



Fruits and Vegetables

Get them fresh, frozen, dried or canned!

Get them Fresh

In the winter there are less local fresh fruits and vegetables available in stores. Don't let this keep you from eating fruits and vegetables daily.

- Be creative; try new fruit or vegetable combinations! Winter vegetables include: beets, carrots, parsnips, rutabagas, shallots, sweet potatoes, turnips, and many winter squashes.
- Prepare stews, roasts or soups using 'winter veggies'.
- Winter vegetables taste great roasted. For a quick recipe, purchase 3-4 different winter vegetables (1/2 pound each). Peel and cut veggies into $\frac{1}{2}$ inch cubes. Add basil, garlic cloves, and toss with 4 teaspoons of olive oil. Roast at 375° in a roasting pan for 50-60 minutes or until vegetables are tender.

Winter Fruits

Dark sweet cherries are available through January. Blueberries and raspberries are available from November through May. Peaches, plums, and nectarines are generally around until early Spring. Other fruits such as bananas and grapes are available almost year round.

- Prepare winter fruit salads using pears, apples, oranges and bananas.

Get them Frozen

Remember the frozen section. You'll find many of your favorites in stock all winter long!

- Use frozen strawberries and other berries to make smoothies.
- Sauté frozen veggies w/herbs and a little butter then add to rice or pasta dishes.
- Purchase large bags of frozen veggies -this can be a cost saver. Simply pour out the amount you need. You can even add them to canned soups or soup mixes for a hearty lunch.





Get them Canned

- Add mandarin oranges, apples, or grapes to spinach or romaine lettuce salad
- Don't forget canned and dried beans. They can also be added to soups, salads and stews or made into a sandwich filling (and count toward 5 A Day).

Get them Dried

- Include dried fruit in vegetable or fruit salads. Dried fruits include raisins, dried cranberries, cherries, dates, or apricots. Try a salad with dates, oranges, crumbled blue cheese and vinaigrette.

Fruits and vegetables contain fiber and other nutrients that have been linked to lowering the risk for heart disease, high cholesterol, digestive disorders, certain cancers, high blood pressure and diabetes. A diet high in fruits and vegetables can also help you manage these same diseases or conditions.

Lastly, a diet rich in fruits and vegetables can help you maintain a healthy weight - giving you more energy to help you become more physically active.

Try one or more of the above tips today!

