

# Bok Choy

- ✓ Very high in vitamin C.
- ✓ A source of folate and calcium.



## Look for:

- Clean, crisp stalks and fresh-looking leaves.
- Avoid wilted, discoloured leaves

## To Store:

- Do not wash before storing
- Keep stem and root of beet attached
- Cover and store in the fridge for up to one week

## To Prepare:

- Both the stalks and leaves are eaten
- Bok Choy is usually cooked. It cooks quickly. Stir fry for a few minutes or add to soups at the end of the cooking
- The leaves can be steamed like spinach

## Tasty Ideas:

- Add bok choy to a stir-fry along with other Chinese vegetables such as Chinese cabbage and bean sprouts

Source: *Colour it Up! – Go for more Vegetables and Fruit, 2007.*

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# Brussel Sprouts

- ✓ Very High in Vitamin C.
- ✓ Source of fibre, iron, potassium and folate.



## Look for:

- ✓ Heads should be firm, compact, bright green and all about the same size.

## To Store:

- Do not wash.
- Put in covered container or plastic bag
- Refrigerate for up to 5 days.

## To Prepare:

- Rinse. Trim stem end. Cut a cross in the bottom of the stem.

## Tasty Ideas:

- Boil for 8 to 10 minutes until tender-crisp.
- Do not overcook or they will taste bitter. To check if they are done, stick a fork in the bottom. It should feel like a baked potato.

Source: *Colour it Up! – Go for more Vegetables and Fruit, 2007.*

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# Green Cabbage

- ✓ Good source of vitamin C.



## Look for:

- Firm, heavy head
- Outer leaves should be fresh (not wilted) and lightly packed.

## To Store:

- Do not wash
- Tightly wrap in plastic
- Refrigerate for up to 2 weeks.

## To Prepare:

- Remove outer leaves. Rinse. Cut head in half lengthwise and remove core. Cut into wedges or shred. Eat raw, boil, microwave, steam or stir-fry.
- So not overcook cabbage. Overcooked cabbage will be soggy and has a strong taste.

## Tasty Ideas:

- Cabbage steam can smell unpleasant. To cut smell, put a piece of bread, a walnut or a sprig of parsley in the cooking water.

Source: *Colour it Up! – Go for more Vegetables and Fruit, 2007.*

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# Kale

- ✓ Very high in vitamins A and C
- ✓ Source of calcium, iron and potassium

## Look for:

- Choose smaller bunches of kale with crisp leaves.
- Avoid bunches with limp leaves, yellow spots or browning.

## To Store:

- Refrigerate in a perforated plastic bag for up to 3 days.
- Do not store too long or kale will develop a strong, butter flavour.

## To Prepare:

- Rinse and dry well. Use fresh as a garnish or add to salads. Steam or sauté.
- Kale holds its shape well when cooked.

## Tasty Ideas:

- Try kale steamed then sautéed, cooked just until crisp tender.



Source: *Colour it Up! – Go for more Vegetables and Fruit, 2007.*

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# Squash

- Good source of vitamin A and potassium
- Source of vitamin C



## Look for:

- A squash heavy for its size and hard rind.
- Avoid squash with shiny rind

## To Store:

- Keep in a cool, dry and ventilated place for up to 2 months.
- Or keep at room temperature for 1 week.
- Once you cut it, put in a covered container and refrigerate for up to 5 days.

## To Prepare:

- Rinse. Cut squash in half. Remove seeds and stringy fibre. Cut into serving sizes before cooking.

## Tasty Ideas:

- After preparing add a small dab of butter, a sprinkling of brown sugar and a pinch of ground ginger.
- Bake at 325 F until a fork easily slides through the pulp.

Source: *Colour it Up! – Go for more Vegetables and Fruit, 2007.*

# Long bean

- ✓ A source of many nutrients, including vitamin A, vitamin C and potassium!



## Look for:

- Small, thin and firm beans
- Avoid limp or spongy beans and those that are browned
- Smaller, thin beans are tastier and more tender

## To Store:

- Do not wash before storing
- Will keep in the fridge for 2-3 days in a plastic bag or covered container

## To Prepare:

- Wash under cool running water
- Trim ends. Slice beans to the length you want

## Tasty Ideas:

- Paler beans taste sweeter. They are best for quick cooking. Try stir-frying beans or steam for 3-7 minutes (or until tender)
- Darker green beans are tougher. They are best in slow cooked dishes such as stews or curries

Source: *Colour it Up! – Go for more Vegetables and Fruit, 2007.*

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# Taro

- ✓ Source of vitamin C, potassium, and iron

## The Facts:

- A starchy tuber with brown shaggy skin.
- Different varieties called dasheen or eddoes.
- It has large edible leaves, sometimes called callaloo

## Look for:

- Firm taro roots with no blemishes, mould, wrinkling or soft patches.

## To Store:

- Store taro root in a cool, dark place. Do not refrigerate. Use quickly before it softens.
- Store taro leaves in the refrigerator in a perforated bag after wiping with a damp cloth. Prepare within a few days.

## To Prepare:

- Taro must be eaten cooked. Do not eat raw. It contains a toxin neutralized only by cooking.
- Remove the thick hairy peel of the root with a knife under running water. Wear gloves as its sticky juice may irritate the skin.
- It can be steamed, boiled, stir-fried, baked or braised. It becomes very sticky as it cools, so be sure to serve it hot.

## Tasty Ideas:

- *Roasted:* Remove peel and boil taro root for 5 minutes. Wrap in foil and bake at 400°F for 10 minutes or until tender.
- *Steamed or boiled:* Remove peel, dice, and steam or boil taro root for about 20 minutes or until tender.



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