

Quick Tips

Cooking with Fresh Vegetables A to Z



Vermont Foodbank
VT Fresh

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STEAMING



Steaming is an easy way of cooking that requires moist heat (steam). This method involves a pot with a lid and a steamer basket. The steaming method ensures that vitamins and minerals are retained during cooking. Plus, no fat or oil is needed. Remember when possible, steam don't boil.

ITEM	CUT	MINUTES
Asparagus	Whole	5 to 10
Beans (Green and Yellow)	Whole	5 to 8
Beets	Whole	15 to 20
Broccoli	Florets	4 to 7
Brussels Sprouts	Whole or halved	8 to 10
Cabbage	Wedged	5 to 8
Carrots	Sliced	4 to 6
Cauliflower	Florets	5 to 7
Chard	Chopped	3 to 5
Collard Greens	Chopped	5 to 8



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VEGETABLES

ITEM	CUT	MINUTES
Corn on the Cob	Whole	4 to 7
Eggplant	Wedged 2 inch pieces	7 to 10
Kale	Chopped	3 to 5
Parsnips	Sliced	8 to 10
Peas	Shelled	5 to 10
Peppers	Sliced	2 to 4
Potatoes	Halved or cubed	10 to 15
Rutabaga	Cubed	20 to 25
Spinach	Chopped	3 to 4
Squash, winter	Halved or cubed	10 to 12
Sugar Snap Peas	Whole	2 to 4
Sweet Potatoes	Halved or cubed	6 to 10
Turnips	Sliced	8 to 12

Quick Tips!

- A strainer, colander or baking rack can be used in place of a steamer basket.
- Cut vegetables into similar sized pieces for more uniform cooking.
- Check vegetables frequently to prevent them from getting mushy. Look for colors to brighten. Remove from the steam when they are tender, but still a little crunchy.

SAUTÉING



Sautéing is a simple way to cook vegetables in a skillet with a small amount of oil over medium to high heat. Sautéed vegetables are both nutritious and flavorful.

ITEM	CUT	MINUTES
Asparagus	Whole	5 to 10
Beans (Green and Yellow)	Whole	5 to 10
Beets	Steam first than slice	2 to 5
Broccoli	Florets	6 to 8
Brussels Sprouts	Sliced	8 to 10
Cabbage	Sliced	5 to 10
Carrots	Sliced	7 to 10
Cauliflower	Florets	5 to 10
Chard	Chopped	2 to 5
Collard Greens	Chopped	2 to 5
Eggplant	Cubed	8 to 10
Kale	Chopped	2 to 5
Onions	Sliced	5 to 7 (45 to caramelize)
Peppers	Sliced into strips	5 to 7
Spinach	Chopped	2 to 5



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VEGETABLES

ITEM	CUT	MINUTES
Squash, summer	Sliced	7 to 8
Squash, winter	Cubed	15 to 20
Sugar Snap Peas	Whole	7 to 10
Zucchini	Sliced	4 to 6

Quick Tips!

- Use extra virgin olive oil when possible. It has added health benefits and a much richer flavor than vegetable oil. Change the flavor profile by using different fats like butter, sesame oil, coconut oil or avocado oil.
- Blanche or lightly steam denser vegetables (green beans, asparagus, potatoes) prior to sautéing. Quickly sautéing vegetable that have been steamed is an excellent method to add a rich flavor while maintaining the nutrients and texture of the vegetables. Cook until tender, but still a little crunchy (al dente).
- Kick up the heat, combine a few different veggies with meat, seafood, poultry or tofu to create a stir-fry. To stir-fry, heat should be high, and ingredients should be kept moving.
- Sauté garlic and/or onions in oil prior to adding meat, other proteins and/or veggies. In just a minute garlic and onions will infuse the oil with layers of flavor.

ROASTING



Roasting is a dry method of cooking that usually takes place in an oven. Roasting happens at a high heat and involves coating the vegetables in a small amount of oil. Roasting is a great way to create delicious crisp veggies with a browned exterior and a fork tender interior. Oven roasting especially brings out the natural sweetness of vegetables.

Item	Cut	Minutes
Asparagus	Whole	8 to 12
Beans (Green and Yellow)	Whole	12 to 15
Beets	Cubed or Wedged	20 to 30
Broccoli	Florets	15 to 18
Brussels Sprouts	Halved	20
Cabbage	Wedged	30
Carrots	½ inch rounds	20 to 30
Cauliflower	Florets	25 to 30
Corn on the Cob	Husks on	30
Eggplant	Wedged or cubed	30 to 45
Kale	Chopped	15 to 20 Low temp 300° F



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VEGETABLES

Item	Cut	Minutes
Onions	Sliced or Halved	25 to 30
Parsnips	½ inch rounds	25 to 30
Peppers	Quartered	15 to 20
Potato	Wedged or cubed	30 to 40
Rutabaga	Thick fry cut	35 to 40
Squash, summer	Wedged or halved	15 to 20
Squash, winter	Halved or cubed	40 to 50
Sweet Potatoes	Wedged or cubed	30 to 35
Turnips	Cubed	25 to 30
Zucchini	Wedged or halved	12 to 15

Quick Tips!

- The best temperature for roasting is 375° to 425° F.
- Toss vegetables with oil, salt and pepper. Olive oil is a great choice if available.
- Spread veggies out on a sheet pan, being sure there is space between them. This will allow air to circulate and crisp the outside. Crowding will make the vegetables steam instead of roast. For even browning turn the vegetables over halfway through roasting.
- Roast until the vegetables are fork tender and there are some charred and browned bits on the edges.

MICROWAVING



Microwaving is a quick method of cooking that uses high-frequency electromagnetic waves. Vegetables put in the microwave get steamed. Microwaving vegetables is a great way to save time and quickly add veggies to any meal. Like steaming, this method cooks veggies for a short amount of time and with less water. This helps to preserve vitamins and preserves the flavor too!

Approximate Cooking Times

Item	Cut	Minutes
Asparagus	Whole	2 to 4
Beans (Green and Yellow)	Whole	3 to 4
Beets	Whole	9 to 10
Broccoli	Florets	2 to 3
Brussels Sprouts	Whole	4 to 6
Cabbage	Wedged	5 to 6
Carrots	Sliced	4 to 5
Cauliflower	Florets	2 to 3
Collard Greens	Chopped	3 to 4
Corn on the Cob	Husks on	1.5 to 2



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VEGETABLES

Item	Cut	Minutes
Eggplant	Wedged 2 inch pieces	9 to 10
Kale	Chopped	1 to 3
Peas	Shelled	2 to 3
Peppers	Sliced	2 to 3
Potatoes	Cubed	6 to 8
Rutabaga	Cubed	12 to 17
Spinach	Chopped	1 to 2
Squash, summer	Sliced	4 to 6
Squash, winter	Halved or cubed	5 to 10
Sweet Potatoes	Whole	8 to 9
Zucchini	Sliced	2 to 3

Quick Tips!

- Put vegetables in a microwave-safe bowl with 2 to 3 tablespoons of water. Cover bowl with a vented lid to keep in the steam. Microwave on high.
- Drain the vegetables (be careful of the steam) and add seasoning such as salt and pepper, lemon juice, grated parmesan, garlic, chives, or other seasonings.
- When baking vegetables in the microwave pierce the jacket/skin of whole vegetables to allow the steam to escape.

BEANS



- Rinse and trim green beans before cooking. Cook whole to retain more nutrients.
- Steam for 5-7 minutes. Watch for beans to brighten and become tender, but not soft.
- Marinate steamed green beans with onions and a vinaigrette dressing, chill for at least an hour.
- Top with olive oil or butter and season. Great when added to salads, soups, stews and stir-fried dishes.
- Tip: If using in a chilled dish, shorten cooking time to retain crispness.
- Storage: Store in a sealed container or bag in crisper drawer of refrigerator.



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BEETS



- Scrub clean. Peeling is optional but not necessary.
- Grate raw into any salad.
- Best when cooked until tender.
- For roasting, cut off ends, then cut into cubes or wedges, toss with olive oil and seasoning. Roast at 375°F for 30-40 minutes until they can be pierced with a fork.
- Steam beets and top with goat cheese and drizzle with olive oil and balsamic vinegar to make a great dish.
- Tip: To remove skins, cook and let cool. Peel skins with your hands.
- Storage: Remove greens, do not wash, store in a sealed container or bag in crisper drawer of refrigerator.

BROCCOLI



- Separate into florets, trim stems and rinse. Enjoy raw, in salads or with a hummus dip.
- Steam and top with butter. Add a squeeze of lemon juice to brighten the flavor.
- Make sure vegetables are dry prior to roasting. Toss florets with olive oil, salt and pepper. Roast at 400°F for 15-18 minutes.
- Add steamed florets to omelets, pasta salads, casseroles, quiches, and stir-fries. Use as a topping on pizza and baked potatoes.
- Kids love 'trees and cheese' - broccoli topped with melted cheese.
- Storage: Store loosely wrapped in a ventilated bag in crisper drawer of refrigerator.



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BRUSSELS SPROUTS



- Trim the stems and remove any dry, yellow, or blemished outer leaves and rinse.
- Steam for 8-10 minutes. Be careful not to overcook! They are best when tender but not mushy. Toss with olive oil, lemon juice, salt and pepper.
- For best flavor try roasting. Halve Brussels sprouts and toss with olive oil, salt, pepper and garlic. Roast at 400°F for 20 minutes until browned.
- Shred raw sprouts and use them to make a slaw or add to salad.
- Storage: Store in a ventilated bag or container in crisper drawer of refrigerator.

CABBAGE



- Trim the stem and remove any dry, yellow or blemished outer leaves. Rinse before use and pat dry. Chop finely or shred and add raw to salads.
- For a coleslaw twist, shred cabbage and carrots, add a fine chopped sweet onion and toss with a mustard-lemon-honey dressing.
- Wedge or chop before steaming. Delicious when topped with butter, salt and pepper, or a soy sauce and ginger vinaigrette.
- Roast cabbage steaks (flat discs of cabbage $\frac{3}{4}$ to 1 inch thick). Brush both sides brushed with olive oil, and season with salt and pepper. Roast at 400°F for 25 minutes.
- Sauté chopped cabbage, onion and apples for a delightful side. Or combine with other veggies for a great stir-fry.
- Tip: When cooking, use different olive oils and seasonings to change the flavor profile of the dish.
- Storage: Store tightly wrapped or in a plastic bag in crisper drawer of refrigerator.



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CARROTS



- Scrub clean. Peeling is optional but not necessary. The skin has concentrated vitamin C and niacin.
- Enjoy raw. Eat whole, cut into sticks, or grated into salads. Perfect for dipping.
- Lightly steam sliced carrots for about 4-6 minutes, until fork tender. Glaze with a bit of butter and honey.
- Dice or slice and add to soups, stews, casseroles, and stir-fries.
- Blend into tomato sauce to add sweetness.
- Shred into pancakes.
- Try a simple purée of carrot soup with onions or leeks, and salt or freshly grated ginger and soy sauce.
- Storage: Remove greens, do not wash, store in a sealed container or bag in crisper drawer of refrigerator.

CAULIFLOWER



- Separate into florets, trim stems and rinse. Steam florets for a few minutes until tender, but not soft. Top with butter.
- Stop the cooking process by running under cold water.
- Marinate steamed cauliflower while still warm in a favorite dressing. Let cool.
- Toss florets with olive oil, salt, pepper, and your favorite seasonings and roast at 400°F for 25-30 minutes.
- Mash with potatoes. For added flavor blend in cheese, milk, salt, pepper, and garlic.
- Tip: If overcooked cauliflower gets mushy, squeeze out extra liquid and transform into cauliflower patties.
- Storage: Unwashed in an open plastic bag in crisper drawer of refrigerator.



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CELERY



- Separate stalks and wash well. Enjoy raw celery with your favorite dip.
- Dice raw celery into tuna, chicken, egg, potato, and pasta salads for added flavor and crunch.
- Add to soups, stews, casseroles, and stir-fries. Celery, carrots and onions gently cooked in fat (French “mirepoix”) is a foundation for many classic dishes.
- Kids love ‘celery boats’ filled with their favorite nut butter or soft cheese.
- Try a quick salad of celery pieces tossed with feta cheese, black olives, tuna chunks, and a lemon vinaigrette. Add fresh mint or basil.
- Storage: Store in a sealed container or plastic bag in the crisper drawer of refrigerator.

CHARD



- Rinse well, shake to remove excess water. Cut stems into chunks and cut leaves into thin strips. Steam for a few minutes until bright green in color. Steam the stems a few minutes longer than leaves.
- Serve cooked greens simply. Toss with vinegar, olive oil, salt and pepper. Or toss with sesame oil, rice vinegar and soy sauce.
- Sauté with garlic and butter. Great substitute for spinach.
- Include in stir-fries. Serve over rice or noodles.
- Add to quiche, lasagna, omelets, and soups.
- Storage: Wrap loosely in a damp paper towel and store in a ventilated plastic bag in crisper drawer of refrigerator.



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COLLARD GREENS



- Rinse well, shake to remove excess water. Steam for a few minutes until bright green in color. Top with butter.
- Serve cooked greens simply: toss with vinegar, olive oil, salt and pepper. Or toss with sesame oil, rice vinegar and soy sauce.
- Sauté with coconut oil and onions, top with soy sauce and balsamic vinegar.
- Sauté with garlic, olive oil, and onions. Finish with a squeeze of lemon.
- Add to any recipe calling for fresh spinach, like quiches, lasagna, omelets, and soups.
- Storage: Wrap loosely in a damp paper towel and place in a ventilated plastic bag in crisper drawer of refrigerator.

CORN



- Wash and pat dry. When shucking corn, washing afterwards helps to remove strings, but is not necessary.
- Steam corn cobs in 1-2 inches of water for 10-15 minutes or drop into boiling water for 4-7 minutes.
- Roast unhusked ears in the oven, over a grill or campfire. Wash first.
- Left over corn? Remove from cob and add to soups, stir-fries, omelets, corn bread, quiche, salads, and bean dishes.
- Make a fresh corn salsa with bell peppers, onions, lemon juice and olive oil. Marinate and chill.
- Tip: For best flavor, use corn within 2 days. The natural corn sugars quickly turn to starches.
- Storage: Store in plastic bags with husks still on in the refrigerator.



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CUCUMBER



- Wash well and trim ends. Peeling is not necessary. For larger cucumbers scoop out seeds. Dice or slice into green salads.
- Make a simple cucumber salad with onion, olive oil, vinegar, salt and pepper. Add feta cheese and tomatoes.
- Mix cucumber rounds with Greek yogurt, dill weed, salt and pepper. To avoid a watery salad, add cucumbers just prior to serving.
- Kids enjoy cucumbers any way you slice it. For a decorative effect, peel alternating stripes down the length.
- Great on sandwiches or as an alternative to crackers.
- Make refrigerator pickles in a bowl with vinegar, salt, sugar, water, and pickling spices.
- Storage: Store in a plastic bag in crisper drawer of refrigerator.

EGGPLANT



- Wash, pat dry. No need to peel. Once sliced, to prevent browning, soak in milk or ice-water with lemon juice added.
- For Eggplant Parmesan, dip slices in eggs and flour or breadcrumbs and pan-fry in olive oil until golden brown and crispy, drain well. Top with tomato sauce and cheese and bake until cheese melts.
- Place slices in an inch of boiling water for 20 minutes, drain. Season with olive oil, lemon, salt and pepper or cover in tomato sauce.
- Sauté cubed eggplant in sesame oil. Once tender and golden-brown, glaze with honey, soy sauce and ginger.
- Tip: Salt eggplant before cooking to draw out excess moisture. Place cut pieces in a colander, sprinkle generously with salt and let it sit for ½-1 hour. Rinse well and pat it dry.
- Storage: Best stored away from sunlight in a brown paper bag in a cool space (55°F). If not planning to eat the eggplant within 2 days, store in refrigerator.



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KALE



- Remove leaves from the thick stems. Wash well, triple washing is often needed. Remove excess moisture, a salad spinner is great for this task.
- Raw kale makes a great salad. Massage leaves with olive oil and toss with poppyseed dressing, cranberries, and walnuts for a flavorful side.
- Add chopped or sliced raw kale to soups at the end of cooking time.
- Steam for approximately 3-5 minutes until bright green. Toss with olive oil, lemon juice, salt and pepper.
- Sauté with butter, garlic and onions.
- Try kale chips. Massage olive oil into kale, season, and bake pieces at 300°F for 20 minutes or until crisp.
- Storage: Wash, pat dry, and wrap loosely in a paper towel. Place in a plastic bag in crisper drawer in fridge.

ONION



- Wash and peel onions prior to using.
- Add raw onions to a variety of salads, such as green salad, pasta salad, and potato salad. Soak sliced onions in ice-water prior to using to soften the bite and preserve crunch.
- Cooking enhances the natural sweetness of onions. Roast until golden brown with slightly charred edges to caramelize the natural sugars.
- Onions are a flavor enhancer. Use in soups, stews, and casseroles.
- Tip: Chill in the refrigerator and use a sharp knife when cutting to reduce gases that cause tears.
- Storage: Store onions loose or in a ventilated bag in a cool space (45°-50°F) out of sunlight. Store away from potatoes as the onion gasses encourage potato sprouting.



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PARSNIPS



- Scrub clean. Peeling is optional but not necessary.
- Roast parsnips with olive oil, salt and pepper until browned and fork tender.
- Sauté thin slices in butter, salt, and pepper for about 20 minutes.
- Boil and mash. Top with butter and chopped parsley.
- Add leftovers to soups as a thickener or shape into thin patties and pan-fry.
- Coarsely grate parsnips and substitute in a potato pancake recipe.
- Slice, brush with butter and cinnamon and bake at 350°F until soft, yet firm. Serve warm.
- Tip: Parsnips will brown once cut. To prevent browning limit exposure to air by covering in cold water with a bit of lemon juice until ready to use.
- Storage: Store unwashed in a sealed container or bag in refrigerator.

PEAS



Shell Peas

- Wash and remove from shells. Steam 2-4 minutes. Watch for color to brighten.
- Mash with fresh mint, salt, pepper and butter for a delicious toast spread or side for fish.
- For a great snack, put 1-inch of lightly salted water in a pot and bring to a boil. Add shell peas, still in pod and cover. Cook for 8-10 minutes. Remove from heat and drain, sprinkle with Kosher salt and serve. Pop open pods to enjoy the peas.

Snap Peas

- Wash. Eat raw, pods and all!
- Great when steamed, roasted or grilled. Snap peas cook quickly, 1-2 minutes when steamed. Add to a chilled vinaigrette salad.

Snow Peas

- Wash and pat dry. The most tender of the pea pods, these are great stir-fried or sautéed with other veggies or meats. Add in the last few minutes of cooking time.

Storage: Store all varieties unwashed, in a sealed container or a ventilated bag in the crisper drawer of the refrigerator.



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PEPPERS



- Wash well, pat dry. Remove stem and core, no need to peel.
- Eating raw sweet peppers is the easiest and most nutritious way to enjoy. Slice for a crunchy snack or add to sandwiches, wraps or salads. Peppers are a great way to add flavor and crunch.
- Peppers are great when stuffed or added to most dishes.
- Roasting peppers are a great way to preserve peppers. Place bell peppers under the broiler, above hot coals or over open flame. Char the skin by turning often, until the skin's evenly blackened. Place pepper into a container and cover to steam for 15 minutes. Remove skin easily with the aid of a paring knife. Once cooled, cover with olive oil or a vinegar brine and store in a sealed jar.
- Tip: Mix sweet peppers with spicy peppers to add zip to any dish.
- Warning: Wear disposable gloves when handling hot peppers and do not touch face.
- Storage: Store in a vented bag in crisper drawer of refrigerator.

POTATOES



- Soak potatoes in cold water for 10-15 minutes to loosen dirt. Scrub well, remove blemishes/eyes. No need to peel if tender skinned, the level of fiber is highest in the skin. Pat dry if baking or roasting.
- To microwave a potato, pierce with a fork 5 times and microwave whole for 7-10 minutes, flipping halfway through. Add your favorite toppings!
- To roast, coat cubes or wedges in olive oil and seasoning and roast at 400°F for 30 minutes or until tender. Roast with onions, garlic cloves and other root vegetables for variety!
- Top with butter, salt and pepper, or any other seasoning.
- Slightly mashing potatoes can thicken soups or chowders.
- Tip: Russet potatoes are best for baking due to their low moisture content, allowing for a fluffy interior and crispy skin. Red, Yukon Gold and White Potatoes are excellent steamed or boiled.
- Storage: Store unwashed loose or in a paper bag in a cool, dry space (50°F) away from sunlight. Keep separate from onions.



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PUMPKIN



- Wash well and pat dry. Cut in half, remove seeds.
- To save seeds, clean them off, pat dry and roast with olive oil and salt.
- Cut in half, pierce skin and bake at 400°F face down on baking sheet for 40-50 minutes until easily pierced with a fork.
- Use roasted as the base in a soup.
- To purée or mash, steam halves for 30-40 until tender. When cool enough to handle, scoop out inside and blend.
- Use purée in pancakes, smoothies, yogurts and pie.
- Sauté slices with onion and freshly grated ginger until golden brown. Season with salt and pepper or sweeten with honey or maple syrup.
- Storage: Store loose in cool dry spot (50°-55°F) in a single layer, not touching. Good air circulation is important to prevent early spoilage.

RADISH



- Scrub well, remove tops. No need to peel.
- Often enjoyed raw. Eat them whole, sliced for dipping, or added to salads and slaws.
- Steam 8-12 minutes, until fork tender. Top with butter, salt and pepper and toss to evenly coat.
- Roast alone, with other root vegetables or roast alongside meat for added flavor.
- Thinly slice and add to ramen soups and hearty stews.
- Tip: Young tender greens are great added raw to salad or as the base for pesto. When mature (fuzzy texture) they are best sautéed.
- Storage: Trim unwashed to remove stems and roots. Store in a sealed container or bagged in crisper drawer of refrigerator. Store greens separately.



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RUTABAGA



- Scrub well, trim to remove roots and tops if needed. No need to peel unless waxed. Waxed rutabaga requires removing skin prior to eating.
- Grate raw into salads.
- Steam 1-inch chunks for 30 minutes, until tender. Mash with butter, salt and pepper. Combines well with carrots and potatoes.
- Rutabaga makes a great addition to hearty stews and casseroles.
- Roast in cubes at 425°F for 30-40 minutes with olive oil, salt, and pepper until fork tender and evenly browned. Finish with maple syrup or honey to sweeten it.
- Make rutabaga fries by cutting into sticks, toss with olive oil, salt, pepper and rosemary. Roast at 425°F for 40-45 minutes turning halfway through cooking time to brown both sides. Reheats well.
- Storage: Unwashed, tops removed. Store wrapped in a damp cloth or paper towel in a ventilated bag in crisper drawer of refrigerator.

SPINACH



- Remove thicker stems from leaves if needed. Wash well, triple washing is often needed. Remove excess moisture, a salad spinner is great for this task.
- Combine with other greens for a salad. Add a simple vinaigrette of olive oil, lemon juice, minced garlic, salt and pepper.
- Use in place of lettuce for sandwiches, tacos, or wraps.
- Steam or sauté for 2-3 minutes until bright in color. Spinach cooks quickly.
- Add last minute to soups and stir-fries for added flavor and a pop of color.
- Wilt spinach by tossing tender raw leaves into your hot pasta.
- Add to scrambled eggs, grilled sandwiches, quiche or lasagna.
- Storage: Unwashed, wrapped loosely in a paper towel and placed in a vented container in refrigerator. A bag may be used but be careful not to bruise the spinach.



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SUMMER SQUASH



- Wash well, trim ends. Try raw sticks or rounds with a dip.
- Thinly slice raw pieces into green salads or to make a slaw.
- Halve or chunk summer squash and lightly steam for 3-5 minutes or until tender to retain texture. Top with butter, lemon, herbs, parmesan cheese and pepper.
- Add diced to a light summer vegetable or bean soup. Add at the end of cooking time to preserve texture.
- To grill, cut in half or planks lengthwise and brush with olive oil or marinade. Grill for 2-3 minutes per side. Top with lemon juice and serve.
- Remove seeds and stuff squash with buttered breadcrumbs, sautéed garlic and fresh herbs. Bake at 375°F for 15-20 minutes until fork tender.
- Storage: Wipe clean, store in a ventilated bag in crisper drawer of refrigerator.

SWEET POTATOES



- Soak sweet potatoes in cold water for 10-15 minutes to loosen dirt. Scrub well, remove blemishes/eyes. No need to peel if tender skinned.
- Bake whole at 375°F for about 30 minutes. Slice into wedges, toss with olive oil, salt, and pepper.
- Roast at 400°F for 30-45 minutes for yummy sweet potato fries.
- Pierce with a fork 5 times and microwave whole for 7-10 minutes, flipping halfway through.
- To make sweet potato hash browns, shred and combine with olive oil, salt and pepper. Pan fry over low heat, covered for 10 minutes. Remove cover, increase heat, and flip until brown.
- Dice and add to soups or stews. Thicken soups with grated or mashed sweet potatoes.
- Tip: Dry well and lightly brush with olive oil if baking or roasting for a crispier skin.
- Storage: Store unwashed loose or in a paper bag, in a cool dry space (50°F). Store away from onions.



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TOMATOES



- Wash, pat dry and remove stems.
- Wedge and drizzle with olive oil (or vinaigrette), chopped fresh basil or parsley and season.
- Add sliced tomatoes to a grilled sandwich, garden salads, and pasta salad.
- For Pico de Gallo salsa, combine finely chopped tomatoes, peppers, onions, cilantro, lime juice, and salt.
- Bake slices at 375°F topped with seasoned breadcrumbs, parmesan cheese and drizzled with olive oil.
- Add cherry tomatoes to kabobs.
- Blanch or oven roast, then peel, remove seeds and chop. Add to hearty stews or purée for a soup or sauce base.
- Storage: Store on countertop, keep out of direct sunlight. Avoid the refrigerator, the cold temperature will change the texture.

TURNIPS



- Scrub well, trim to remove roots and tops if needed. No need to peel. Wash greens well and spin dry prior to using.
- Shred or slice thin and add to salads raw.
- Sauté thinly sliced or diced turnips with garlic and olive oil. Finish with a squeeze of lemon.
- Sauté turnip greens in olive oil with garlic, salt and pepper and top with a dash of vinegar.
- Chop, boil and mash. Add butter, salt and pepper.
- Cube turnips and toss with olive oil, salt and pepper. Roast at 400°F until tender. Add leftovers to garden salad and drizzle with honey mustard vinaigrette.
- Make crispy chips. Bake thinly sliced turnips, lightly coated with olive oil at 350°F for 15-20 minutes.
- Storage: Remove tops and roots, store in a sealed container or a ventilated bag in crisper drawer of refrigerator. Store greens separately, unwashed in sealed container or bag.



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WINTER SQUASH



- Scrub well. Remove seeds and save for roasting. Peel skin prior to boiling or steaming. When roasting or baking, the interior flesh can be scooped out and skin discarded after cooking. There is no need to peel thin-skinned winter squash such as delicata.
- Steam 2-inch chunks for 20 minutes, or until tender.
- Cube and sauté in butter with sage for 15-20 minutes stirring frequently to evenly brown.
- Roast by cutting in half, pierce skin and bake at 400° face down on baking sheet for 40-50 minutes until easily pierced with a knife. Let cool, separate from skin. Spaghetti squash is easy to roast and a great alternative to pasta. Add maple syrup and butter to baked squash to sweeten it.
- Purée for a creamy soup or add chunks to hearty soups, curries, and stews.
- Tip: Higher starch winter squash (acorn, butternut, Hubbard, and pumpkin) is best for mashing and puréeing.
- Storage: Store loose in cool dry spot (50°-55°F) in a single layer, not touching. Good air circulation is important to prevent early spoilage.

ZUCCHINI



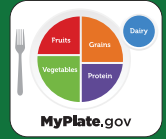
- Wash well and trim ends. Try raw sticks or rounds with a dip, great to add to a veggie plater.
- Use a vegetable peeler to make thin ribbon slices and top with lemon vinaigrette, fresh herbs and toasted nuts.
- To grill, cut in half or planks lengthwise, brush with olive oil or marinade. Grill halves (face down) or cut into chunks and skewer for kabobs.
- Make crispy chips by slicing into thin coins, lightly coating in olive oil and tossing in parmesan cheese and breadcrumbs. Single layer onto lined sheet pan and bake at 375°F, turning halfway through to brown both sides.
- Layer slices with onions and garlic, top with tomato sauce and bake.
- Make zucchini boats. Cut in half and scoop out middle. Pre-bake to tenderize. Stuff with pizza fixings. Bake at 375°F for 20-30 minutes.
- Storage: Wipe clean, store in a ventilated bag in crisper drawer of refrigerator.



For recipes using this vegetable, visit us online at

EAT A RAINBOW

Make half your plate fruits and vegetables!



Red/Pink



Apple
Beet
Radish

- Promotes heart health
- May protect against cancer
- Helps control blood pressure
- Boosts memory
- Helps reduce inflammation

Orange/Yellow



Carrot
Corn
Squash

- Promotes eye & skin health
- Supports immune function
- May protect against cancer
- Supports strong bones
- Helps reduce inflammation
- Regulates blood sugar

Green



Celery
Kale
Peas

- Promotes eye health
- Promotes heart health
- Supports kidney and liver function
- May protect against cancer

Blue/Purple



Berries
Eggplant
Grapes

- Promotes heart health
- Helps control blood pressure
- Increases blood flow
- Supports immune function
- May protect against cancer

White



Onion
Turnip
Garlic

- Supports immune function
- Supports strong bones
- Increases blood flow
- May protect against cancer

This information is for educational purposes only and not for the purpose of rendering medical advice. Please consult your physician for personalized medical advice.

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In Vermont, SNAP is called 3SquaresVT, and by enrolling, you can stretch your grocery budget and buy the foods you love!

To find out more about 3SquaresVT, contact the Vermont Foodbank at 855-855-6181.



The information and content of this booklet was adapted from Asparagus to Zucchini: A Guide to Farm Fresh Seasonal Produce, Madison Area Community Supported Agriculture Coalition.

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33 Parker Road
Barre, VT 05641