

 the green loot

Spring

PRODUCE GUIDE





Asparagus

Asparagus is a vegetable that can come in different colors: green, white, and violet-green. It can be eaten raw, boiled, baked, grilled, or steamed.

Calories: 27 kCal / 1 cup (cut pieces) or 134 g
Protein: 3 g **Carbs:** 5 g **Fat:** 0 g **Fiber:** 3 g

Vitamin A: 3% **Vitamin C:** 13%
Iron: 16% **Manganese:** 10%
Folate: 17% **Vitamin K:** 70%

Nutrients

- Choose spears that are crisp, round and straight with tightly-pointed tips.
- Do not choose spears if the tips have begun to flower and spread open.
- Choose asparagus spears that are the same thickness so that the cooking time will be the same.
- Store in the refrigerator in a plastic bag. Use within three to five days.

How to pick & store

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Strawberry

Strawberries are fruits, but they are technically not berries due to their seeds being on the outside. They can be eaten fresh, frozen, dried or made into jam or preserves.



Nutrients

Calories: 49 kCal / 1 cup (halves) or 152 g
Protein: 1 g **Carbs:** 8 g **Fat:** 0 g **Fiber:** 3 g

Vitamin C: 149% **Manganese:** 30%

How to pick & store

- Strawberries are available fresh, frozen and dried for good nutrition and convenience.
- If selecting fresh, choose shiny, firm strawberries with a bright red color.
- Caps should be fresh, green and intact.
- Avoid shriveled, mushy or leaky berries.
- Do not wash strawberries until ready to eat.
- Store in refrigerator for 1-3 days.

Radishes



Radishes are root vegetables with a pungent, slightly spicy flavor (varying in intensity). They are mostly eaten raw or pickled. The Japanese daikon variety is quite popular.

Calories: 15 kCal / ½ cup or 93 g
Protein: 1 g **Carbs:** 2 g **Fat:** 0 g **Fiber:** 2 g

Vitamin C: 23%

Nutrients

- Choose smooth, brightly colored radishes.
- Attached tops should be green and fresh looking.
- Refrigerate radishes in plastic bag for use within 1 week.
- Remove tops before storing.

How to pick & store

Carrots

Carrots are root vegetables, typically orange in color, but purple, black, red, white, and yellow varieties also exist. They can be eaten raw or cooked.



Nutrients

Calories: 52 kCal / 1 cup (diced) or 128 g
Protein: 1 g **Carbs:** 8 g **Fat:** 0 g **Fiber:** 4 g

Vitamin A: 71% **Vitamin C:** 13%
Vitamin K: 13% **Potassium:** 12%

How to pick & store

- Carrots are available fresh, frozen, canned and as 100% juice for good nutrition and convenience.
- If selecting fresh, choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops.
- Avoid soft, wilted or split carrots.
- Refrigerate carrots in plastic bag with tops removed up to 2 weeks.

Spinach



Spinach is a leafy green vegetable. It can be eaten raw or cooked, but cooking significantly decreases its vitamin C concentration.

Calories: 7 kCal /1 cup (cut pieces) or 30 g
Protein: 1 g **Carbs:** 1 g **Fat:** 0 g **Fiber:** 1 g

Vitamin A: 10% **Vitamin C:** 14%
Vitamin K: 181% **Manganese:** 14% **Folate:** 15%

Nutrients

- Spinach is available fresh, frozen and canned for good nutrition and convenience.
- If selecting fresh, choose crisp, green bunches with no insect damage.
- Loosely wrap spinach in damp paper towel.
- Refrigerate in plastic bag for use within 3-5 days.

How to pick & store

Rhubarb

Rhubarb is a tart vegetable, that's often eaten as a fruit (e.g. in sweet pies). Only the stalks of the rhubarb plant can be safely eaten. Rhubarb leaves are poisonous.



Nutrients

Calories: 17 kCal / 1/2 cup (cooked) or 120 g
Protein: 1 g **Carbs:** 1 g **Fat:** 1 g **Fiber:** 2 g

Vitamin C: 10% **Calcium:** 23%
Vitamin K: 40% **Manganese:** 11%

How to pick & store

- Choose flat stalks that are not curled or limp.
- Deep red stalks are sweeter and richer; tenderness is not related to size.
- Refrigerate rhubarb in a plastic bag; use within a few days.

Lemons



Lemons are citrus fruits with a refreshing, tangy flavor. They are rarely eaten in whole; most people only consume the juice. Lemon juice can be used in drinks, desserts, salad dressings and marinades.

Calories: 11 kCal / juice of 1 whole lemon
Protein: 0 g **Carbs:** 3 g **Fat:** 0 g **Fiber:** 0 g

Vitamin C: 31%

Nutrients

- Choose lemons with firm, thin, smooth skin, heavy for size.
- Refrigerate lemons for up to 2 weeks.

How to pick & store

Green Peas

Green peas are legumes with a high starch content. They are technically not vegetables, although they are eaten and advertised as one. Varieties include snap peas, snow peas & black-eyed peas. They can be eaten raw or cooked.



Nutrients

Calories: 39 kCal / 1/3 cup (raw) or 48 g
Protein: 3 g **Carbs:** 4 g **Fat:** 0 g **Fiber:** 3 g

Vitamin C: 32%

Vitamin K: 15% **Manganese:** 10%

How to pick & store

- Peas are available fresh, frozen and canned for good nutrition and convenience.
- If selecting fresh, choose firm, bright green, medium-sized pods with no signs of decay or wilting.
- Refrigerate peas in a perforated plastic bag for 3-5 days. Shell peas immediately before using.



Kiwifruit

Kiwifruits are considered “true berries”, unlike strawberries. Their original name is Chinese gooseberry. They are one of the most Vitamin C-rich fruits.

Calories: 84 kCal / 2 fruits or 138 g
Protein: 2 g **Carbs:** 16 g **Fat:** 1 g **Fiber:** 4 g

Vitamin C: 213% **Vitamin E:** 9% **Folate:** 9%
Vitamin K: 70% **Potassium:** 12% **Copper:** 9%

Nutrients

- Choose slightly firm kiwifruits with a rough brown, fuzzy skin.
- Store un-ripened kiwifruits in plastic bags under refrigeration for up to 4 weeks.

How to pick & store

Artichokes

Artichokes are super healthy vegetables with extra high levels of anti-oxidants. They can be eaten steamed, boiled, grilled, roasted, or sauteed.



Nutrients

Calories: 81 kCal / 1 heart (cooked) or 80 g
Protein: 4 g **Carbs:** 9 g **Fat:** 1 g **Fiber:** 9 g

Vitamin C: 19% **Vitamin K:** 28% **Magnesium:** 16%
Manganese: 17% **Potassium:** 12% **Folate:** 34%
Copper: 10%

How to pick & store

- Ready-to-eat artichokes should be firm, compact, and heavy with an even, bright green color.
- You want to avoid black bruises or a purple tint.
- To safely store, cut off the bottom stem from the artichoke, sprinkle with water and place in an airtight bag for 5-7 days.
- Before cooking, cut off the thorny leaf tips with a kitchen scissors and remove any dry leaves completely.



Broccoli

Broccoli is a cruciferous vegetable. It is a good source of vitamin C, vitamin K and manganese. Can be eaten raw or cooked. Varieties include: calabrese, broccoli rabe, and broccolini.

Calories: 31 kCal / 1 cup (raw) or 90 g
Protein: 3 g **Carbs:** 4 g **Fat:** 0 g **Fiber:** 3 g

Vitamin C: 135% **Vitamin K:** 116%
Manganese: 10% **Folate:** 14%

Nutrients

- Broccoli is available fresh or frozen for good nutrition and convenience.
- If selecting fresh, choose odorless broccoli heads with tight, bluish-green florets.
- Store broccoli in the refrigerator wrapped in damp paper towels or with the stem submerged in water. Never store in a sealed container, as it prefers air circulation!

How to pick & store



Bon Appetit

I hope you guys enjoyed this Spring produce guide and I hope it inspired you to eat lots of colorful fruits and veggies this season!

xo, Mira



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