. Avoid pods with insect or disease damage, or rusty spots. Dry peas and beans are ready to harvest when the pods are dry, lighter in color, and shriveled. There are at least two ways to dry the edible part:

- Dry the pods on the vine itself until the beans rattle inside. Remove the shell by hand.
- Pull the entire plant up by the roots. Whack it back and forth inside a clean container to shatter the dried pods. The edible part will fall to the bottom.

Sort and discard inedible materials or any bean that is defective or discolored. If the peas or beans are somewhat moist or soft, place them in a single layer in the open air for one to two days. Drying can also be completed in the sun, an oven, or a dehydrator, but cool fully before packing.

Storage

Place in moisture-resistant container. Store in a cool, dry place for up to 1 year.

Preparation

Place dry peas or beans in a strainer and wash before using. **Soaking dry beans will shorten their cooking time:**

- Place 2 cups (1 pound) beans in 6 to 10 cups water.
- Bring to a boil and boil for 2 minutes. Remove pan from heat and let stand 1 hour.
- Drain soaked beans and transfer to a large kettle with 6 cups of fresh water.
- Cover partially (lid tilted) and simmer until beans are tender (salt may be added after beans are tender; use 2 teaspoons of salt for every pound of dry beans).
- Beans swell when they cook. Two cups of dry beans or dry peas yields about 5 cups of cooked beans or peas.

Key nutrients

- Fiber to prevent constipation
- Folate to prevent birth defects and reduce the risk of heart disease
- Iron for healthy blood
- Protein to build and repair body tissue

Recipe

Chunky meatless chili

1 medium green pepper, chopped
1 medium onion, chopped
3 garlic cloves, minced (optional)
1 (16-ounce) can black-eyed peas, undrained
1 (16-ounce) can whole kernel corn, drained
1 cup water
1 (28-ounce) can diced tomatoes, undrained
1 cup uncooked rice
1 (16-ounce) can kidney beans, undrained
1 to 2 tablespoons chili powder
1½ teaspoons ground cumin (optional)
Grease or spray a 3-quart saucepan. Cook green pepper, onion, and garlic over medium-high heat for 5 minutes or until tender. Stir in the tomatoes, kidney beans, black-eyed peas, corn, water, rice, chili powder, and cumin. Bring to a boil, then reduce heat, cover, and simmer 30 minutes, stirring occasionally. Add salt, pepper, or hot sauce to taste. Serve with low-fat sour cream or plain yogurt, chopped onions, and/or low-fat shredded cheese, if desired.

Recipe substitutions: Use 3 cups fresh, diced tomatoes with juice in place of the 28-ounce can of diced tomatoes, or use 1⅔ cup of cooked dry beans and ⅓ cup water in place of the 16-ounce can of peas or beans.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Beans and Peas (B4166-03)

R-03-2019

BEETS



Beets are in season from June through October.

Tips for selecting beets

Choose small- to medium-sized beets with a firm, smooth skin and a deep crimson color. The leaves should be dark green and crisp. Do not choose beets if they are shriveled, soft, or if the skins are rough or flabby.

Storage

Cut off the leaves leaving 2 inches of the stem. Wash beets thoroughly. Place them in a paper bag and store in the refrigerator for up to one week.

Preparation

Beets can be eaten cooked or raw. Do not peel before cooking or the color will bleed out. After cooking, skins will slip off easily. To eat raw, scrub the skins and grate or thinly slice beets to add to salad or slaw. Beets can also be pickled or juiced.

Boil

Bring water to a boil, add the beets, bring back to a boil, then cover and reduce the heat to low. It takes approximately 40 minutes for beets to soften.

Bake

Carve an "X" into both sides of the beet. Wrap in aluminum foil and place on the oven rack. Bake at 425°F for about 50 minutes.

Key nutrients

- Carbohydrates for energy
- Fiber to prevent constipation
- Folate to prevent birth defects and reduce the risk of heart disease
- Potassium to help maintain normal blood pressure

Recipes

Rainbow beet and potato puree

1 pound (3 medium) potatoes, peeled and cubed

½ pound beets, cooked, peeled, and chopped

¼ cup water

½ cup skim milk

1 tablespoon butter or margarine (optional)

Place potatoes, beets, and water in a 2-quart microwave dish and cover with plastic wrap. Microwave on high 8 to 9 minutes then let stand 3 minutes. Remove plastic. Add milk

and margarine. Mash with potato masher, leaving some vegetable texture. Serves 4; 165 Cal; 3 g fat.

Beet soup with dill & yogurt

1 tablespoon oil

1 medium onion, sliced

1 pound beets, cooked, peeled, and coarsely diced

1 quart chicken broth

¾ cup plain yogurt

3 tablespoons chopped fresh dill

Heat the oil in a pan over low heat. Add onions and stir for 2 minutes. Add beets. Cook covered for about 35 minutes in 1 cup broth, or until beets are falling apart. Add remaining stock and salt. Cover and bring to a boil. Reduce heat and simmer for 15 minutes. Strain and reserve the liquid. Transfer beets to a blender or food processor and puree until smooth or mash with a potato masher. Return the puree to the pan and add reserved liquid. Serve the soup with 2 tablespoons of yogurt and sprinkle the yogurt with chopped dill. Serves 6; 110 Cal; 4 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Beets (B4166-04)

R-03-2019

BELL PEPPERS



Bell peppers are in season from August through October.

Tips for selecting bell peppers

Choose peppers that are firm, smooth, and brightly colored. Peppers should be heavier than they look and able to stand up straight. Peppers also have no smell. Do not choose peppers if they are dull or wrinkled or have damp patches on the skin.

Storage

Place peppers in a plastic bag and store in the refrigerator for up to one week.

Preparation

Peppers can be halved, quartered, or sliced and used in salads, vegetable platters, or sautéed with onions and garlic. To stuff peppers, cut off the top and remove the inner core and seeds.

Roast

Set the oven to 425°F. Cut the peppers in half and remove the seeds, place the peppers in a pan, sprinkle with olive oil, and roast in the oven for about 30 minutes. Turn occasionally.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Sweet pepper sauce

2 large red bell peppers
4 large garlic cloves, peeled
Salt and black pepper, to taste

Put peppers into a saucepan with enough water to almost cover. Bring to a boil, then simmer until tender. Remove peppers from water, reserve water, and discard stems and seeds. Chop and place in a blender or food processor. Add garlic, 1 cup of the cooking water, and blend to puree. Transfer to a clean saucepan. Season with salt and pepper and reheat gently. Serve over pasta. Serves 4; 15 Cal; 0 g fat.

Sunshine salad

5 cups packed spinach, washed and dried well
1 whole cucumber, sliced
½ red onion, sliced thin
½ red pepper, sliced
2 oranges, peeled and chopped into bite-size pieces
⅓ cup light vinaigrette salad dressing
Toss all ingredients together in a large bowl. Add the dressing and toss again. Serve immediately. Serves 5; 120 Cal; 8 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Bell Peppers (B4166-05)

R-03-2019

BERRIES



Berries are generally in season from June through September.

Tips for selecting berries

Some common types of berries include raspberries, blueberries, blackberries, and strawberries. Select berries that are bright in color, uncrushed, and free of mold. If berries are in a box, make sure the box is not stained or leaking.

Storage

Berries should be stored in the refrigerator in the box they come in or in a shallow dish. They are best if used within one to two days. Berries can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Rinse the berries in cold water in a colander just before using them. Remove stem caps after washing strawberries. Berries can be eaten raw or cooked.

Key nutrients

- Fiber to prevent constipation
- Vitamin C for healthy gums, skin, and blood

Recipes

Berry sauce

½ cup sugar
2 teaspoons cornstarch
½ cup water
1 pint or 2 cups of fresh blueberries, blackberries, raspberries, or strawberries
1 tablespoon any fruit juice

Combine sugar and cornstarch. Stir in the water. Add berries and bring to a boil. Simmer on low heat until thickened, about 4 minutes, stirring constantly. Remove from heat and add fruit juice. Serve over pancakes, ice cream, or mix with plain yogurt. Berry sauce can be stored in the refrigerator for one week or in the freezer for up to two months. Serves 4; 130 Cal; less than 1 g fat.

Berry cobbler

1 cup blueberries, blackberries, raspberries, or strawberries
4 tablespoons sugar
1½ teaspoons cornstarch
¾ cup flour
1 teaspoon baking powder
1 egg white, well beaten
¼ cup low fat milk
¼ cup butter or margarine, melted

Preheat oven to 425°F. Combine berries, 2 tablespoons sugar, and 1½ teaspoons cornstarch in a mixing bowl. Pour into an 8- or 9-inch square greased baking dish. Combine flour, baking powder, and 2 tablespoons sugar in a mixing bowl. Mix egg, milk, and melted butter or margarine together. Stir gently into the flour mixture. Spread over the berries. Bake for 30 minutes. Serves 9; 115 Cal; 5 g



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Berries (B4166-06)

R-03-2019

BROCCOLI



Broccoli is in season from July through October.

Tips for selecting broccoli

Select stems of broccoli 8 to 10 inches in length with heads that measure 3 to 6 inches across. Look for bunches with dark green heads. Do not choose broccoli with:

- open or spread out heads,
- moldy or mushy heads,
- yellow coloring of heads, or
- soft or limp stems.

Storage

Broccoli is best when eaten soon after picking but can be stored up to seven days in the refrigerator. Broccoli can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash thoroughly in cold water. Snap or cut off end of stem. The heads and stems may be cut into small pieces (florets) or left whole. Broccoli may be used raw in salads, plain as a snack, or with dips. It may be boiled or microwaved.

Boil

Add broccoli to $\frac{1}{4}$ cup boiling water. Cook uncovered about 10 minutes, just until tender but still crisp.

Microwave

Add 1 tablespoon of water and microwave for about 4 minutes just until tender.

Key nutrients

- Calcium for strong bones
- Fiber to prevent constipation
- Iron for healthy blood
- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Italian broccoli with tomatoes

2 cups fresh broccoli florets
2 tablespoons water
 $\frac{1}{4}$ teaspoon oregano
Dash of pepper
1 medium tomato, cut into wedges
 $\frac{1}{4}$ cup shredded mozzarella cheese

Put broccoli and water in 1-quart dish. Cover and microwave at high 3 to 5 minutes. Drain. Stir in seasonings and tomatoes. Microwave at high 1 to 2 minutes. Sprinkle with cheese. Microwave 1 minute. Serves 3; 50 Cal; 2 g fat.

Broccoli with cheese sauce

1 pound fresh broccoli
4 ounces mild cheese, sliced
 $\frac{1}{4}$ cup milk
Salt to taste

1 drop red pepper sauce (optional)

Prepare and cook broccoli as directed under the **Preparation section** of this page. Heat remaining ingredients over medium heat, stirring frequently until cheese is melted and mixture is smooth, 6 to 8 minutes. Pour cheese sauce over broccoli. Serves 3; 175 Cal; 12 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Broccoli (B4166-07)

R-03-2019

CABBAGE



Cabbage is in season from July through October.

Tips for selecting cabbage

Select well-formed heads with even color. Leaves should be compact and smooth. A good head of cabbage is heavy for its size. Do not choose cabbage that is wilted, discolored, or has a cracked head.

Storage

Cabbage can be kept in a plastic bag in the refrigerator for up to two weeks. Cut cabbage should be wrapped tightly with plastic and used within two days.

Preparation

Wash thoroughly with cold water. Cut into quarters and remove the stalk. Cabbage can be used raw in salads, cooked as a side dish, and added to soups or stews. Cabbage leaves are also used to wrap meat or vegetable fillings.

Steam

Steam the head over water in a large saucepan for approximately 8 to 10 minutes or until the leaves peel away easily.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

Recipes

Braised cabbage

1½ pounds cabbage, shredded

3 carrots, grated

3 tablespoons butter

Salt and pepper to taste

In a skillet heat butter until foamy.

Add green cabbage and carrots. Sauté over high heat until tender but crisp, about 4 minutes. Add salt and pepper to taste. Serves 6; 95 Cal, 6 g fat.

Sweet and sour cabbage

3 pounds red cabbage, shredded

4 minced garlic cloves

¼ cup vegetable oil

⅓ cup cider vinegar

⅓ cup soy sauce

3 tablespoons honey

1 teaspoon ground ginger

½ teaspoon pepper

Preheat oven to 350°F. On the stovetop, sauté cabbage and garlic for 3 to 4 minutes, stirring well. Add remaining ingredients and combine thoroughly. Transfer to a baking dish and bake for 40 to 60 minutes or until tender. Serves 8; 140 Cal; 7 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Cabbage (B4166-08)

R-03-2019

CANTALOUPE



Cantaloupe is in season from August through September.

Tips for selecting cantaloupe

Select cantaloupe with large, even webbing and a yellow-orange color. Cantaloupe should be slightly soft around the stem but otherwise firm. Cantaloupe should have a sweet aroma. Do not choose cantaloupe that has:

- green coloring,
- dark or soft and sunken spots, or
- a rough stem end.

Storage

Uncut cantaloupe can be stored on the countertop away from direct sunlight. Once it has been cut, it should be wrapped and stored in the refrigerator. Cut cantaloupe must be used within two days.

Preparation

Wash and scrub cantaloupe before cutting. Cut in half and remove the seeds. Cantaloupe can be eaten raw alone, in a salad, or as part of a fruit platter.

Key nutrients

- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin and blood

Recipes

Cantaloupe bread

3 eggs

1 cup vegetable oil

2 cups white sugar

1 tablespoon vanilla extract

2 cups cantaloupe, peeled, seeded, and pureed

3 cups all-purpose flour

1 teaspoon salt

1 teaspoon baking soda

$\frac{3}{4}$ teaspoon baking powder

2 teaspoons ground cinnamon

$\frac{1}{2}$ teaspoon ground ginger

Preheat oven to 325°F. Grease and flour two 9×5-inch loaf pans. In a large bowl, beat eggs, oil, sugar, vanilla, and cantaloupe. In a separate bowl, sift flour, salt, baking soda, baking powder, cinnamon, and ginger. Stir flour mixture into cantaloupe mixture. Pour batter into prepared pans. Bake at 325°F for 1 hour or until toothpick inserted into the center comes out clean. Serves 24; 215 Cal; 10 g fat.

Melon grape salad

1 cup cantaloupe, cubed

1 cup watermelon, cubed

2 cups green seedless grapes

5 teaspoons lime juice

$\frac{1}{2}$ cup honey

2 tablespoons Dijon mustard

Toss fruit with 3 teaspoons lime juice, cover, and refrigerate. When ready to serve, pour out liquid and dry out serving bowl. Whisk together remaining lime juice, honey, and mustard. Toss with fruit. Serves 6; 150 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Cantaloupe (B4166-09)

R-03-2019

CARROTS



Carrots are in season from August through October.

Tips for selecting carrots

Choose carrots that are firm, smooth, evenly shaped, and have a bright orange color. One pound will serve three or four adults, and equals 3 cups grated, or 3½ to 4 cups sliced or diced.

Storage

Carrot greens or tops should be removed before storage. Carrots should be stored in the refrigerator in a plastic bag and are best if used within one to two weeks. Carrots can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash well in cold water, scrubbing with a vegetable brush. Young carrots do not need to be peeled, simply scrub and use. Carrots can be eaten raw or they can be cut up and cooked by steaming, boiling, stir-frying, or as part of soup, stew, or casserole.

Microwave

Add 2 tablespoons water to carrots (¼-inch slices). Cover and cook 5 minutes or until tender. Let stand 1 minute.

Key nutrient

- Vitamin A for vision, healthy skin, and resistance to infection

Recipes

Glazed carrots

3 large carrots, peeled and cut into ¼-inch slices
2 teaspoons butter or margarine
1 tablespoon brown sugar
1 teaspoon ground ginger, optional
Add carrots to ½ cup of water. Bring to boil, reduce heat, and cook for 10 minutes. When tender, drain and set aside. Melt margarine in medium skillet. Add sugar and ginger and mix. Add carrots. Cook 3 minutes over low heat, stirring so each carrot slice is glazed. Serves 3; 60 Cal; 2.5 g fat.

Carrot and zucchini puff

2½ cups shredded carrots
1 cup shredded yellow squash
1 cup shredded zucchini
1 cup chopped scallions or green onions
5 medium or large eggs, slightly beaten
2 tablespoons packed brown sugar
Dash of grated nutmeg
1 tablespoon grated orange peel
1 teaspoon ground ginger
Pinch of black pepper
Preheat the oven to 350° F. Grease a 2-quart baking dish or spray with nonstick spray. In a large bowl, mix the carrots, zucchini, squash, scallions, egg, sugar, orange peel, ginger, nutmeg, and pepper. Spoon into the prepared baking dish. Bake for 1 hour or until puffed and golden and a knife inserted in the center comes out clean. Serves 4; 160 Cal; 6.5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Carrots (B4166-10)

R-03-2019

CAULIFLOWER



Cauliflower is in season from July through September.

Tips for selecting cauliflower

Select creamy white, compact florets (the smaller flower-like pieces) with firm, bright green leaves. Leaves that extend through the florets are okay. Do not choose cauliflower:

- with light-brown coloring,
- with small, dark spots on the florets, or
- with loose sections that are spread out.

Storage

Cauliflower should be kept unwashed in a perforated plastic bag in the refrigerator. The whole head will keep for up to five days. Separated florets will keep for up to two days.

Preparation

Raw cauliflower can be used in salads or as part of a vegetable platter with a vegetable dip. Cooked cauliflower can be used in soups.

Steam

Steam the whole head of cauliflower for 12 to 15 minutes over water in a large saucepan. Florets can be steamed in 3 to 5 minutes.

Key nutrients

- Folate to help prevent birth defects and reduce the risk of heart disease
- Vitamin C for healthy gums, skin, and blood

Recipes

Baked cauliflower

- 1 large cauliflower
- 1 onion, diced
- 2 tablespoons parsley, chopped
- 1 clove garlic, minced
- 16 ounces stewed tomatoes
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ cup grated Parmesan cheese (optional)

Break the cauliflower into small florets. Combine everything in a casserole dish. Cover and bake at 350°F for about 40 minutes or until tender. Serves 8; 125 Cal; 1 g fat.

Cauliflower in yogurt cumin sauce

- $\frac{3}{4}$ pound fresh peas, shelled and washed
 - 2 cups water
 - 4 cups small cauliflower florets
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{3}{4}$ cup plain low-fat yogurt
 - 3 tablespoons fresh cilantro, chopped
 - 1 tablespoon lemon juice
 - $\frac{1}{4}$ teaspoon ground cumin
 - 1 dash of white pepper
- Bring water to a boil in a large saucepan; add peas and cauliflower. Cover and cook for 7 minutes or until crisp-tender. Drain well and place in a bowl. Add salt and toss well. Combine yogurt and the next 4 ingredients; stir well. Pour over cauliflower mixture and toss gently. Refrigerate any leftovers. Serves 6; 80 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Cauliflower (B4166-11)

R-03-2019

CHILE PEPPERS



Chile peppers are in season from August through October.

Tips for selecting chile peppers

Some common varieties include chipotle, habañero, jalapeño, poblano, and serrano. Chile peppers come in a variety of deep, vivid colors. Choose peppers that are firm, smooth, and shiny with fresh green stems. Do not choose chile peppers if they are shriveled or decayed or have cracks.

Storage

Chile peppers can be placed in a plastic bag and stored in the refrigerator for a few days. Peppers wrapped in paper towel will keep for up to three weeks in the refrigerator.

Preparation

Wear gloves when handling hot peppers and do not touch your eyes. Chemicals in the peppers will irritate the skin. Wash your hands thoroughly after handling hot peppers. To use in salsas, salad dressings, and curries, cut away and discard the stem and seeds. You may use the seeds to increase the spiciness of a dish.

Key nutrients

- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood
- Vitamin A for vision, healthy skin, and resistance to infection

Recipes

Watermelon fire and ice salsa

3 cups watermelon, chopped

1 tablespoon green onion, chopped

½ cup green bell peppers, chopped

1 tablespoon jalapeño peppers, chopped

2 tablespoons lime juice

½ teaspoon garlic salt

1 tablespoon chopped cilantro

Combine all ingredients. Cover and refrigerate 1 hour. Serve on sliced oranges. Or top 1 cup sour cream with 1 cup salsa and serve with chips. Serves 6; 30 Cal; less than 0.5 g fat.

New Mexico chili soup

1 pound ground beef

1 medium onion, chopped

1 tablespoon flour

16 ounces canned tomatoes

½ teaspoon garlic, minced

4 green chiles, peeled, seeded, chopped

1 tablespoon chili powder

⅓ teaspoon cumin

Salt to taste

Water as needed

Brown and drain the meat and add onion. Stir in the flour. Add the tomatoes and mix. Stir in garlic, peppers, chili powder, cumin, and salt. Add enough water to moisten the mixture. Bring to a boil and simmer 1 hour or until heated through. Serves 4, 235 Cal, 11.5 g fat when using 85% lean ground beef.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Chile Peppers (B4166-12)

R-03-2019

CRANBERRIES



Cranberries are in season from September through November.

Tips for selecting cranberries

Look for plump, firm berries with a deep red color. Different varieties of cranberries may look somewhat different, but all should be red.

Storage

Cranberries can be kept in the refrigerator for several weeks and can be frozen for up to nine months. To freeze, seal the cranberries in plastic and place them in your freezer. Rinse cranberries thoroughly before use, either before or after freezing.

Preparation

Sort and discard bruised cranberries, then rinse in cold water. Do not thaw frozen cranberries before use; simply rinse the frozen berries and follow recipe directions. Cranberries can be added to muffins, quick breads, stuffing, and other baked goods or made into sauce.

Key nutrients

- Antioxidants which help prevent disease
- Fiber to help prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

Recipes

Cranberry muffins

2 cups all-purpose flour
1¼ cups sugar
1½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
¼ cup vegetable oil
1 egg, well-beaten
¾ cup orange juice
1½ to 2 cups whole or halved cranberries
1 teaspoon vanilla

Sift flour, sugar, baking powder, salt, and baking soda into a large bowl. Mix in oil. Add egg and orange juice and stir until evenly moist. Fold in cranberries. Spoon batter into prepared muffin cups until each cup is ¾ full. Bake at 350°F for 25 to 30 minutes until golden brown. Makes 15 muffins; 155 Cal; 3.5 g fat.

Cranberry apple pie

3 cups fresh or frozen cranberries
6 medium apples, cored, peeled, and sliced
¾ cup sugar
2 tablespoons cornstarch
1 teaspoon pumpkin pie spice
½ cup orange juice
Pastry for a two crust pie
Preheat oven to 425°F. Sort and wash cranberries. Put sugar, orange juice, spice, and cornstarch in a saucepan. Stir to dissolve cornstarch. Add cranberries. Bring to a boil and cook over low heat until thickened and cranberries have popped. Fold in apples and pour into pastry. Cover, seal edges, and make slits in the top. Bake 35 to 40 minutes. Serves 8; 375 Cal; 14 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Cranberries (B4166-13)

R-03-2019

CUCUMBERS



Cucumbers are in season from July through September.

Tips for selecting cucumbers

Common cucumber varieties include English, gherkin, kirby, and ridged. Choose well-formed, uniform cucumbers with an even dark green color. Cucumbers should be firm with no soft spots. A yellow color or large size indicates lower quality.

Storage

After two to three days at room temperature, refrigerate in a plastic bag for up to one week. Cut or peeled cucumbers must be refrigerated.

Preparation

Rinse with cold water and slice. For large wedges, peel off the skin, cut lengthwise, quarter, and skim off the seeds. Cucumbers can be used in salads, sandwiches, vegetable platters, or pureed and used in a vegetable dip.

To cook

Cut into wedges and remove the seeds. Simmer for a few minutes, or until tender. Drain, return to the pan, and season.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure

Recipes

Cucumber and tomato salad

1 large tomato
1 cucumber
1 small onion
1 tablespoon fresh dill
2 green chile peppers, chopped
1 tablespoon vinegar
1 tablespoon oil
1 tablespoon lemon juice
Salt
Cut tomato into 10 wedges.
Peel cucumber then cut it in half lengthwise and then into thin slices.
Cut onion in half lengthwise and then slice it paper thin. Put onion slices into a bowl, sprinkle with salt, and mix well. Pat onions dry with paper towel.
On a platter, arrange in succession a row of tomatoes, cucumber slices, and onion pieces. Sprinkle with dill, salt, and chile peppers. Mix vinegar, oil, and lemon juice and pour enough into the salad to moisten it well.
Serves 6; 40 Cal; 2.5 g fat.

Cucumber and yogurt dip

1½ cups plain low fat yogurt
⅓ cup sour cream
2 large garlic cloves, minced
2 medium cucumbers, peeled, grated, and squeezed dry in paper towels
2 tablespoons fresh mint, chopped
1 tablespoon fresh cilantro, chopped
1½ teaspoons olive oil
In a serving bowl, combine yogurt, sour cream, garlic, cucumbers, mint, cilantro, and oil. Cover and refrigerate 6 to 8 hours. Serves 10; 55 Cal; 3 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Cucumbers (B4166-14)

R-03-2019

EGGPLANT



Eggplant is in season from August through September.

Tips for selecting eggplant

The most common variety, American, is dark purple and football-shaped. Asian eggplant varieties are slender and elongated with thinner skin and fewer seeds. Look for a firm, smooth-skinned eggplant that feels heavy for its size that has glossy skin and flesh that bounces back when lightly pressed. Avoid eggplants with soft or brown spots.

Storage

Eggplant can become bitter with age and is very perishable. Store in a paper bag away from other fruits and vegetables in a cool place (50 to 54°F) for up to three days. Refrigeration is not ideal, but may be effective for a few days when placed in an unsealed, plastic bag in the crisper.

Preparation

- Cut surfaces will brown quickly when exposed to air, but will not affect flavor when cooked.
- To peel or not to peel—the choice is up to you. If the eggplant is very fresh, it will not need to be peeled, but as an eggplant ages, the skin tends to get tougher.

- Use in stews and stir-fries. Do not be tricked into using too much oil—eggplant is very porous and soaks up oil like a sponge, so beware when sautéing or stir-frying.

Key nutrient

- Fiber to prevent constipation (more fiber when peel is eaten)

Recipes

Stuffed eggplant

2 cups cooked rice
1 medium eggplant
2 tablespoons oil
1 small tomato, diced
1 medium green pepper, diced
1 small onion, minced
¼ teaspoon dried basil
Cut eggplant in half lengthwise, and scoop out the center from each half, leaving a ½ inch shell. Dice the eggplant meat. Place eggplant shells cut side down in a large skillet with about ½ inch boiling water. Cover and steam 3 minutes. Cook diced eggplant, tomatoes, green pepper and onion in oil until tender. Add rice and basil and stuff into the eggplant

shells. Bake at 350° f for 35 minutes or until eggplant shells are tender. Serves 2; 430 Cal; 15 g fat.

Peperonata (eggplant with fresh thyme)

1 cup eggplant, diced
2 tablespoons olive oil
1 cup each diced onion and red bell pepper
2 cups tomatoes, diced
1 tablespoon fresh garlic, chopped
2 cups cooked spaghetti or other pasta
2 tablespoons fresh thyme or 1 teaspoon dry

Lightly salt eggplant and place on a paper towel to drain. In a thick-bottomed saucepan, cook the onions in the olive oil until lightly browned. Add garlic and eggplant and cook for 5 minutes. Add peppers, tomatoes and thyme, and cook for 10 minutes more. Serve eggplant mixture over warm pasta. Serves 4; 180 Cal; 7.5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Eggplant (B4166-15)

R-03-2019

GREENS



Greens are in season from May through October.

Tips for selecting greens

Types of greens include beet, collard, mustard, spinach, and swiss chard. Choose greens with smaller leaves for tenderness and mild flavor. Oversized leaves may be tough. Do not choose yellowed, browned, or wilted leaves. One pound of fresh greens will cook down to 1 cup, or about 2 servings.

Storage

Wrap unwashed greens in a damp paper towel and store in a plastic bag in the refrigerator. Use within one week. Collard and kale can last up to two weeks.

Preparation

Wash well in cold water. Remove tough midribs (the thick, central veins). The thick stems of swiss chard can be eaten. Strong-flavored greens such as collard, turnip, and mustard greens can be blanched to mellow the flavor. To blanch, drop greens into boiling water and cook just until wilted. Drain and cool under running water. Continue with cooking by boiling with fresh water or stir frying.

Key nutrients

- Calcium for strong bones
- Folate to help prevent birth defects and reduce the risk of heart disease
- Iron for healthy blood
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Steamed greens with garlic

1½ pounds greens

1 tablespoon vegetable oil

1 garlic clove, finely chopped

Salt to taste

Wash and steam greens until tender. In a serving bowl, combine oil, garlic, steamed greens, and salt. Toss and serve warm. Serves 4; 85 Cal; 4 g fat.

Sautéed seasoned greens

1 bunch collard greens (about $\frac{3}{4}$ pound), rinsed with stems removed and coarsely shredded

$\frac{1}{3}$ medium head cabbage, coarsely shredded

2 tablespoons olive oil

1 clove garlic, minced

1 medium onion, cut into quarters and sliced

1 to 2 teaspoons vinegar (optional)

Boil 3 quarts of water in a large saucepan. Add collard greens, return to boil, and cook 3 to 4 minutes or until greens are tender but still crisp. Remove greens with a slotted spoon, leaving the water in the pan. Place greens in a colander or strainer and set aside.

Return water to a boil, add cabbage, and cook 1 minute. Pour into a colander and drain. Set aside. In a large skillet, heat olive oil over medium-low heat. Cook garlic and onions in oil for 3 to 4 minutes or until tender-crisp. Add greens and cabbage. Cook 2 to 3 minutes, stirring occasionally. Add vinegar. Toss and serve immediately. Serves 6 ($\frac{1}{2}$ cup per serving); 70 Cal; 5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Greens (B4166-16)

R-03-2019

GREEN BEANS



Green beans are in season from July through August.

Tips for selecting green beans

Select beans that have a fresh, bright skin and velvety touch. They should snap with a clean break without strings. Look for even-shaped plump beans with few strings. The length of the bean is not related to quality. Do not choose beans:

- with seeds that are visible through the skin (these are tough and old),
- with a dull appearance,
- that have wilted or tough skins,
- that are woody or stringy, or
- that have holes, spots, brown skin, insects, or worms.

Storage

Green beans are best when eaten soon after picking. Store unwashed beans in a plastic bag in the refrigerator for up to two weeks. Can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash thoroughly in cold water. Snap or cut off about ¼-inch from the stem end of each bean. Green beans may be left whole or cut into bite-size pieces. Cook by steaming or boiling in a small amount of water uncovered for about 12 minutes until crisp-tender. Green beans are delicious added directly to soups, stews, or stir-fries.

Key nutrient

- Fiber to help prevent constipation

Recipes

Vegetable stir-fry

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- ½ cup washed, raw potatoes cut into thin strips
- ½ cup fresh carrots, thinly sliced
- ½ cup fresh green beans, cut in 2-inch pieces
- ½ cup celery, thinly sliced
- 1 tablespoon soy sauce

Heat oil in a large skillet or wok and add onions. When onions are soft, add potatoes. When potatoes are almost soft, add carrots, beans, and celery, stirring quickly until vegetables are tender but still crisp, about 6 to 8 minutes. Stir in soy sauce, then cover the skillet or wok and let steam for 3 minutes. Serve with rice, pasta, or your favorite grain. Serves 3; 95 Cal; 5 g fat.

Almond crunch beans

- ½ pound fresh green beans
 - ¼ cup water
 - 1 tablespoon margarine or butter
 - 1 to 2 tablespoons toasted slivered almonds
 - Salt to taste
- Cut beans in 1-inch pieces. Cook and stir beans, water, margarine, and salt in a skillet over medium heat until margarine is melted. Cover and cook until beans are tender, about 15 minutes. Stir in almonds. Serves 3; 85 Cal; 7 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Green Beans (B4166-17)

R-03-2019

HERBS



Fresh herbs are in season from July through October.

Cook with herbs for more flavorful dishes with less fat and less salt. Here are a few ways to cook with popular herbs.

Basil

Use basil in stews, soups, and egg dishes. Basil lends excellent flavor to tomato sauces.

Chives

Add chives to cheese sauces, eggs, and potatoes for extra zip.

Cilantro

Cilantro is commonly used in many Mexican-style dishes. Add a little to broth-based soups for additional flavor.

Dill

Use dill in dishes other than pickles! Try stir-frying dill with shrimp.

Garlic

Although it is not an herb, garlic is a popular seasoning. Fresh garlic can be pressed into soups and casseroles or added to roasted meats. Try baking a whole bulb in your oven, then spread the baked garlic onto fresh bread or toast.

Marjoram

Fresh marjoram can be added to salads and gives flavor to cooked vegetables like broccoli, brussels sprouts, cauliflower, carrots, peas, and green beans.

Mint

Mint pairs well with lamb, but also enhances cabbage and peas! Add a sprig to a cup of tea for a refreshing treat.

Oregano

Use oregano on meats and fish, or in salads and cooked vegetables. Oregano can be added to soups and sauces.

Parsley

Besides being a wonderful garnish, parsley can season potatoes and various soups and sauces.

Rosemary

Try a little rosemary on your next meat dish for a flavor adventure. Can also be added to potato, spinach, and bean dishes.

Sage

Although sage is commonly used in stuffing, it is also good sprinkled on chicken before baking.

Tarragon

Add tarragon to chicken and egg salad for a licorice-like flavor similar to anise. Tarragon is also used on ham, fish, and in creamy soups.

Thyme

Thyme pairs well with mushrooms and onions, but also works well in soups, sauces, stuffing, eggs, and cheese.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Herbs (B4166-18)

R-03-2019

KOHLRABI



Kohlrabi is in season from June through July and from September through October.

Tips for selecting kohlrabi

Kohlrabi is available in green and purple varieties. Select medium-sized light green or deep purple bulbs. The greens should be fresh and firm. Do not choose kohlrabi that is woody or tough, or with blemishes or cracks in the root.

Storage

Kohlrabi can be refrigerated for seven to 10 days, or up to a month if stored in a plastic bag. The greens must be used as soon as possible.

Preparation

Kohlrabi is served as a side dish, steamed, sautéed, or stir-fried. Kohlrabi more than 2-inches in diameter can be stuffed by making hole in the middle. The greens can be used in salads or prepared as a side dish.

Boil

Trim off the leaves, peel the skin, and slice crosswise. Cook in lightly salted, boiling water for about 20 minutes in an uncovered pot.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

Recipes

Sautéed kohlrabi

2 kohlrabi, peeled and trimmed of leaves

½ teaspoon salt

1 medium onion, diced

2 tablespoons of sweet butter or margarine

1 tablespoon chopped fresh marjoram or fresh basil (or 1 teaspoon dry)

Grate the kohlrabi. Sprinkle with salt and allow it to sit in a colander for 30 minutes. Squeeze out water. Melt butter in a sauté pan. Brown onions and stir in kohlrabi. Decrease heat to low, cover, and simmer for 10 minutes. Uncover and increase heat to medium. Cook another 2 minutes and add fresh herbs. Serves 4; 75 Cal; 6 g fat.

German vegetable medley

½ pound asparagus, cut to 1-inch pieces

1 cup sliced carrots

1½ cups peas

1 small cauliflower head, cut into florets

2 kohlrabi bulbs, peeled and sliced

4 tablespoons butter or margarine

1½ teaspoons cornstarch

Salt and black pepper to taste

1 tablespoon chopped parsley

Heat margarine in a large pot. Sauté asparagus, peas, carrots, cauliflower, and kohlrabi for 5 minutes. Add a little water, salt, and pepper. Simmer until the vegetables are tender but still chewy. In a small bowl, mix cornstarch with 2 tablespoons of water and add to vegetables, stirring until sauce has thickened. Garnish with parsley. Serves 6; 135 Cal; 8 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Kohlrabi (B4166-19)

R-03-2019

ONIONS



Onions are in season from July through September.

Tips for selecting onions

An onion should be firm, hard, and heavy for its size. The outer skin may be slightly loose. Fresh onions also have a faint, sweet aroma. Do not choose onions that are shriveled, bruised, or decayed.

Storage

Onions can be stored in a cool, dry, well-ventilated area for four to five weeks. Do not store onions in plastic, near potatoes, or in the refrigerator. Cut onions can be kept in a sealed container in the refrigerator for two to three days. Throw away any sprouting onions.

Preparation

Slice off the top and bottom, then slice from top to bottom and peel off the outer layer. To avoid teary eyes, chill the onion in the freezer for ten minutes before slicing or peel it under cold water. Onions may be used raw in sandwiches or salads or cooked in soups and stews. Frying or sautéing will provide a milder flavor and a sweet flavor if fried to a golden brown.

Bake

Wrap in aluminum foil and bake for 45 to 60 minutes at 350°F.

Sauté

Slice three medium onions. Heat one tablespoon of oil over low heat. Add onions and stir constantly for 5 to 10 minutes.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure

Recipes

Fried onions and apples

3 large yellow onions, sliced
2 tablespoons butter or margarine
6 large, tart red apples, sliced
½ cup brown sugar, packed
1 teaspoon salt
½ teaspoon paprika
⅛ teaspoon ground nutmeg

In a large saucepan over medium heat, sauté onions in butter until tender. Place apples on top of onions. Combine remaining ingredients; sprinkle over apples. Cover and simmer 10 minutes. Uncover and simmer 5 minutes longer or until apples are tender. Serve with a slotted spoon. Serves 12; 110 Cal; 2.5 g fat.

Oven-roasted potatoes and onions

6 large potatoes, quartered
1 tablespoon parsley, chopped
6 medium onions, quartered
1 tablespoon fresh basil, chopped
¼ cup vegetable oil
1 teaspoon fresh marjoram, chopped
1 teaspoon black pepper
Preheat oven to 375°F. Place potatoes and onions in a shallow roasting pan. Combine oil and herbs and pour over the vegetables. Toss and bake uncovered for 1 hour or until tender. Turn occasionally. Serves 8; 180 Cal; 7 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Onions (B4166-20)

R-03-2019

PEAS



Peas are in season from mid-June through July.

Tips for selecting peas

- Garden pea pods should be green and not too fat (large peas are old and tough).
- Snow peas (almost pea-less, flat pods) and sugar snap peas are both eaten shells and all, raw or cooked.
- Approximately 2 pounds of garden peas in the pod will feed four people (1 pound yields about 1 cup of peas).
- For snow peas and sugar snap peas, 1 pound is enough for four people.

Storage

Peas should be stored in the refrigerator and used within three to five days. Peas can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash peas in cold water before using them. Peas can be cooked in their shells or shelled first and then steamed or boiled for 5 minutes, or they can be cooked directly in a soup or stew. Snow peas and sugar snap peas take about 2 to 3 minutes to steam or cook.

Key nutrients

- Fiber to prevent constipation
- Folate to help prevent birth defects and reduce the risk of heart disease

Recipes

Peas with sesame butter

1 cup fresh shelled peas (or $\frac{3}{4}$ pound in pod)
1 tablespoon margarine or butter
1½ teaspoons sesame seeds
½ teaspoon sugar
Salt to taste
Shell peas if in pods. Steam peas or boil in small amount of water, 5 to 7 minutes. Drain. Cook remaining ingredients over medium heat, stirring constantly until golden brown; pour over peas. Serves 2; 120 Cal; 7 g fat.

Polynesian-style pea pods

½ pound Chinese pea pods
1 can (8¼ ounces) pineapple chunks, drained
1 tablespoon margarine or butter
Wash pods, remove tips and stems. Steam or boil in 1 cup water until crisp tender, about 3 minutes. Drain. Cook and stir pineapple in margarine in 1-quart saucepan until hot. Add pods, toss, heat. Serves 3; 105 Cal; 4 g fat.

Marinated sugar snap peas

1 pound sugar snap peas
12 green onions or scallions, thinly sliced
1 garlic clove, minced
2 tablespoons vegetable or olive oil
Pinch of sugar
Pepper to taste
Cook peas 1 minute in a pot of boiling water. Drain and rinse under cold running water. In a bowl, combine peas, onions, garlic, sugar, oil, and pepper. Toss gently. Cover and refrigerate for at least 30 minutes. Serves 4; 115 Cal; 7 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Peas (B4166-21)

R-03-2019

POTATOES



New red potatoes are in season from mid-June through August.
White potatoes are in season from August through October.

Tips for selecting potatoes

Look for firm potatoes without sprouts growing from “eyes.” Do not choose potatoes with soft spots, wrinkled skin, or shades of green on the skin.

Storage

Store new red potatoes at room temperature and use within a few days. Keep white potatoes such as Yukon Gold in a cool, dark cupboard for several weeks or in a well-ventilated bag in the refrigerator for longer storage. Thick-skinned Idaho potatoes are best stored in a cool, dark cupboard. The green areas on some potatoes are bitter and should be peeled off before eating.

Preparation

New red potatoes

Wash potatoes lightly in warm water and leave whole. Do not peel.

White potatoes

Wash potatoes in warm water and scrub well. Cut off any sprouts. Avoid green potatoes.

Key nutrients

- Carbohydrates for energy
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin and blood

Recipes

Oven wedge fries

2 large potatoes

1 teaspoon vegetable oil

Optional seasonings include 2 cloves of finely chopped garlic or ¼ teaspoon garlic powder, ¼ onion salt, or an Italian seasoning mix.

Preheat oven to 400°F. Lightly grease baking sheet or spray with nonstick cooking spray. Wash and cut potatoes into quarters. Next, cut each quarter into wedges (the area with the skin) about ¼-inch wide. Toss potatoes with oil and place on a cookie sheet. Place the cookie sheet on an oven rack about 7 inches from the bottom of the oven. Bake for 7 minutes or until brown. Flip wedges over and sprinkle seasoning over the top. Bake for another 7 minutes or until brown and cooked throughout. Serves 4; 150 Cal; 1 g fat.

Chive potatoes

1½ pounds (10 to 12 small) red potatoes

2 tablespoons margarine or butter

2 teaspoons chives, finely chopped

½ teaspoon salt

¼ teaspoon pepper

Bring 1 inch of water to a boil in a large pot and add potatoes. Cover and return to a boil. Reduce heat and cook until tender, 15 to 20 minutes; drain and keep warm. Heat remaining ingredients just to boiling. Place hot potatoes onto a serving dish. Pour margarine or butter mixture over potatoes. Serves 4; 200 Cal; 6 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Potatoes (B4166-22)

R-03-2019

RHUBARB



Rhubarb is in season from May through June.

Tips for selecting rhubarb

- When selecting rhubarb, choose fresh, crisp stalks.
- Choose stalks that are bright pink and free of disease or insect damage.
- Dark pink stalks that are smaller in diameter are generally younger, sweeter, and more tender than thick, long green stalks, but this depends on the variety.
- One pound of raw rhubarb yields $\frac{3}{4}$ cup when cooked.

Storage

Trim the leaf away from the rhubarb stalk and discard the leaf. Caution: Rhubarb leaves are poisonous to humans and animals and should not be eaten! Stalks will keep in the refrigerator for 2 to 3 weeks in a sealed plastic bag. Rhubarb can be frozen.

Preparation

Stand the stalks in cold water for an hour to refresh them before cooking. Before use, trim the ends and peel off tough strings; completely peeling rhubarb is unnecessary. Rhubarb can be served as a sauce over ice cream, combined with fresh strawberries, or made into pies, puddings, breads, jams, and refreshing beverages.

Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure

Recipes

Quick rhubarb cobbler

3 cups diced rhubarb

1 package red-colored sweetened gelatin

1 tablespoon butter or margarine

$\frac{1}{4}$ cup packed brown sugar

$\frac{1}{2}$ cup rolled oats

Place diced rhubarb in an 8x8-inch pan. Mix with dry gelatin. Prepare topping by combining butter, brown sugar, and oats with a fork and sprinkle on top. Bake at 350°F for 35 minutes until rhubarb is soft and bubbly. Serves 9; 85 Cal; 1.5 g fat.

Baked rhubarb sauce

1½ pounds diced rhubarb

$\frac{1}{4}$ cup water

1 cup sugar

Dash of salt

Put rhubarb in a 1½-quart casserole dish. Add water, sugar, and salt. Cover tightly and bake at 350°F for 20 to 25 minutes or until tender. Chill and serve. Cooked rhubarb is good with fresh strawberries topped with a dab of whipped cream. Serves 8; 115 Cal; less than 1 g fat.

Easy rhubarb spread

5 cups diced rhubarb

1 small can crushed pineapple, drained

2 cups sugar

1 small package strawberry gelatin

Mix together first three ingredients and let stand 2 hours, then boil for 12 minutes. Remove from heat, add dry gelatin, stir, and pour into jars or plastic containers. Refrigerate for up to 2 weeks. Can be frozen. Serves 48; 45 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Rhubarb (B4166-23)

R-03-2019

ROOT VEGETABLES



Root vegetables are generally in season from May through October.

Tips for selecting root vegetables

Types of root vegetables include beets, parsnips, rutabagas, and turnips. Choose root vegetables that are firm and well-shaped. The best roots have smooth skins and feel heavy for their size. Do not choose vegetables that:

- are spotted or have growth cracks,
- look shriveled or misshapen, or
- feel soft or flabby.

Storage

Most root vegetables should be refrigerated and stored in the crisper or in plastic bags. They will keep up to one month.

Preparation

Root vegetables may be mashed like potatoes and used as a side dish. Boil or steam, then mash, puree, or toss with margarine and seasonings. Roots can be cut into chunks and added to soups, stews, and casseroles.

Add thin slices of peeled root vegetables to salads or serve as an appetizer with dip.

Key nutrients

- Carbohydrates for energy
- Iron for healthy blood
- Vitamin C for healthy gums, skin, and blood

Recipes

Roasted root vegetables

- 2 tablespoons olive oil
- 1 tablespoon maple syrup or honey
- 1 small garlic clove, minced
- 1 Yukon Gold potato, quartered
- 1 carrot, peeled and cut into 2-inch pieces
- 1 parsnip, peeled and cut into 2-inch pieces
- 1 small sweet potato, peeled and quartered
- 1 rutabaga, peeled and cut into 1½-inch pieces
- 1 small onion, peeled and quartered
- 1 tablespoon melted butter

Preheat oven to 350°F. Mix oil, maple syrup, and garlic in a small bowl. Place cut vegetables on a large rimmed baking sheet, pour oil mixture over vegetables, and toss to coat. Spread vegetables out in single layer. Roast until tender and golden brown, stirring occasionally, about 1½ hours. Transfer vegetables to platter. Drizzle vegetables with butter and serve immediately. Serves 4; 220 Cal; 10 g fat.

Mashed potatoes and turnips

1 pound turnips
1 pound potatoes
Milk
2 cloves garlic (optional)
Salt and black pepper to taste
Boil turnips, potatoes, and garlic in water to cover. Cook until tender. Mash until smooth, adding milk to desired texture and salt and pepper to taste. Serves 4; 115 Cal; 0.5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Root Vegetables (B4166-24)

R-03-2019

SPINACH



Spinach is in season from May through June and August through September.

Tips for selecting spinach

Choose leaves that are crisp and are dark green. Avoid leaves that are limp, damaged, or spotted.

Storage

After washing, thoroughly dry with a salad spinner or blot with paper towels. Wrap in dry paper towels and seal in a plastic bag for storage. Spinach is highly perishable and will not remain fresh for more than one week.

Preparation

One pound of fresh spinach equals about 1 cup of cooked spinach. Loose spinach can be very gritty straight from the garden, so it must be thoroughly rinsed. Spinach grows in sandy soil that clings to the leaves.

Key nutrients

Spinach is loaded with vitamins and minerals!

- Calcium for strong bones
- Fiber to prevent constipation
- Folate to help prevent birth defects and reduce the risk of heart disease
- Magnesium for overall health
- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Sautéed spinach leaves

$\frac{3}{4}$ pound fresh cleaned spinach leaves
1 tablespoon olive oil
 $\frac{1}{4}$ teaspoon freshly grated nutmeg
Salt and black pepper to taste
Place a large nonstick pot over high heat and add oil, spinach, and nutmeg. Add salt and pepper, then cook and toss quickly until spinach is wilted. Drain and serve hot. Serves 2; 155 Cal; 14 g fat.

Skillet lasagna

$\frac{1}{2}$ pound ground beef, pork, or turkey
 $\frac{1}{2}$ cup chopped onion
1 15-ounce can tomato sauce
 $1\frac{1}{2}$ cups water
 $\frac{1}{4}$ teaspoon garlic
 $\frac{1}{2}$ teaspoon oregano and basil
3 cups uncooked noodles
1 pound fresh chopped spinach
1 cup cottage cheese
 $\frac{1}{2}$ cup shredded mozzarella
Brown meat in a large skillet. Drain and rinse to remove some of the fat. Combine with onion, tomato sauce, water, and spices. Cover and bring to boil. Add noodles, then cover and simmer for 5 minutes. Stir in spinach and simmer another 5 minutes then stir. Spoon cottage cheese over the top and sprinkle with shredded mozzarella. Cover and simmer for another 10 minutes. If mixture gets too dry, add a little more water. Refrigerate leftovers. Serves 4; 295 Cal; 12 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Spinach (B4166-25)

R-03-2019

SUMMER SQUASH



Summer squash is in season from July through September.

Tips for selecting summer squash

Types of summer squash include zucchini, yellow straightneck, yellow crookneck, and patty pan.

- Look for small and medium-sized squash.
- Summer squash should be firm with a glossy, tender skin.
- Do not choose squash with soft spots or wrinkled skin.

Storage

Keep summer squash in a plastic bag in the refrigerator. It is best if used within one week. Summer squash can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash well in cold water. Do not peel squash, just cut off the ends. If squash is large and has a thick skin or large seeds, remove the skin and seeds.

Serving ideas

Slice raw for salads and sandwiches. Boil, microwave, or steam. Add sliced summer squash to spaghetti sauce for extra flavor and texture.

Microwave

Cut into ½-inch slices, add ¼ cup water, cover and microwave about 5 minutes or until tender. Let stand 1 minute.

Key nutrient

- Vitamin C for healthy gums, skin, and resistance to infection

Recipes

Oven-fried Squash

2 medium squash

Water

⅓ cup Parmesan cheese

⅓ cup flour

Preheat oven to 400°F. Lightly coat a baking sheet with vegetable oil or nonstick cooking spray. Peel and slice squash into ⅛-inch thick pieces. Dip in water to moisten. In a bag, shake squash slices in ⅓ cup Parmesan cheese and ⅓ cup flour. Place slices on baking sheet. Bake for 5 minutes on each side. Serves 4; 90 Cal; 2.5 g fat.

Squash bread

1½ cups flour

2 teaspoons cinnamon

1 teaspoon baking powder

½ teaspoon baking soda

1½ cups zucchini or summer squash, grated

2 eggs, well beaten

¾ cup sugar

½ cup oil

2 teaspoons vanilla extract

Preheat oven to 350°F. Mix flour, cinnamon, baking powder, and baking soda thoroughly. Combine well-beaten eggs, sugar, oil, and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients. Mix just until dry ingredients are moistened. Pour into well-greased loaf pan. Bake 40 minutes or until a toothpick inserted in center of the loaf comes out clean. Slice and serve when cool. Serves 10; 240 Cal; 10 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Summer Squash (B4166-26)

R-03-2019

SWEET CORN



Sweet corn is in season from July through September.

Tips for selecting sweet corn

Look for a husk with a fresh green color. Pull husk back 1 to 2 inches to check kernels. Choose ears of corn that are filled with even rows of plump kernels. Do not choose corn with:

- underdeveloped kernels,
- wilted or dried husks,
- very large kernels,
- brown kernels, or
- depressed areas on kernels.

Storage

Because fresh corn does not store well, it is best to eat immediately. If you must store corn, put it in the coldest part of the refrigerator for no longer than four to five days. Never cut raw corn off the cob before storing. Corn can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Boiling

Peel husks and silks from freshly picked ears of corn. Drop ears into enough boiling water to cover; do

not add salt. Boil covered for 5 to 10 minutes; older ears need more time. Remove from water.

Microwave

Remove outer husks and silks on 3 ears of corn. Rinse ears and cover with remaining husks. Place in microwave, allowing at least one inch between ears. Cook 3 to 4 minutes at full power and turn ears over. Cook for another 3 to 4 minutes on full power. Let stand 2 to 3 minutes, then peel back the husks and serve.

Key nutrients

- Carbohydrates for energy
- Fiber to prevent constipation

Recipes

Quick corn and zucchini sauté

- ½ medium red pepper, cut into strips
- ½ medium green pepper, cut into strips
- 1 medium sliced zucchini
- 2 tablespoons oil
- 2 large ears sweet corn kernels, cut from cob
- Dash of garlic salt
- ¼ teaspoon Italian seasoning

Heat oil in a large skillet, then add peppers, zucchini, and sweet corn and cook until crisp-tender, about 5 minutes. Add garlic salt and seasonings; cook until thoroughly heated. Serves 3; 150 Cal; 10 g fat.

Tomatoed corn

- 2 ears fresh sweet corn
- 2 tablespoons margarine or butter
- ½ small onion, chopped
- ¼ small green pepper, chopped
- 1 teaspoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon ground cumin
- 1 small tomato, cut up

Remove husk and silk from the sweet corn ears. Cut enough kernels to measure 1 cup. Cook and stir all ingredients except tomato over medium heat until margarine is melted. Cover and cook over low heat 10 minutes. Stir in tomato. Cover and cook an additional 5 minutes. Serves 2; 210 Cal; 0.5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Sweet Corn (B4166-27)

R-03-2019

SWEET POTATOES



Sweet potatoes are in season from July through October.

Tips for selecting sweet potatoes

Look for potatoes that are firm, dark, dry, and smooth. Do not choose potatoes with:

- wrinkles or bruises, or
- moldy spots, as one moldy spot can ruin the flavor of the whole potato.

Storage

Store in a dry bin or pantry at a cool temperature (55–60°F) for up to one month. Do not refrigerate.

Preparation

Do not wash potatoes until they're ready to be used. Cut out any brown spots.

Microwave or bake

Leave skins on and pierce 5 or 6 times with a fork. Microwave for 8 minutes, or bake in the oven at 425°F for 45 to 50 minutes.

Boil

Cut into eighths and boil in a large pot until tender for 15 to 20 minutes, or whole for 35 to 45 minutes.

Key nutrients

- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin and blood

Recipes

Oven-baked sweet potato fries

3 large sweet potatoes

3 tablespoons olive oil

½ teaspoon paprika

½ teaspoon garlic powder

Salt and pepper to taste

Wash and peel sweet potatoes. Cut into ¼-inch slices. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired. Spread in a single layer on a baking sheet.

Bake at 425°F until tender and golden brown (about 20 minutes), turning occasionally to brown evenly. Serves 6; 116 Cal; 7g fat.

Source: USDA (<https://bit.ly/2jjszko>)

Sweet potato hash

2 medium sweet potatoes peeled and cut into small cubes

2 cups chopped bell peppers and onions

¼ cup vegetable oil

1 teaspoon cumin

1 teaspoon salt

1 teaspoon red pepper flakes

Heat oil in a large skillet over medium-high heat. Sauté bell peppers and onions until tender, about 5 minutes. Add remaining ingredients and reduce heat to medium. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot. Serves 6; 244 Cal; 9g fat.

Source: eatfresh (<https://bit.ly/2z1wns5>)



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Elizabeth Chitwood. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Sweet Potatoes (B4166-28)

R-03-2019

TOMATOES



Tomatoes are in season from mid-July through October.

Tips for selecting tomatoes

Look for well-formed tomatoes that are smooth and reasonably free from blemishes. A perfectly ripe tomato will be completely red, have a sweet subtle aroma, and be firm but not hard. Use imperfect tomatoes in cooking, but check carefully and cut off:

- bruised areas,
- green or yellow areas,
- growth cracks, and
- water-soaked spots.

Storage

For the best flavor, store whole tomatoes at room temperature. Sliced or chopped tomatoes must be stored in the refrigerator. Green tomatoes can be ripened at room temperature away from sunlight. Place green tomatoes in a paper bag to speed up ripening.

Preparation

Wash tomatoes in cold water and then cut out stem ends (do not cut out stem of cherry tomatoes). Tomatoes can be peeled if desired. The most common way of slicing tomatoes is crosswise. However, slicing tomatoes vertically from the stem end to the blossom end also makes nice slices with less loss of seeds and juice.

To peel

Cut shallow crosses in the blossom ends. Lower the tomatoes into boiling water for 15 to 30 seconds. Remove from hot water and cool in cold water. The skin should peel off easily from the cut area using a knife.

Serving ideas

Tomatoes are delicious served fresh in salads, on sandwiches, or eaten as they are. They can be stuffed, stewed, fried, baked, and can be used in sauces, casseroles, and soups.

Key nutrients

- Antioxidant lycopene which may prevent certain types of cancer
- Potassium to help maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

Recipes

Stuffed tomato salad

1 tomato
1 rounded tablespoon low-fat cottage cheese
1 tablespoon green pepper, chopped
Cut off top of tomato (stem end) and remove seeds. Cut from top halfway down as if making wedges. Chop green peppers and mix with cottage cheese. Place mixture in tomato. Chill and serve. Serves 1; 40 Cal; 0.5 g fat.

Salsa

2 medium tomatoes, chopped
4 ounce can green chiles, chopped
1 cup corn
½ cup onion, chopped
½ teaspoon chili powder
½ teaspoon sugar
¼ teaspoon oregano
¼ teaspoon salt
⅛ teaspoon cayenne pepper
Combine all ingredients. Cover tightly. Cook on stovetop until boiling (about 20 minutes). Refrigerate at least 4 hours before serving. Serves 10; 25 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. **Brought to you by** Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. **This publication is available** from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Tomatoes (B4166-29)

R-03-2019

WATERMELON



Watermelon is in season from August through October.

Tips for selecting watermelon

Choose watermelon that is symmetrical and firm. Watermelon should be heavy for its size and emit a deep pitch when slapped with the palm of your hand. Watermelon with soft spots, pale green or white coloring, dents, or bruises should be avoided. A musky odor indicates that the watermelon is overripe.

Storage

Whole watermelon can be stored on the countertop for up to two weeks. Cut or prepared watermelon must be stored in the refrigerator (40°F or below). Place watermelon slices or chunks in a sealed plastic container or wrap with plastic wrap, then place in the refrigerator. Do not store watermelon in the freezer.

Preparation

Wash in water before slicing. Watermelon may be eaten alone, in a salad, or as part of a fruit platter. Watermelon may be pureed and used in blended drinks.

To remove seeds

Cut the watermelon into quarters, then cut each quarter into 3 or 4 wedges. Cut each wedge lengthwise along the seeds. Lift the wedge off and scrape away the seeds with a fork.

Key nutrients

- Antioxidant lycopene which may prevent certain types of cancer
- Potassium to help maintain normal blood pressure

Recipes

Watermelon cooler

3 cups watermelon

Juice of ½ lemon

3 scoops lemon sherbet

Remove the seeds from the watermelon and slice into chunks. Place on a cookie sheet and freeze. Put the frozen chunks into a blender. Add the sherbet and lemon juice and blend until smooth. Pour into cups and serve. Serves 3; 145 Cal; 2 g fat.

Watermelon ice

4 cups watermelon, cubed and seeded

⅓ cup granulated sugar

½ cup water

2 tablespoons fresh lime juice

In a small saucepan, combine sugar and water; bring to a boil and cook until sugar is dissolved (2 minutes). Let cool. Puree the watermelon in a food processor or mash with a potato masher; place in a bowl along with sugar syrup and lime juice. Pour into an 8-inch square baking dish. Freeze until nearly solid, about 2 hours. Scoop mixture into a food processor or blender and blend until the mixture is smooth but not melted. Spoon into dishes and serve immediately. Serves 4; 115 Cal; 0.5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Watermelon (B4166-30)

R-03-2019

WINTER SQUASH



Winter squash is in season from September through October.

Tips for selecting winter squash

Types of winter squash include acorn, butternut, buttercup, Hubbard, and spaghetti. Choose squash that are firm and have a hard, tough skin that is free of cracks and soft spots. The skin of winter squash should be dull. Winter squash that have shiny skin are immature and not sweet. There is no such thing as an oversized winter squash. One pound serves two adults. Select the size that suits your needs.

Storage

Winter squash can be stored uncut in a cool, dry place. Do not store in a refrigerator. Winter squash can keep up to three months.

Preparation

Scrub and wash dirt from the skin with cold water. Some types of winter squash can be difficult to cut. When cutting winter squash, use a heavy knife, cut the squash in half lengthwise, and scoop out the seeds. For squash that are impossible to cut before cooking, cook them whole.

Key nutrients

- Carbohydrates for energy
- Vitamin A for vision, healthy skin, and resistance to infection

Serving suggestions

Steam or bake squash, then cool, peel, and puree; you can mash the squash with a potato masher, fork, or food processor. Serve as a side dish or add to soups or stews.

Recipes

Baked squash

Preheat oven to 350°F. Cut squash in half lengthwise and scoop out seeds. For larger squash, cut into serving-size pieces. Place squash cut side down, pour ¼ inch of water into pan, then cover and bake until squash feels tender when pierced with a fork. For squash that is difficult to cut, pierce squash with a fork and cook until tender (judged by piercing with a fork). ½ cup serving; 40 Cal; no fat.

Cheddar-stuffed acorn squash

- 1 acorn squash, halved and seeded
- ¾ cup chopped ripe tomato
- 2 scallions or green onions thinly sliced
- ¼ teaspoon dried sage
- Salt and black pepper to taste
- 2 tablespoons water
- ½ cup cheddar cheese cut into small cubes

Preheat the oven to 400°F. Place the squash halves in a roasting pan cut side up. Add about an inch of water to the bottom of the pan. Combine tomatoes and scallions or onions. Season with sage and salt and pepper to taste; mix well and divide the mixture evenly among the squash halves. Spoon 1 tablespoon of water over each and cover loosely with aluminum foil. Cook for 1 to 1½ hours or until squash is tender when pierced by a fork. Divide cheese cubes evenly on top of squash halves and cook for 5 more minutes or until cheese is melted. Serves 4; 115 Cal; 5.5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office (counties.extension.wisc.edu) or from Extension Publishing (learningstore.extension.wisc.edu).

Healthy Seasonal Produce: Winter Squash (B4166-31)

R-03-2019

WHAT'S IN SEASON THIS MONTH?



	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
Rhubarb					
Strawberries					
Peas					
New potatoes					
Green beans					
Greens					
Spinach					
Summer squash					
Raspberries					
Cucumbers					
Sweet corn					
Tomatoes					
Herbs					
Beets					
Broccoli					
Garlic and onion					
Cauliflower					
Eggplant					
Melons					
Apples					
Carrots					
Peppers					
Cabbage					
Cranberries					
Parsnip					
Potatoes					
Rutabaga					
Turnip					
Winter squash					

