

Vegetable Guide



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Use the calendar at the bottom of each item to check seasonal availability. Green squares signify the month the vegetable is available.

ARTICHOKE  Good source of vitamin C and potassium; good dietary fibre, calcium, phosphorus, sodium and potassium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	ASPARAGUS  Very good source of vitamin C and E; contains thiamine, dietary fibre, iron, riboflavin and sodium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	BEANS (GREEN/BROAD/FLAT)  Good source vitamin A, C and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	BEETROOT  Good source dietary fibre and folate, good. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	BROCCOFLOWER  Excellent source B group vitamins; good source vitamin C and folate, acid. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
BROCCOLI  Excellent source vitamins A and C. Very good source folate and Vitamin E. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	BRUSSELS SPROUTS  Excellent source of vitamin C. Excellent source of dietary fibre, iron, potassium and riboflavin. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CABBAGE  Excellent source vitamin C and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CAPSICUM  Excellent source vitamin C; good source B6, E and potassium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CARROT  Excellent source of vitamin A; good source of dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
CAULIFLOWER  Good source of vitamin C, potassium, folic acid. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CELERIAC  Very good source of dietary fibre; good source of vitamin C. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CELERY  Good source of vitamin A, calcium, phosphorus, sodium, potassium and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CHINESE CABBAGE  Good source of vitamin C. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CHINESE SPINACH  A good source of dietary fibre, vitamin A and folic acid, very low in sodium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
CHILLI  Excellent source of vitamin C and vitamin A. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CHOKO  An excellent source of vitamin C; good source of dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	CUCUMBER  Good source of vitamin C and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	EGGPLANT  Good source of dietary fibre, contains some vitamin C and potassium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	ENDIVE  Good source of vitamin C, folic acid and potassium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
FENNEL  Good source of vitamin C and a moderate source of iron. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	GARLIC  Good source of dietary fibre; some medicinal qualities: antiseptic and a cholesterol deterrent. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	GINGER  Good source dietary fibre and vitamin B1. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	KALE  Good source vitamin B1, B2, B3, C and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	LEEK  Excellent source vitamin C; good source dietary fibre and iron. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
LETTUCE  Excellent source vitamin A, (the darker the leaves, more vitamin A and iron). JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	LO BOK/DAIKON  Excellent source vitamin C. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	MUSHROOM  Good source riboflavin, niacin, contains protein, folic acid, vitamin B12. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	OKRA  Excellent source vitamin C and folic acid; good source dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	ONION (SWISS/ESCALLOPE)  Good source vitamin C, B2 (niacin) and calcium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
ONION (SWISS/ESCALLOPE)  Some vitamin A, vitamin C, folic acid and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	PARSNIP  Excellent source vitamin C; good source dietary fibre and folic acid. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	PEAS  Excellent source vitamin C; good source dietary fibre, folic acid and potassium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	POTATO  Excellent source vitamin C and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	PUMPKIN (JAPANESE/AMERICAN)  Excellent source vitamins A and C; good source dietary fibre. Contains some potassium, vitamin B6 and iron. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
RADISH  Excellent source of vitamin C. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	RHUBARB  Good source dietary fibre, vitamin C, some thiamine and niacin. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	SILVERBEET  Good source dietary fibre, folic acid, and vitamin C; contains vitamin B6, riboflavin, low in sodium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	SNOW PEAS  Excellent source dietary fibre; good source protein, vitamin E, B2, B3, C and folic acid. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	SPINACH  Good source of dietary fibre, vitamin A and folic acid. Contains vitamin B2, B6, low in sodium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
SPROUTS  Good source dietary fibre, vitamin C. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	SQUASH  Very good source vitamin C and A, low in sodium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	SWEET CORN  Excellent source vitamin C; good source of dietary fibre, folic acid and potassium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	SWEET POTATO  Excellent source of vitamin C, a good source of complex carbohydrates, folic acid, vitamins A & E, potassium and dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	TARO  An excellent source of vitamin A and C; good source dietary fibre, complex carbohydrates and iron. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
TOMATO  Excellent source vitamin C; useful source vitamin E. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	TURNIP/SWEDE  Excellent source vitamin C; good source dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	WATERCRESS  Good source vitamin C, A, niacin, thiamine, riboflavin and iron. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	WITLOF  Excellent source vitamin C; good source dietary fibre. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC	ZUCCHINI  Excellent source vitamin C; low in sodium. JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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Fruit And Vegetables Guide

Christian Drosten



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A Produce Reference Guide to Fruits and Vegetables from Around the World Donald D Heaton,1997-05-28 A Produce Reference Guide to Fruits and Vegetables from Around the World Nature s Harvest answers the many questions consumers have about various fruits and vegetables Providing basic clear and understandable information for each produce item this reference guide gives you a synopsis of the fruit or vegetable a short history of the item the common and uncommon name what it looks and tastes like how it is used and the time of year it is available Information on nutrition serving sizes yields and optimal storage conditions is also provided From potatoes to shepherd s purse and from grapes to the Clementine tangor A Produce Reference Guide to Fruits and Vegetables from Around the World covers both the familiar and the exotic Other than the obvious fruits and vegetables such as 12 varieties of cherries and 10 different kinds of squash you ll also read about herbs mushrooms sprouts and nuts A Produce Reference Guide to Fruits and Vegetables from Around the World is packed with useful information From practical advice to interesting trivia some of the things you ll learn include You should not eat any green parts of potatoes it will make you sick How to classify a peach clingstone vs freestone and white vs yellow The Texas 1015 Supersweet onion is named after its recommended planting date October 15 Kiwis originally from China not Australia contain an enzyme that tenderizes meat Women in China once made a dye from the skin of eggplants to stain their teeth black The famous mutiny by Captain Bligh s crew was caused by breadfruit Gourds may have spread between continents by floating in the ocean as they can float in sea water for 220 days without losing seed viability The two nuts mentioned in the Bible almonds and pistachios As new methods in farming storing and shipping are allowing exotic fruits and vegetables unheard of a few years ago to become available consumers are coming up with more and more questions that many professionals are unable to answer A Produce Reference Guide to Fruits and Vegetables from Around the World is the tool you can use to find answers The guide is especially useful for specialty produce outlets and wholesalers importers exporters of fruits and vegetables produce brokers and buyers supermarket and independent food store produce departments military commissaries and the general public *Guide to Food Transport* Cargo Systems International Staff,1989 **Great Fruit & Vegetable Guide** DK,2011-03-21 With DK s Great Fruit Vegetable Guide the work of choosing the best plant varieties is done for you DK s experts have selected the cream of each crop to give you an easy choice between a tempting but manageable selection of star performers For each of the 125 featured fruits or vegetables there is a fully illustrated selection of recommended cultivars combining classic heritage types with deservedly popular modern varieties Detailed catalog entries illustrated with enticing pictures describe each cultivar s proven qualities Relevant growing information is flagged with clear symbols Points such as delicious flavor disease resistance reliability of cropping storage life or culinary versatility as well as season of crop pollination data and sowing depths are covered in full You will find simple step by step photography and friendly tips and pointers on matters such as sowing and planting pest and disease control supports and

shelters as well as planning crop rotation and making compost Vegetable crop planners help the gardener plan which cultivar to sow when *Fruit and Vegetables* IARC Working Group on the Evaluation of Cancer-Preventive Strategies,2003 This handbook shows that approximately one in ten cancers in western populations is due to an insufficient intake of fruit and vegetables a finding that should encourage all organizations as well as governments to continue efforts to increase or maintain fruit and vegetable intake as an important objective of programs to improve nutrition to reduce the burden of cancer and other chronic diseases The clearest evidence of a cancer protective effect of eating more fruits is for stomach and esophageal cancers Similarly a higher intake of vegetables probably reduces the incidence of cancer of esophagus and colon rectum Fruit and vegetables contain many nutrients they also contain other bioactive compounds that may influence many aspects of human biology and related disease processes **Fruits and Vegetables a Simple Guide** Finn Jones,2021-08-25

FRUITS AND VEGETABLE A SIMPLE GUIDE Is a book that will guide you through what to grow which pots to use give personal tips on varieties to choose and advice on cultivation and care Featuring more delicious recipes and provides harvesting tips and to grown yourself a total pleasure with dishes that showcase a few perfectly chosen and personally grown ingredients **A Fruit and Vegetable Buying Guide for Consumers** Robert George Hill,1933 **Produce** Bruce Beck,1984 Abstract Specific guidelines for selecting and storing a wide variety of fruits and vegetables are presented in an illustrated reference text for the general public Each item is allocated 2 full pages 1 providing information on the seasonal availability preparation history storage and spoilage the other providing a full page color photograph A total of 92 produce items arranged alphabetically are covered wz **How to Grow Your Own Food** Dirty Nails,2007 This volume is a practical week by week companion to growing food in your garden or allotment Find out how to harvest delicious fresh fruit and vegetables throughout the season whilst helping to sustain the ecological development of your environment **From the Farm to Your Table** James F. Thompson,Adel A. Kader,2009-06-02 This colorful handbook will help you pick good quality healthy fruits and vegetables that are a vital part of your daily diet You ll learn why there is more to fruit and vegetable quality than meets the eye and how to handle yourfresh fruits and vegetables at home to maintain their quality and safety You ll also learn how growing and harvesting factors can effect quality and the effect of growing locations produce handling methods and the number of steps between production and retail markets The publication includes handy tables to show you the steps between the field and your table which fruits and vegetables should be stored in the refrigerator and which should be stored on the counter and what to look for when selecting produce at the market **The Greengrocer; the Consumer's Guide to Fruits and Vegetables** Joe Carcione,Bob Lucas,1972

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