

Food Fact Sheet



BUYING, USING AND STORING VEGETABLES

| Vegetable | One serving | Servings per pound | Best time to buy | Cooking time |
|------------------|----------------|--------------------|----------------------------------|--|
| Asparagus | ½ cup, chopped | 4 - 5 | February-July | Steam or boil 3 to 5 min. |
| Beans, green | ½ cup, cut-up | 4 - 5 | May-September | Steam or boil 4 to 7 min. |
| Beans, lima | ½ cup | 4 | July-October | Boil 10 to 15 min. |
| Beets | ½ cup, slices | 4 | Year round, peak October-May | Boil whole beets 40 min. or bake 1½ to 2 hrs. |
| Broccoli | ½ cup | 4 | Year round, peak October-May | Steam or boil 3 to 7 min., chopped; or 5 to 10 min., spears |
| Brussels sprouts | 5 - 6 sprouts | 4 | September -March | Boil 7 to 10 min. |
| Cabbage | ½ cup, cooked | 4 - 6 | Year round, peak September-March | Steam/boil 5 to 7 min., shredded, or 10 to 15 min., quarters |
| Carrots | ½ cup | 6 | Year round | Boil 5 to 15 min. |
| Cauliflower | ½ cup | 4 | Year round, peak October-January | Boil 5 to 8 min., chopped or 15 to 20 min. whole |
| Celery | ½ cup | 6 | Year round | Boil 10 to 15 min. saute 2 to 3 min. |
| Corn | ½ cup | 6 | May-September | Boil 3 to 5 min. |
| Cucumbers | ½ cup, sliced | 4 | Year round, peak May-July | Usually served raw |
| Eggplant | ½ cup | 6 | Year round, peak July-October | Sauté 6 to 8 min. bake 30 to 40 min. |

| Vegetable | One serving | Servings per pound | Best time to buy | Cooking time |
|--|-----------------|--------------------------------|--|---|
| Greens (chard, collard, turnip) | ½ cup | 3 - 4 | Year round | Steam or boil 2 to 15 min. |
| Mushrooms | ½ cup | 4 | Year round | Sauté 3 to 5 min. |
| Okra | ½ cup | 4 | Year round | Boil 10 to 15 min. |
| Onions | ½ cup | 4 | Year round | Sauté 10 min., chopped; boil 30 min., whole |
| Parsnips | ½ cup | 4 | August-May | Steam or boil 2 to 15 min. |
| Peas | ½ cup (shelled) | 1 pound, in pod, 2 servings | April-July | Steam or boil 2 to 3 min., small, new or 4 to 10 min., large, mature |
| Peppers | ½ cup | 8 | Year round, peak July-October | Sauté 10 to 15 min. |
| Potatoes | ½ cup | 3 | Year round | Boil 15 to 20 min., cut-up or 20 to 25 minutes, whole; bake 45 to 60 min. |
| Salad greens | 1 cup | 8 | Year round | Usually served raw |
| Spinach | ½ cup | 6 | Year round | Steam or boil 5 to 10 min. |
| Sprouts | ½ cup | 4 | Year round | Stir-fry 2 to 3 min. |
| Summer squash (zucchini, yellow crookneck) | ½ cup | 3 | July-September | Steam or boil 7 to 10 min., cut-up; sauté 3 to 6 min; bake 30 to 35 min. |
| Sweet potatoes | ½ cup | 3 | Year round, peak September-January | Boil 20 to 30 min.; bake 30 to 60 min. |
| Tomatoes | ½ cup | 3 to 4 | Year round, peak June-September | Stew 10 min.;broil 5 min. |
| Turnips, rutabagas | ½ cup | 4 | Year round, peak September- February | Boil 7 to 10 min., sliced or 20 to 35 min., whole |
| Winter squash (acorn, hubbard)& pumpkin | ½ cup | 2 | August-January | Stew 10 to 15 min.; bake 40 to 45 min., halves |