

# Green Beans

- ✓ Source of vitamin C and folate
- ✓ Make it a goal to eat at least one dark green vegetable every day, such as green beans!



## Look for:

- Bright green, young beans
- Avoid mature beans with swollen pods, or beans with dark patches

## To Store:

- Do not wash before storing
- Store in a plastic bag or covered container
- Store in the fridge for up to 5 days

## To Prepare:

- Wash beans under cool running water
- Break off the ends
- Leave beans whole or cut into pieces

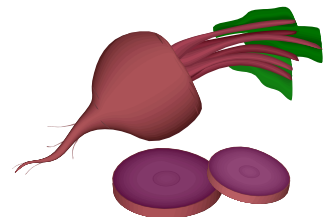
## Tasty Ideas:

- Cook beans in a pan with a small amount of vegetable oil and chopped garlic
- Make a colourful bean salad by cooking beans for a few minutes in boiling water. Run them under cold water to stop the cooking process. Mix with different beans (kidney beans, chick peas or roman beans)

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# Beets

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



## Look for:

- Firm beets with smooth skin and no cracks
- Leaves that are deep green and look fresh
- Smaller beets will be more tender. Choose beets of similar size so that the cooking time is the same

## 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:

- Remove greens. Leave the beet root and part of the stem on
- Gently wash beets under cool running water

## Tasty Ideas:

- Grate raw beets in your green salad
- Cook whole beets unpeeled:
  - *Roasted*: wrap in foil and bake at 350°F for 1-2 hours or until tender
  - *Steamed*: cook beets covered over boiling water for about 30-45 minutes or until tender
- Beets are cooked when they can easily be pierced with the tip of a sharp knife

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# Tomatoes



- ✓ Good source of vitamin C and potassium

## Look for:

- Smooth, firm tomatoes that are heavy for their size
- Bright red colour without blemishes
- Tomatoes are ripe when they are slightly soft, red and fragrant

## To Store:

- Do not wash before storing
- Keep uncovered at room temperature, out of direct sunlight for up to 1 week
- Do not put in the fridge unless very ripe

## To Prepare:

- Wash under cool running water
- Remove stem
- Leave whole or cut up into pieces

## Tasty Ideas:

- Speedy pasta sauce! Stir chopped tomatoes into store bought spaghetti sauce. Add fresh or dried basil or oregano. Heat and toss with pasta
- Add fresh chopped tomatoes to your salads, sandwiches, eggs, soups, and curries

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# Peach



- ✓ Make it a goal to eat one orange vegetable or fruit every day, such as a peach!
- ✓ Source of vitamin C

## Look for:

- Avoid peaches that are green. Look for those with a yellow background
- When peaches are ripe they feel a little soft to the touch

## To Store:

- Do not wash before storing
- To ripen, store in a paper bag at room temperature
- Once a peach is ripe, put in the fridge for up to 1 week

## To Prepare:

- Wash under cool running water
- To take out the pit, cut peach lengthwise and twist into 2 halves

## Tasty Ideas:

- Peach Chutney: Put 2 peeled, diced peaches and 1 tsp margarine in a pan. Add a big pinch of ginger powder, curry powder and sugar. Cook on medium heat for about 7 minutes or until soft. Serve chutney with chicken, meat or fish

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# Watermelon



- ✓ Eating watermelon is a good way to get fluids in the hot summer months!
- ✓ A good source of vitamin C

## Look for:

- Firm, oval melon
- The sides should be round and green, with 1 side a yellowish colour
- If the melon is cut, choose a melon with bright red flesh

## To Store:

- Keep a whole melon in the fridge or cool place for up to 1 week
- Store cut melon covered in the fridge

## To Prepare:

- Wash the outside of the melon before cutting
- Cut melon into wedges or scoop out red flesh

## Tasty Ideas:

- Add pieces of watermelon to other chopped fruits to make a fresh fruit salad
- Add chunks of watermelon to your fresh green salad

# Daikon Radish



- ✓ Good source of vitamin C

## Look for:

- Large, mild flavoured radish the shape of a carrot
- Look for daikon that are firm, not wrinkled and slightly shiny
- Daikon are white in colour, look for those with no spots or bruises

## To Store:

- Do not wash before storing
- Keep well in cool, dry storage for up to several weeks

## To Prepare:

- Scrub under cool running water
- Remove stem and peel skin
- Grate, cube or cut daikon into slices
- Can be eaten both raw or cooked

## Tasty Ideas:

- Pairs well with other vegetables, seafood, fish, chicken, pork, lamb and beef
- Add thin slices to a spinach salad
- Grate or slice and add to stews or stir-fries
- Cut into large slices or strips and braise with other vegetables

# Okra



- ✓ Source of fibre, folate and calcium
- ✓ Make it a goal to eat at least one dark green vegetable every day, such as okra!

## Look for:

- Deep green pods that are tender but firm
- Pods with no marks or bruises
- No browning at the tips
- Large okra will be tougher and more fibrous

## To Prepare:

- Trim off the tip and cap. Rinse and scrub to remove the thin layer of fuzz
- Do not pierce pods. If you cut them they become slippery
- Avoid cooking okra with a pot made of iron, tin, copper or brass. It will change the colour

## To Store:

- Do not wash before storing
- Store covered in the fridge for up to 3 days
- Use okra as soon as possible, it does not store well

## Tasty Ideas:

- Steam until tender with other vegetables as a side dish
- Simmer okra, stewed tomatoes and onions for 8 to 10 minutes and serve with rice

# Bitter Melon



- ✓ Good source of folic acid and vitamin C

## Look for:

- Small, bright green and firm melons
- Bitter melon that are bright dark green in colour will be less bitter tasting
- Avoid melons with brown spots

## To Prepare:

- Wash well under cool running water
- Bitter melon may be left unpeeled if cut into thin slices
- Seeds can be removed, as they may bring additional bitterness

## To Store:

- Do not wash before storing
- Store covered in the fridge for up to 4-5 days

## Tasty Ideas:

- Add diced bitter melon to curries
- Stir-fry slices of bitter melon with meat and other vegetables
- Cut in half lengthwise (seeds and pith removed) and stuff melon with meat or shrimp, onions, spices and bake in the oven

