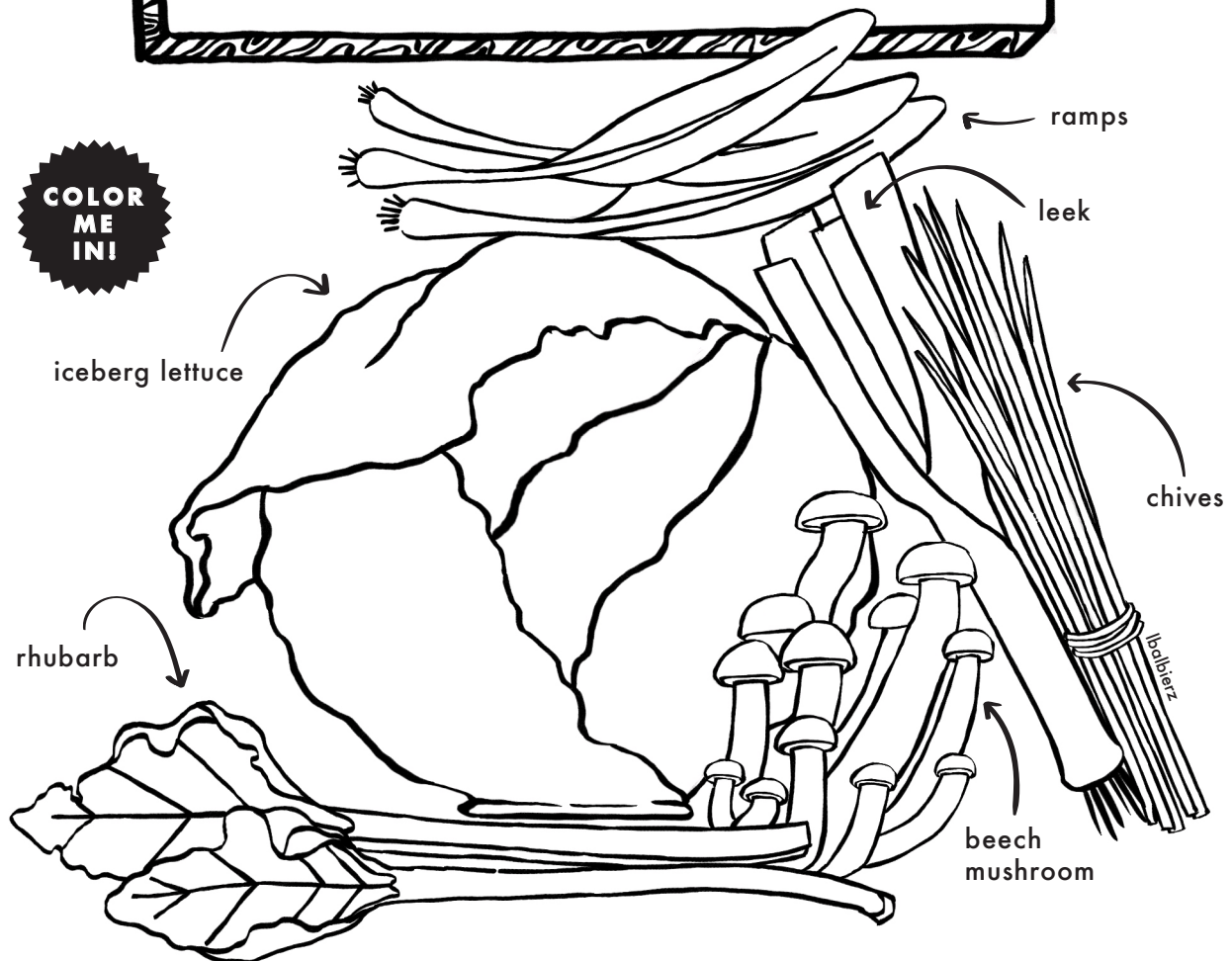


# IN SEASON IN N.Y.

## APRIL

**COLOR  
ME  
INI**



- 1 Parsnip is a root vegetable closely related to the carrot. With a hearty dose of fiber, it adds great crunch to any salad or roasted as a side dish.
- 2 Pea greens, or pea shoot, add a soft touch of green to any plate. It's best fresh and eaten as soon as possible. Toss it into your salad or make it into a pesto.
- 3 Ramps and watercress are green leafy vegetables that have a peppery flavor and pairs well with meat and fish.
- 4 Want to eat more fruits & vegetables? Use your plate as a guide and fill half of it with fruits and vegetables.

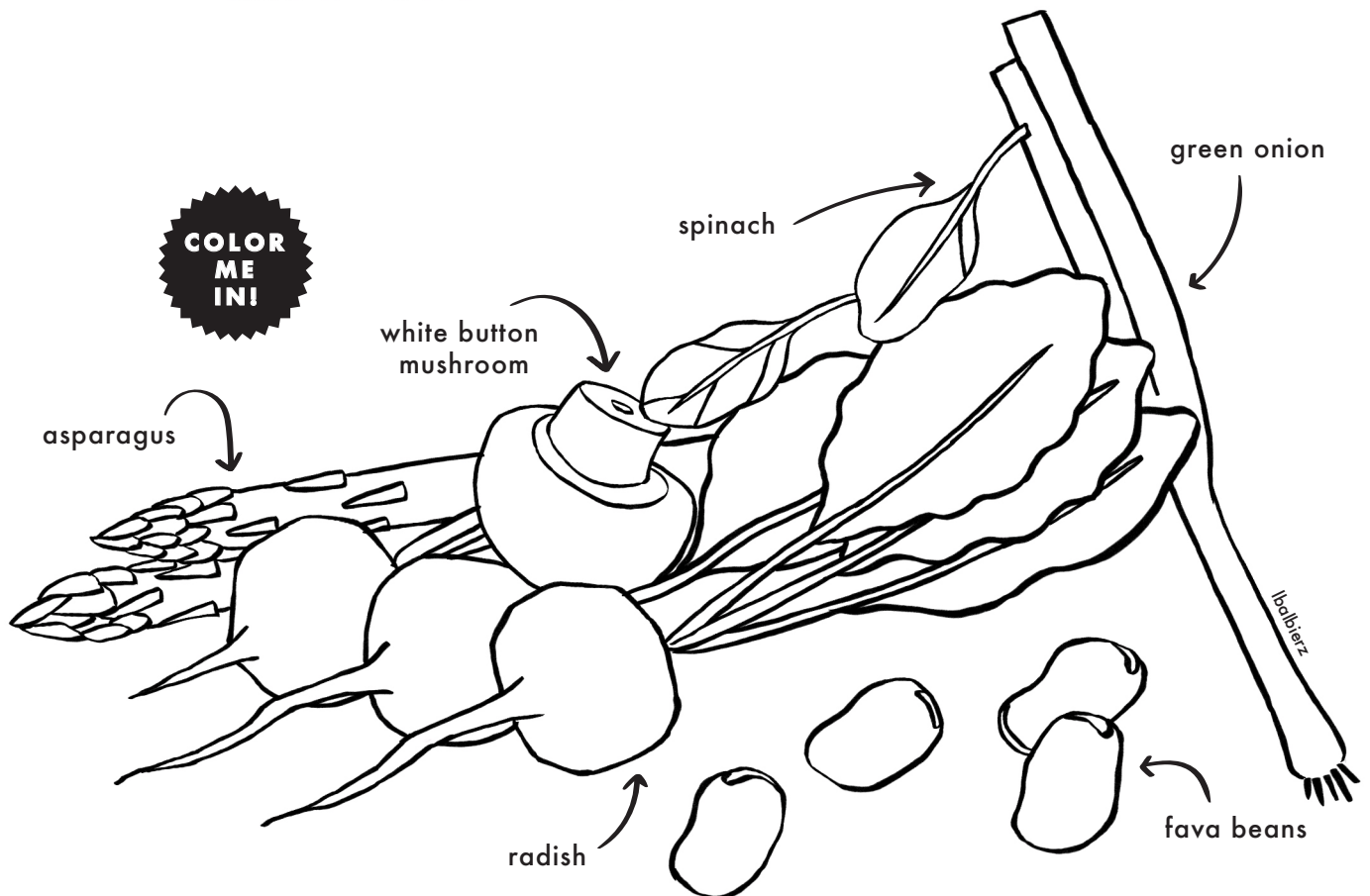
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# IN SEASON IN N.Y.

## MAY



- 1 Asparagus is a versatile vegetable, grilled, roasted, chopped in a salad, pureed in a soup or add it to your pasta. Pairs well with parmesan cheese, olive oil, and garlic.
- 2 Fava beans are large legumes that provide a fresh mild creamy flavor to any spring dish. It has a short season, so grab it when you can.
- 3 Garlic scapes are the stem and flower bud of hard neck garlic. It has a mild and sweet flavor like chives and scallions. And can be eaten raw or cooked, whole or chopped.
- 4 Bring out flavor in food by adding more herbs and spices instead of salt.



# IN SEASON IN N.Y.

## JUNE

COLOR  
ME  
IN!



- 1 There are about 8 varieties of summer squash, and all have a thin edible skin packed with fiber and nutrients. Slice them, shred them, or make noodles out of it.
- 2 Beet greens are edible raw or creamed, sautéed, or blended in a smoothie (just like spinach!). The stems can be picked for a crunchy snack or salad topping.
- 3 All berries are anti-inflammatory and packed with antioxidants to fight against toxins. Eat as a snack or add to cereal or yogurt.

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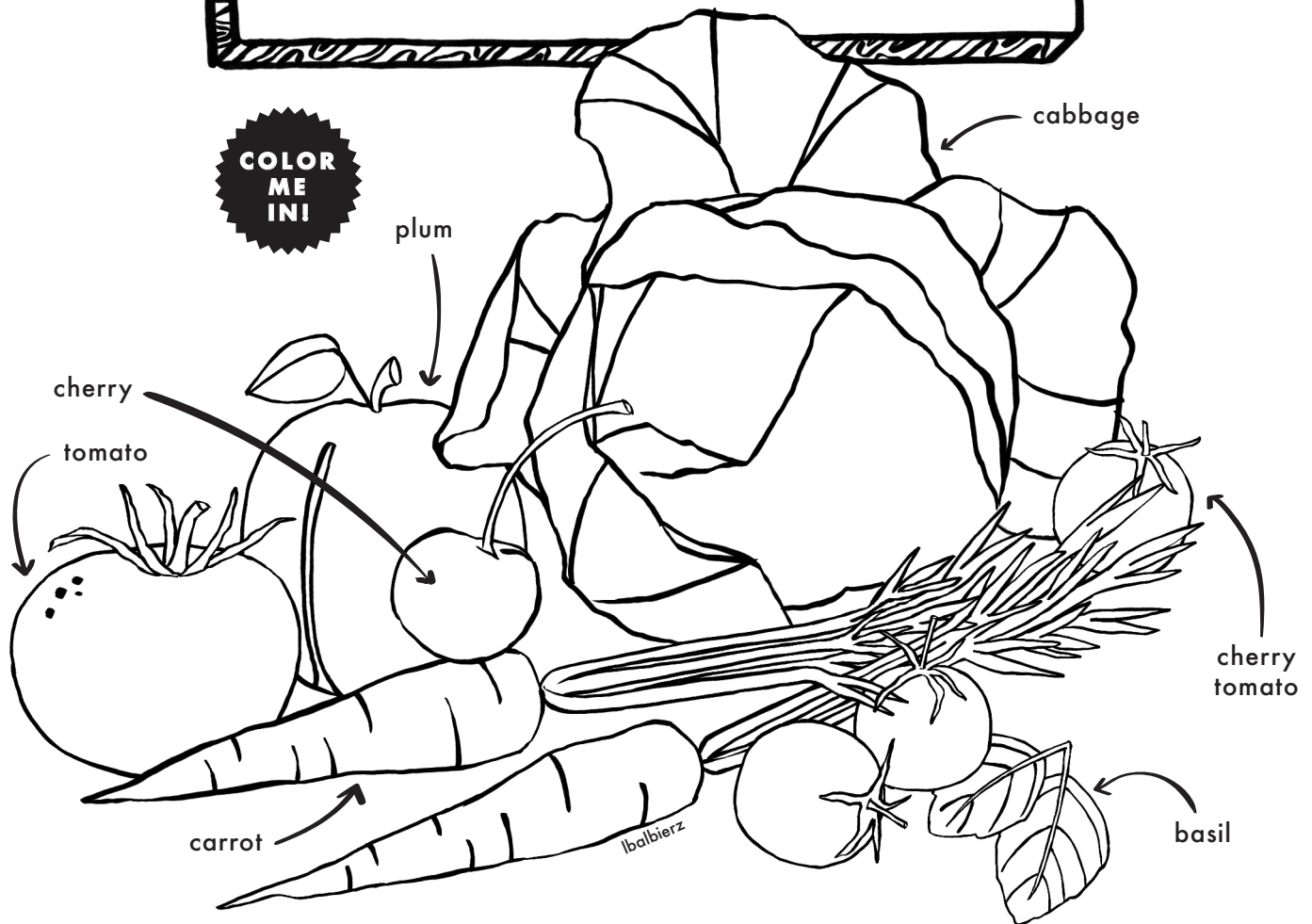


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# IN SEASON IN N.Y.

## JULY

**COLOR  
ME  
IN!**



- 1 Cook with tomatoes to make pasta and pizza sauces, cut fresh to add to salads, or eat alone with a sprinkle of salt, pepper, and olive oil.
- 2 Tomatoes are high in fiber and vitamins A and C. They are also rich in antioxidants.
- 3 Basil is known as the king of herbs and basil is a good source of Vitamins A and K. Blend basil with cheese, nuts, olive oil, salt, garlic, and pepper to make a pesto sauce.
- 4 Fresh produce is more readily available during the summer months and may be less expensive. It's a great time to also try something new.

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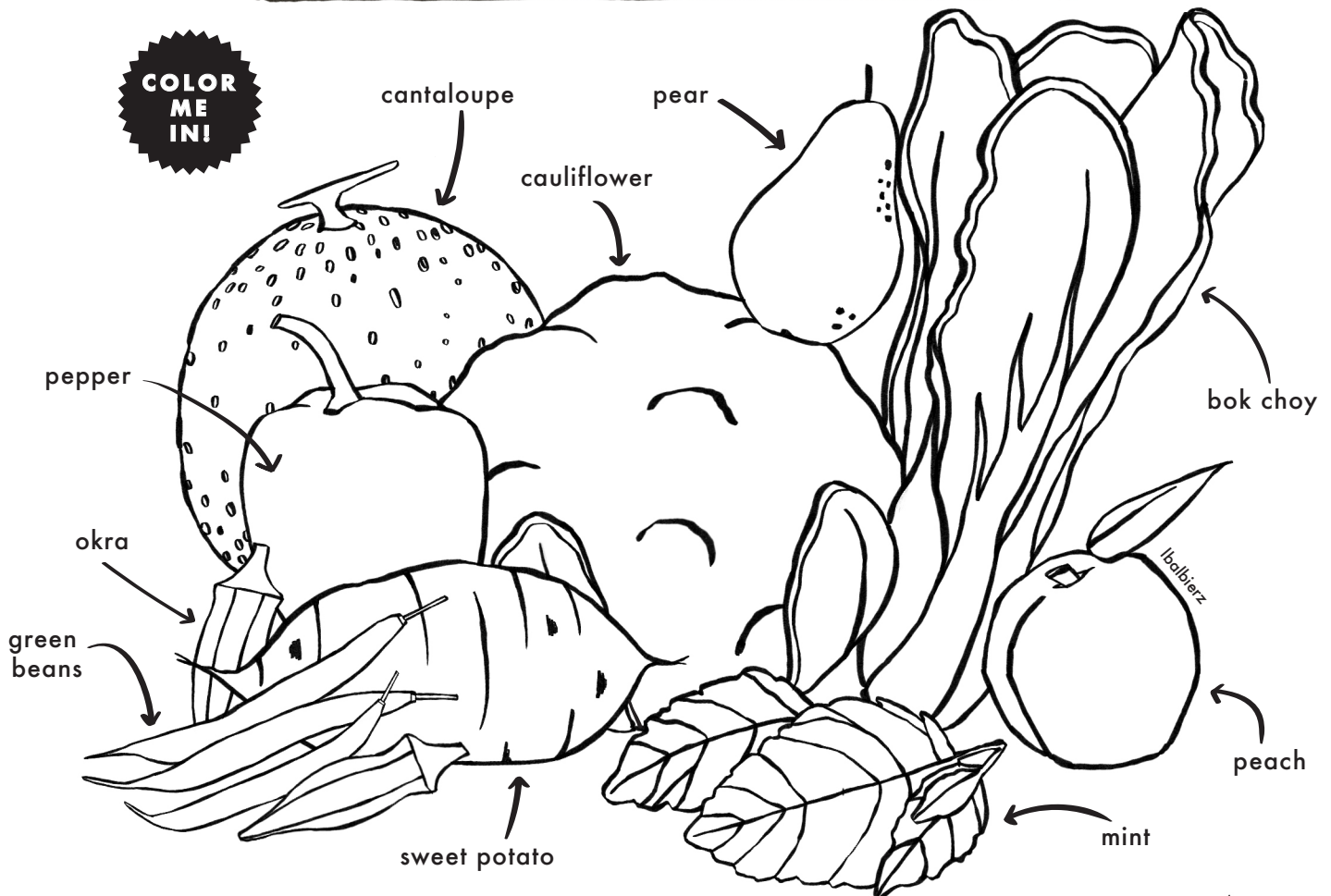
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# IN SEASON IN N.Y.

## AUGUST

**COLOR  
ME  
IN!**



- ❶ When shopping for peaches, give them a sniff – they should smell fruity and sweet. Peaches are a great source of polyphenols, which have shown promise against fighting certain kinds of cancer.
- ❷ Melon is an excellent source of Vitamins A and C, fiber, and potassium.
- ❸ Store mint in a jar filled with water on the counter – it will keep for about a week. You can also store mint in a damp paper towel in the produce drawer of the fridge. Mint has Vitamin C, Vitamin A, folate, manganese, and some calcium.
- ❹ Stay hydrated in the heat by drinking water instead of sugary drinks.

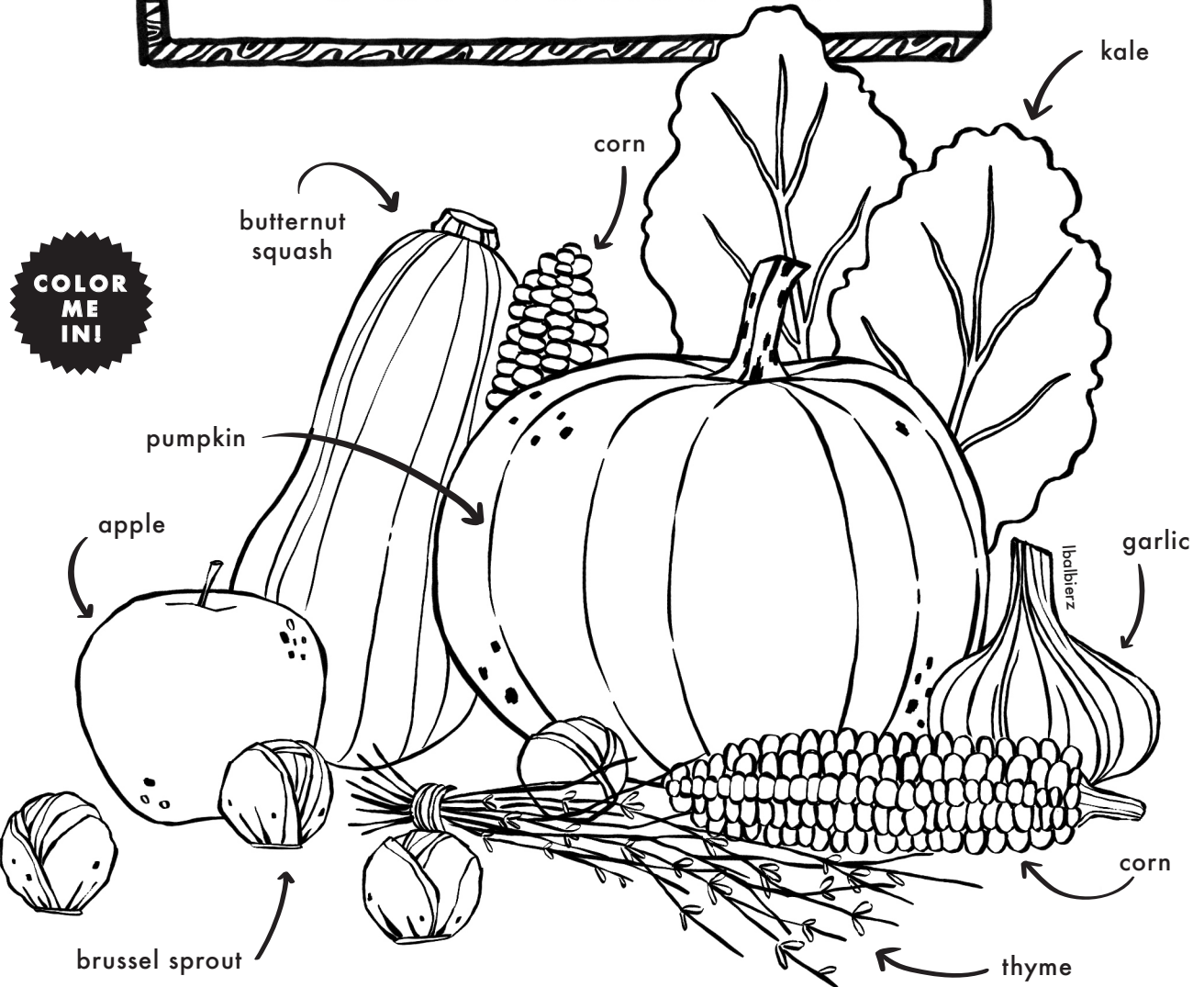
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# IN SEASON IN N.Y.

## SEPTEMBER



- 1 Garlic has anti-inflammatory, anti-oxidative sulfuric compounds being studied for treating heart disease, controlling the common cold and lowering the risk of certain types of cancer.
- 2 One teaspoon of ground thyme has calcium, potassium, magnesium, phosphorus, iron, and Vitamin A. When cooking, whole sprigs of thyme can add flavor to sauces, beans, soups and stews.
- 3 Craving something sweet? Reach for a piece of fresh fruit.

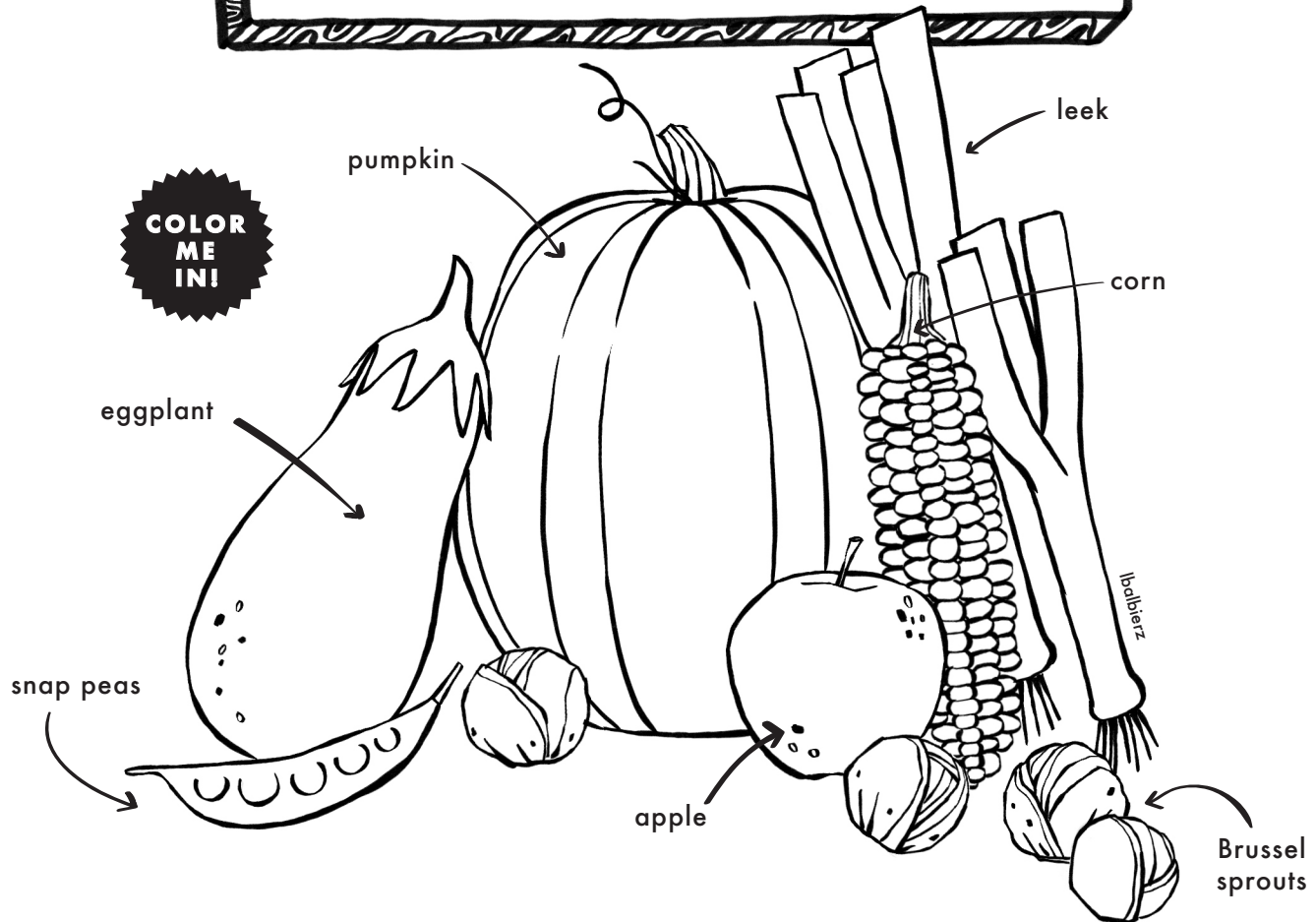
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# IN SEASON IN N.Y.

## OCTOBER



- ❶ Keep apples in the vegetable drawer in the refrigerator. Avoid storing them on the counter or at room temperature unless you plan on eating them quickly, as they rapidly lose flavor and crispness.
- ❷ Try slices of apple with hummus or your favorite nut butter; as a topping on white pizzas or sliced and tucked into a grilled cheese.
- ❸ Regardless of size, shape or color of the fruit, look for glossy, unblemished skin and a very firm texture when (gently) squeezed when buying eggplant.
- ❹ Corn is very versatile and can be added to a number of dishes to contribute color, flavor, and nutritional value. Corn provides fiber, B vitamins, and essential minerals such as zinc, copper, magnesium, iron, and manganese.

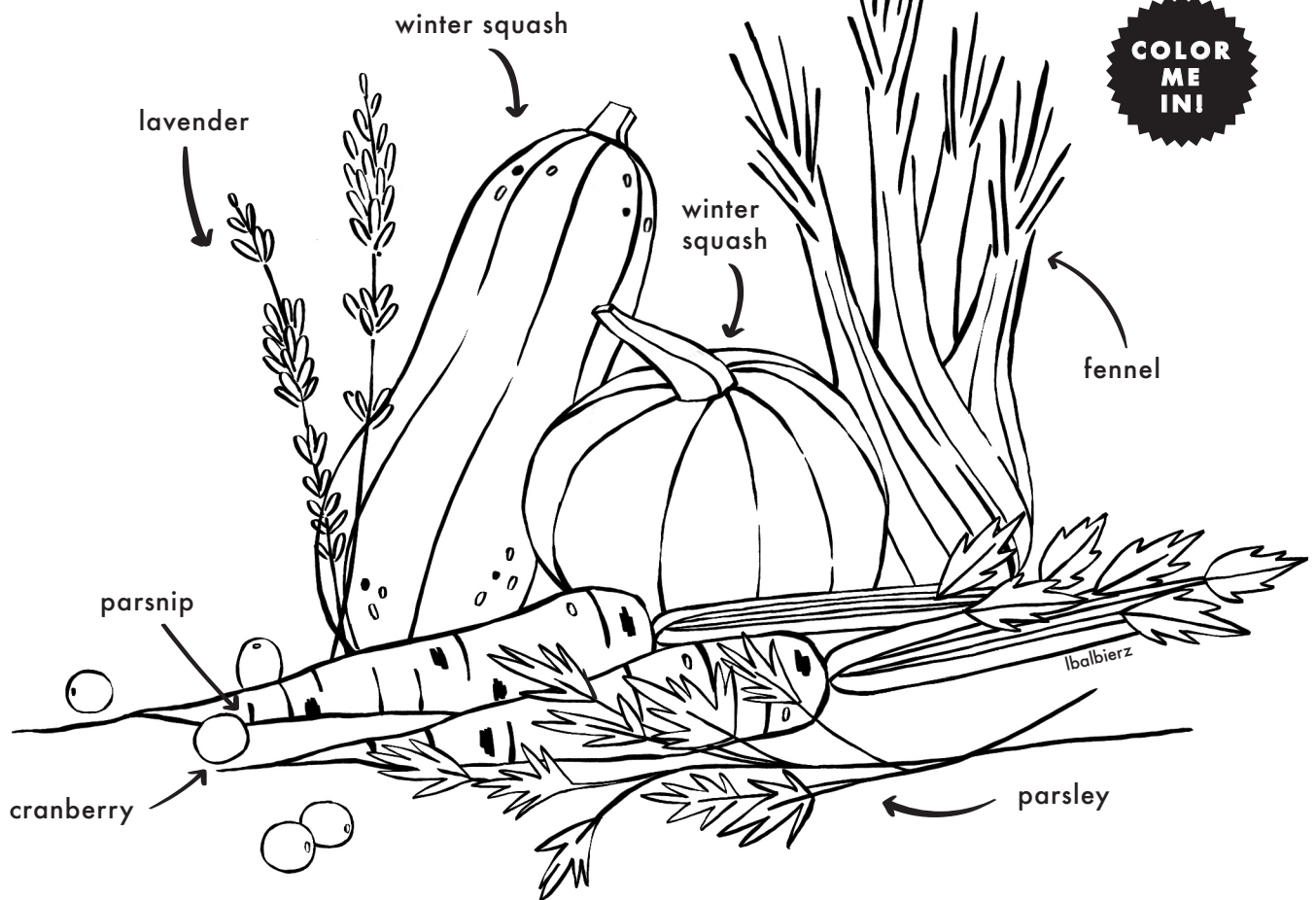
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# IN SEASON IN N.Y.

## NOVEMBER



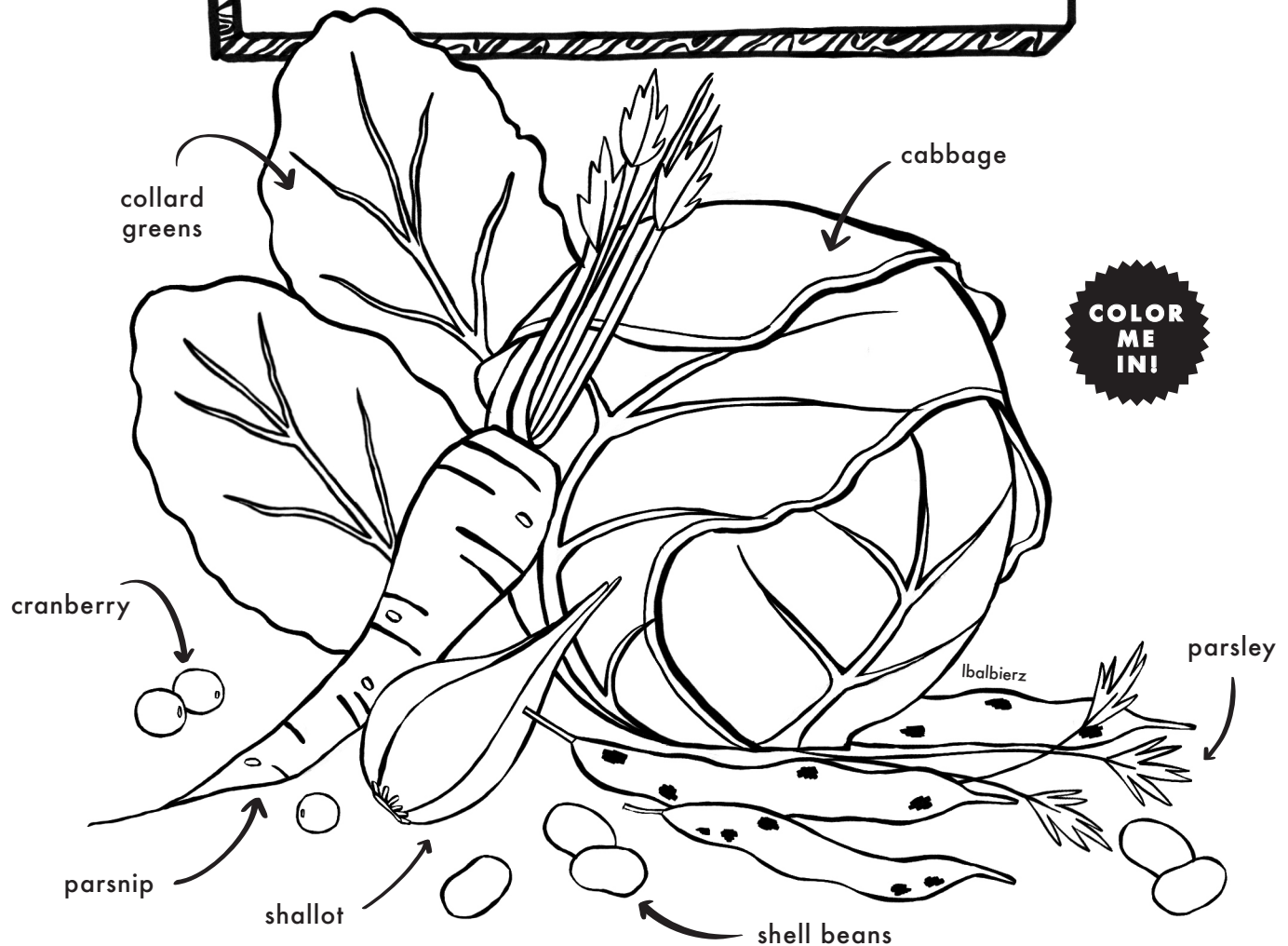
- ❶ Fennel has a unique aroma and can be a flavorful addition to a variety of dishes. Fennel is a great source of fiber, potassium, folate, vitamins C and B6, and has shown to improve bone and heart health. Try it when preparing fish, pork, chicken, or sausage.
- ❷ The next time you're making mashed potatoes, add one or two quartered parsnips to the mix, along with a whole clove of garlic.
- ❸ Parsley is nutrient-rich and high in Vitamin C, A, and K.
- ❹ When shopping for fresh cranberries, they should appear shiny. Their color should be bright and opaque versus pale or translucent.





# IN SEASON IN N.Y.

## DECEMBER



- 1 Roast parsnips with other root vegetables like beets with garlic and olive oil. Parsnips are rich in potassium. One cup of raw parsnips contains six grams of fiber, at 100 calories.
- 2 Collard greens provide a great source of vitamins A, C, K, and B6, calcium, iron, and magnesium. They can be eaten raw in salads or on a sandwich, cooked in soups or casseroles, or steamed and sauteed with peppers, onions, herbs, and spices.
- 3 Next time you're looking to add flavor and nutrients to a bowl of pasta, rice, roasted vegetables or omelet, add parsley.
- 4 Cranberries are good sources of fiber and vitamin C. The pigment has disease-fighting and health-supporting phytonutrients.

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