

Save those Vitamins!

How you store, prepare, and cook vegetables can make a difference. Vitamin C and the B-vitamins are easily lost.

◆ Store

- vegetables whole
- refrigerate most vegetables in the crisper
- keep onions, potatoes, and squash in a cool, dry place

◆ Prepare

- close to mealtime
- trim bruised and wilted leaves and tough stems
- leave the skins on or thinly peel
- wash quickly; do not soak
- cut into larger pieces
- serve raw

◆ Cook

- just until done
- over-cooking and high temperatures destroy vitamins
- use little water
- steam, grill, or bake

◆ Preservation

- most vegetables can be easily frozen
- high acid vegetables (such as tomatoes and pickled items) can be canned with boiling water bath process
- other vegetables require pressure canning process
- drying vegetables is another way to preserve vegetables for later use

Contact your County Extension Office for more details on preparing and preserving vegetables.

Daily Recommendations

	Age	Daily Intake*
Children	2-3	1 - 1 ½ cups
	4-8	1 ½ - 2 ½ cups
Girls	9-13	1 ½ - 3 cups
	14-18	2 ½ - 3 cups
Boys	9-13	2 - 3 ½ cups
	14-18	2 ½ - 4 cups
Women	19-50	2 ½ - 3 cups
	51+	2 - 3 cups
Men	19-50	3 - 4 cups
	51+	2 ½ - 3 ½ cups

*These amounts are approximate depending on physical activity. Based on a 2,000 calorie intake, the daily recommendation is 2 ½ cups of vegetables and 2 cups of fruit. For more information about individual needs go to www.MyPyramid.gov

COOPERATIVE EXTENSION SERVICE



UNIVERSITY OF KENTUCKY
College of Agriculture



Kentucky Department of Agriculture
A consumer protection and service agency
Richie Farmer, Commissioner

Sarah Brandl, M.S., Extension Specialist
Family and Consumer Sciences
Nutrition Education Programs

April 2007

Educational programs of Kentucky Cooperative Extension
serve all people regardless of race, color, age, sex,
religion, disability or national origin.

UK COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY—COLLEGE OF AGRICULTURE

Guide to Kentucky's Fresh Vegetables

Fresh is Best

Appearance and texture are important when selecting fresh produce. High-quality, fresh vegetables are young and brightly colored. Vegetables are low in calories, fat, and sodium. A diet rich in vegetables can help prevent obesity and chronic diseases such as diabetes, heart disease, and cancer.

Take advantage of vegetables in season. They cost less and have great flavor.

Nutrition Facts

Vegetables provide important vitamins and minerals such as:



Vitamin A, which helps keep our skin and eyes healthy



Vitamin C, which helps keep our blood vessels healthy



B-vitamins that help us use energy from food, regulates our appetite and digestion



Iron, calcium and fiber

Vegetable	Selection	Availability	Storage	Preparation	Seasoning
Asparagus	Choose bright green stalks with tightly closed tips.	April – May	Store upright with stem ends in water or wrapped in wet paper towel. Keeps 1 to 2 weeks in the refrigerator.	Wash under cool, running water. Eat raw or lightly boil, steam, grill or stir-fry.	Garlic, lemon juice, onion, vinegar, soy sauce
Beets	Choose round, firm, rich in color and smooth surface with fresh tops.	June – November	Roots can be stored in plastic bags for 1-2 weeks in the refrigerator.	Wash, leave the skin, bake or steam.	Dill, onion, vinegar
Brussels Sprouts	Choose sprouts that are similar in size, firm and compact.	June – November	Cover and store in the refrigerator for 3-5 days.	Soak in water for 10 minutes and rinse. Boil, microwave or steam.	Caraway seed, vinegar, onion
Broccoli	Choose darkgreen stalks with closed buds.	May – July Oct. – Nov.	Store, in the refrigerator for 3-5 days.	Wash. Eat raw or steam, boil or microwave in a small amount of water.	Onion, garlic, ginger, sesame seeds
Cabbage	Leaves should be crisp and free of decay. Avoid burst heads.	June – July Sept. – Nov.	Cover loosely and store in refrigerator for up to 2 weeks.	Wash. Boil, steam or stir-fry.	Parsley, onion, garlic
Cauliflower	Heads should be heavy, white, and unblemished.	June, Sept., Oct. and early Nov.	Store up to one week in a plastic bag in refrigerator.	Wash and soak, head in cold, salted water. Eat raw or steam.	Pepper, cumin, garlic, lemon
Corn	Choose ears with green shucks, moist stems and no decay.	July – August	Keep un-shucked in a plastic bag, in the refrigerator 4-6 days.	Wash. Steam or boil – microwave or grill.	Allspice, chili powder, fresh tomato
Cucumber	Choose firm, fully green with no yellow or soft spots.	June – September	Store in the refrigerator for up to one week.	Wash and slice.	Chives, dill, garlic, vinegar
Eggplant	Firm, heavy with smooth, shiny, skin. Choose medium size about 3-4 inches around.	Late June – October	Store quickly in the refrigerator. Use within one week.	Wash. Can be baked, broiled, grilled, fried, stuffed or used in casseroles.	Tomatoes, onions, garlic
Green Beans	Choose slender, firm, smooth, crisp beans with no blemishes.	June – September	Store unwashed in plastic bags in the refrigerator for 3-5 days.	Wash and remove strings and stems. Steam in a small amount of water.	Dill, lemon juice, marjoram, onion
Greens	Look for bright green leaves, fresh and moist.	May – June Sept. – Nov.	Store in refrigerator. 2-3 days.	Wash, remove stems. Steam or boil.	Garlic, lemon juice, onion, vinegar
Okra	Select crisp pods 2-4 inches long, free from blemishes.	June – Sept.	Refrigerate, 2-3 days.	Wash. Steam or fry. Add to soups.	Lemon, tomatoes, vinegar
Onions	Choose hard, heavy onions with little scent.	April – Sept.	Store in cool, dry, well ventilated place.	Peel. Eat raw or cooked. Grill, broil, or sauté.	Garlic, basil, oregano
Peas	Moist, bright green pods.	May – June	Refrigerate up to 2 days.	Wash. Eat raw, steam, boiled or microwave.	Allspice, mushrooms, mint, onion, sage, savory
Peppers	Choose firm peppers, no blemishes.	June – Sept.	Refrigerate for 3-5 days.	Wash. Eat raw, grill, roast, stuff and bake.	Garlic, vinegar
Potatoes	Select firm, un-bruised. Avoid green potatoes	July – October	Store in a ventilated, cool, dark, dry area.	Wash. Boil, steam, bake, or microwave.	Chives, dill, garlic, sage, rosemary
Summer Squash	Yellow or zucchini. Choose small tender squash. 6-8 inches long.	June – October	Store in refrigerator, 2-3 days.	Wash. Grill, steam, broil, sauté, fry, or use in stir-fry or casseroles.	Basil, onion
Sweet Potatoes	Choose small to medium size with smooth skin.	October – March	Store unwrapped in a cool dry place.	Wash. Peel, steam, microwave or bake.	Allspice, brown sugar, cinnamon, nutmeg
Tomatoes	Choose, firm well shaped, fragrant with rich color.	July – October	Store at room temperature.	Wash. Eat raw, broil, bake, stuff or microwave.	Basil, cilantro, oregano, garlic
Winter Squash	Heavy for size with a hard, tough rind.	August – October	Store in a cool, dry place. Use within one month	Wash. Peel, steam, microwave or bake.	Allspice, brown sugar, cinnamon, nutmeg