



Bell Peppers



Health Benefits

- Bell Peppers are rich in Vitamin C, which supports immune health.
- They are a good source of Vitamin B6, which plays an important role in mood regulation.
- They also have lots of dietary fiber, which can help regulate digestion.

Try it in...

Tacos or burritos! Sautee sliced bell peppers and onions in a tablespoon of olive oil and add a little salt and pepper. Cook until slightly charred and enjoy in your tacos, burritos, or other favorite dish.

How to store it

- Uncut peppers can be stored at room temperature for about three days.
- Cut peppers, cooked or raw, should be refrigerated for up to 3-4 days.
- Peppers can be frozen. Cut them into pieces and store in the freezer for up to three months.



Apples



Health Benefits

Apples are rich in vitamins. They are an especially good source of Vitamin C, supporting immune health. They are also a great food to support digestion, with lots of fiber.

Try it in...

Oatmeal! Cook your favorite type of oatmeal or overnight oats, then try adding some yogurt, chopped apples, and cinnamon on top for a delicious breakfast or anytime snack.

How to store it

Raw, unsliced apples can be stored at room temperature for about 5-7 days.

Cut apples go bad quickly and should be used as soon as they are cut. To preserve apple slices for another day or two, brush some lemon juice on the insides of the slice, and store them in the fridge.



Beets

Health Benefits

Beets are rich in folate, manganese, and copper. These are essential vitamins and minerals that promote health, especially heart health, nervous system health, and energy formation in the body. They also have lots of fiber, promoting digestive health.

Try it in...

A salad with a tangy dressing! The earthy taste of beets is complemented by the flavor of a citrus-y or spicy dressing.

Try adding some chopped beets to a smoothie! The strong pigment of the plant compounds found in beets will turn your drink bright pink!

How to store it

When storing beets, be sure to remove any leaves and stem from the root. The root will go bad quickly if these parts are still attached.

Beets can be stored for up to five days at room temperature and up to a month in the fridge. Dispose of the beet if it becomes soft, squishy, or discolored.



Broccoli

Health Benefits

Broccoli is rich in several vitamins and minerals like Vitamin C and Vitamin K. Vitamin C supports many functions like immune health, and Vitamin K supports bone and blood health, among other functions.

Try it in...

Your breakfast! Vegetables can be enjoyed any time of day. Add broccoli to your eggs in the morning, or make your own creation with hash browns, eggs, and any vegetables, meats, beans, and cheeses you like! Top it with hot sauce, ketchup, or any sauce preferred.

How to store it

Broccoli is stored best in the fridge. Store it in a perforated or loosely covered container. Cooked broccoli should be stored in the fridge and eaten within three days.



Cabbage



Health Benefits

Cabbage is rich in dietary fiber, supporting digestive health. Cabbage is also rich in several vitamins and minerals like Vitamin C and Vitamin K. Vitamin C plays an important role in our immune health, and Vitamin K supports bone and blood health.

Try it in...

A stuffed cabbage recipe! Boil large cabbage leaves until they are soft and flexible, then roll 1/3 cup of any fillings of your choice into the leaves. Try scrambled eggs, grains, meats, veggies, beans, sauces, seasonings and more! Top with any sauce of your choice.

How to store it

Store cabbage in the refrigerator, in a plastic bag or container. If your cabbage has been cut into, store it in the fridge with the cut end covered in plastic wrap or aluminum foil so that it can retain its moisture. Use your uncut cabbage within 10 days. Use cut cabbage within a few days of cutting it.



Carrots



Health Benefits

Carrots are a great source of beta carotene, which supports eye health and may reduce risk of vision loss as we age. They are also a wonderful source of fiber, which helps regulate our digestive system.

Try it in...

A coleslaw made from carrots, cabbage, vinegar, a little oil and mustard, and other ingredients you like!

Enjoy it all by itself or try adding the slaw to a chicken sandwich, or a beef/turkey/veggie burger.

How to store it

Raw, unpeeled, uncut carrots are stored in the fridge and last up to 3-4 weeks.

Raw, peeled or cut carrots are stored in the fridge and last up to 2-3 weeks.

Cooked carrots are stored best in the fridge and last between 3-5 days.



Celery

Health Benefits

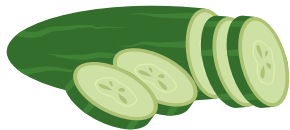
Celery is a great source of many essential vitamins and minerals. It also has lots of dietary fiber to support healthy digestion. Celery is a great vegetable that has minimal impact on blood sugar levels, as well.

Try it in...

A hearty soup. Add some chopped celery stalks to canned soup or include it in a homemade soup or chili. Chopped celery adds a great taste to these meals without overpowering the other ingredients. It's a great way to add some oomph to any dish!

How to store it

Celery is stored best in the fridge. It is best stored cut into sticks and wrapped in foil or paper towel. It can also be stored in water. If you opt for this method of storage, be sure to change the water at least every other day to keep the celery fresh, and rinse the piece(s) before using them. In the fridge, celery lasts 1-2 weeks.



Cucumber

Health Benefits

Did you know that about 96% of a cucumber is water? This makes them a great food to support hydration! Cucumbers are rich in Vitamin K, which supports bone health. They are also a great source of dietary fiber which supports digestive health.

Try it in...

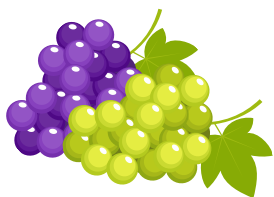
A lettuce-based salad or pasta salad. Cucumber adds a nice crunch, and has a mild, fresh flavor.

Have leftover cucumber? Add a few slices to your water to make a refreshing drink. Add some lemon for even more flavor.

How to store it

Cucumbers are best when eaten fresh. Uncut cucumbers can be stored at room temperature, out of direct sunlight, for up to 7 days.

Whole or sliced cucumbers can be stored in the fridge for up to a week, but are freshest if used within 5 days.



Grapes



Health Benefits

Grapes are a great source of several essential vitamins and minerals. Grapes contain significant amounts of Copper, which is essential for energy production. They also contain lots of Vitamin K, supporting blood and bone health.

Try it in...

A fruit salad! Mix your favorite fresh, frozen, or canned fruits together to make a fruit salad. You can also make a simple homemade Waldorf salad! Chop apples, celery, grapes and walnuts, and stir them together. Add 1/3 cup of mayo and 1/3 cup of plain yogurt. Chill and mix well before serving.

How to store it

Grapes should be refrigerated in a loosely sealed or perforated container for up to two weeks. The grapes that will be used or eaten should be washed just before use. Washing the grapes before refrigerating them will cause them to rot faster. You can also freeze grapes to eat later!



Jalapeño



Health Benefits

Jalapeño Peppers are a good source of Vitamin C, supporting digestion. They are also a good source of Vitamin B6, which supports several important functions in the body.

Try it in...

Chili! Use canned chili or your favorite homemade recipe that needs it's flavor taken up a notch. Remove the seeds of the pepper (or leave some if you really want a kick), and dice it up. Add the diced pepper to a chili and allow it to simmer.

How to store it

Store Jalapeño peppers in the fridge for up to a week. If the skin appears wrinkly or mushy, throw the pepper away. Cut peppers should be stored in the fridge and used within a few days.



Onion

Health Benefits

Onions are a good source of potassium and Vitamin C. Potassium plays an essential role in overall health, especially cardiovascular health. Vitamin C is an important nutrient that supports good immune health.

Try it in...

Burgers or sandwiches!

Add fresh sliced onion to your burgers or sandwich for a delicious crunch.

To change up your topping, try sauteeing sliced onions with some oil to bring out some of their sweeter flavor.

How to store it

Onions can be kept for weeks to months if stored properly. Onions should remain unpeeled until ready for use. Store in a dry, cool, well-ventilated area. Discard if sprouts grow or if it smells/feels spoiled. Cut or cooked onions should be stored in the fridge and used within a few days.



Oranges

Health Benefits

Citrus fruits like oranges have lots of Vitamin C, which is an essential vitamin supporting immune health. One large orange can contain almost an entire day's worth of daily Vitamin C recommendations!

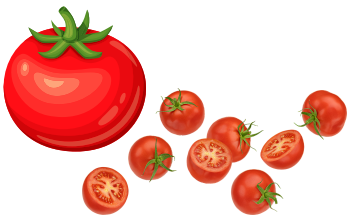
Try it in...

Anything that needs a zesty burst of flavor! Add orange slices to pork chops while they simmer, or to a stir-fry that needs a pick-me-up.

Try putting some orange slices into a smoothie for a delicious, refreshing treat!

How to store it

Oranges can be refrigerated or kept at room temperature. However, refrigerated oranges will last up to a month, where as room temperature oranges will last up to a week. Orange slices can also be frozen, and will stay good up to a year.



Tomatoes

Health Benefits

Tomatoes are a good source of several vitamins and minerals. They are an especially good source of potassium, which is a mineral that plays an important role in heart and cardiovascular health.

Try it in...

A savory breakfast toast!
Toast two slices of thick bread, and spread avocado on each slice. Cook an egg however you like, and layer it on top of the avocado. Add sliced tomato on top of the egg. Top with sauces or seasonings of your choice!

How to store it

Whole tomatoes should be stored at room temperature. They can be stored this way for several days, but should be thrown away once the skin gets wrinkly and mushy. Once tomatoes are cut, they can be stored in the fridge for a few days.



Yellow Squash

Health Benefits

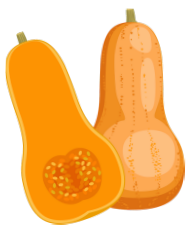
Yellow squash is rich in several vitamins and minerals. It is a great source of Vitamin A, which supports good vision and overall health. It is also a good source of dietary fiber, which supports digestion.

Try it in...

Your favorite pasta dish!
Chop your squash into slices, then quarter the slices. Toss the slices with some salt, pepper, and oil, and bake at 400 for 10-12 minutes. Meanwhile, cook your favorite pasta dish. Add the roasted squash to your pasta for a dish that packs a nutritional punch!

How to store it

Squash should be stored in a perforated bag or container in the fridge. It typically lasts up to four days uncut, and about 2-3 when cut. Throw away squash when it bruises easily or feels squishy. Cooked squash should be eaten within 2 days.



Winter Squash

Health Benefits

Squash has numerous health benefits. It is a great source of essential vitamins and minerals, like Vitamin C. It has lots of fiber, supporting digestive health. It is also a great source of beta carotene, which supports eye, skin, and brain health.

Try it in...

A squash boat! Half your squash and scoop out the seeds and stringy flesh in the middle. Spread some oil on the squash and fill the hole with fillings like meats, veggies, beans, cheese, or any filling you like! Bake in a deep sheet covered with foil wrap at 350 for 50 minutes.

How to store it

Whole, uncut squash can be stored at room temperature for up to 2 months, but is fresher if used sooner. Cut squash can be stored in the fridge for up to five days. Cooked squash should be eaten within 3 to 4 days or thrown away.



Sweet Potato

Health Benefits

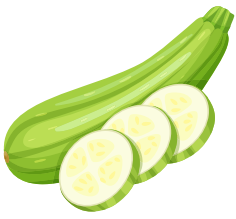
Sweet potatoes are very rich in Vitamin A. They also contain significant amounts of Vitamin C and Manganese, two essential nutrients. They also contain lots of fiber, promoting gut health.

Try it in...

Sweet Potato Toast! Wash and dry the potatoes, and slice into 1/4-inch-thick slices lengthwise. Coat with oil, and bake the slices for 15-20 minutes on each side. Top with peanut butter, avocado, or whatever toppings you enjoy!

How to store it

Sweet potatoes can be wrapped in newspaper or in a paper bag and stored in a cool dry area, like a basement or root cellar. Sweet potatoes can last several months stored this way. Cut or cooked sweet potatoes should be refrigerated and eaten within 3-4 days.



Zucchini

Health Benefits

Zucchini is a good source of essential vitamins. It is especially rich in Vitamin A and Vitamin C. These vitamins help support good immune function and good vision. It is also a great source of dietary fiber, which helps regulate the digestive system.

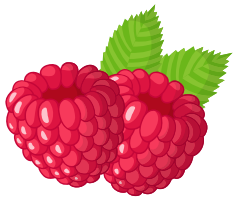
Try it in...

A baked zucchini fry side dish! Cut the ends off the zucchini and slice it into pieces long-ways. Brush some oil onto the slices and sprinkle with a little salt, pepper, and cheese. Bake at 350 for 15 minutes, then broil for 2-3 minutes. Eat with a dipping sauce of your choice!

How to store it

To store zucchini, it is recommended to keep it refrigerated. Store it unwashed, uncut, and well-ventilated. Properly stored, it will last in the fridge for up to 5-7 days.

Cut zucchini lasts up to 2-3 days stored in the fridge.



Raspberries

Health Benefits

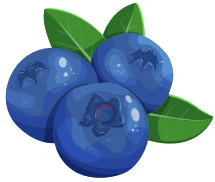
Raspberries are high in Vitamin C, which supports good immune health. They are also high in the mineral Manganese, which supports good brain and nervous system health.

Try it in...

A raspberry parfait popsicle! Crush raspberries and mix them with yogurt. Fill popsicle molds or small cups with the mixture and insert a popsicle stick 3/4 of the way into the mold/cup. Freeze for at least two hours before eating. To loosen the popsicle from the mold, try running the mold under hot water for a few seconds.

How to store it

Raspberries should be stored in their original clamshell perforated container in the fridge. Raspberries can also be frozen for later use, up to 12 months.



Blueberries



Health Benefits

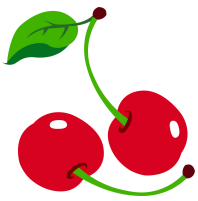
Blueberries are rich in several health-promoting compounds. They are rich in Vitamin K, supporting bone and blood health. They also contain significant amounts of the mineral Manganese, supporting brain and nervous system health.

Try it in...

A fresh berry salad. Toss fresh spinach, blueberries, strawberries, feta cheese and sliced almonds with oil, vinegar, and a little salt and pepper. This salad is light, has a little sweetness, and is a perfect accompaniment for your main dish.

How to store it

Blueberries should be stored in their original clamshell perforated container in the fridge. Blueberries can also be frozen for later use, up to 12 months.



Cherries



Health Benefits

Cherries have lots of nutritional benefits. They are a great source of Vitamin C, supporting immune health. They are also a great source of dietary fiber, supporting digestive health.

Try it in...

Overnight oats! Add oatmeal, a liquid like water or milk, a scoop of yogurt, and several cherries into a jar or container. Place in the fridge overnight, or for at least two hours. Add toppings like nuts, peanut butter, and more before serving!

How to store it

Cherries should be stored in a container that is not airtight. They should be dry, and kept in the refrigerator. Cherries can also be frozen for later use, for up to 12 months.



Strawberries



Health Benefits

Strawberries are rich in Vitamin C, which supports immune health. They also have lots of fiber to support healthy digestion. They contain several vitamins and minerals that support health.

Try it in...

A breakfast banana split! Put a bowl of yogurt in the freezer for 30 minutes, and use it as the base, then slice a banana long ways to place at the sides. Top with honey, strawberries, crushed nuts, and other fruit you like! Try microwaving peanut butter for 30 seconds to melt it, and drizzle it on top!

How to store it

Strawberries should be stored in their original clamshell perforated container in the fridge. Strawberries can also be frozen for later use, up to 12 months.



Peaches



Health Benefits

Peaches contain several essential vitamins and minerals. They are particularly rich in Vitamin C, which supports immune health. They also contain lots of fiber, supporting healthy digestion.

Try it in...

A grilled peach bowl. Toss the peach pieces with vanilla extract and a tablespoon of oil. Sautee or grill until the pieces are slightly brown. Serve in a bowl and top with Greek yogurt and granola or nuts. A delicious dessert to satisfy any sweet tooth!

How to store it

Store ripe peaches in the fridge and use within a few days. Store unripe peaches at room temperature, in a dry, dark place that allows for airflow. Cut peaches should be used within a day or two, or frozen for up to a year.



Mango

Health Benefits

Mangoes have many health benefits. They are rich in vitamins and minerals, and have lots of Vitamin C, in particular. They also contain lots of dietary fiber.

Try it in...

Mango salsa! Thaw about 1 1/2 cups of frozen mango in the fridge for a few hours, then dice into small pieces. Then add 2 tablespoons of diced red onion and cilantro. Add some chopped Jalapeño for some heat, if you would like. Squeeze some lime juice into the bowl and mix.

How to store it

Unripe mango should be kept in a paper bag, in a cool place until ripe. Ripe mango should be stored in the fridge and used within two days. Cut mango should be used immediately, or frozen for up to six months.



Pineapple

Health Benefits

Pineapple is rich in several vitamins and minerals. It is particularly rich in the mineral Manganese, which supports brain and nervous system health. It also contains lots of Vitamin C.

Try it in...

A Pina Colada smoothie!
Combine frozen pineapple with Greek yogurt, shredded coconut or coconut milk. Combine in a blender or thaw pineapple and mash by hand. Add water if the mixture is too thick.

How to store it

Whole, uncut pineapple should be stored at room temperature for 3-5 days, depending on how ripe it is when it is purchased. Cut pineapple should be refrigerated and used within two days. It can also be frozen for up to five months.



Spinach



Health Benefits

Spinach is an excellent source of several vitamins and minerals. It is particularly rich in Calcium and Iron. Spinach packs a nutritional punch, and has a variety of benefits to your health.

Try it in...

Pizza! Use a cup of spinach, and press/squeeze the leaves in a paper towel to remove as much moisture as possible. Mix it with sauce or bake it as a topping!

How to store it

Spinach should be stored in the fridge. It can be kept in its original package, or placed in a dry container. Try and remove as much moisture as possible by patting the leaves with a dry paper towel before storing them.



Mixed Vegetables



Health Benefits

Mixed vegetables have many benefits. Eating more vegetables can help you manage your blood pressure. Vegetables are also a great way to get essential nutrients, vitamins, and minerals.

Try it in...

Fried rice! If frozen, thaw vegetables in the fridge for an hour. Using refrigerated leftover or cooled rice, heat it with some oil. Then add the mixed vegetables. Make a hole in the center of the pan, and scramble an egg. Mix everything together and serve with your favorite sauce!

How to store it

Frozen mixed vegetables should be kept frozen until ready to use. If you want to use frozen spinach at room temperature, thaw it in the refrigerator for a few hours and then use it that day or the next.

Canned mixed vegetables should remain unopened until ready for use, then drained.