

Acorn Squash





SHOPPER'S TIPS

- Look for firm squash that have dull-colored skin and feel heavy for their size.
- Don't buy acorn squash that feel soft or have cracks in the skin.

WHY IS IT GOOD FOR YOU?

One cup of acorn squash cubes is:

- An excellent source of fiber, vitamin C, vitamin B₆, potassium, thiamin, and magnesium.
- A good source of vitamin A, iron, and folate.
- Thiamin is also called vitamin B₁. It helps keep your body's nerves healthy.

FUN FACT!

- Acorn squash is named for its acorn-like shape. It comes in a variety of colors—dark green, tan, yellow, and orange.

HEALTHY SERVING IDEAS

- Cut acorn squash in half and remove seeds. Cover squash with plastic wrap and microwave on high for 5 minutes. Sauté one chopped apple with cinnamon, nutmeg, and a sprinkle of brown sugar. Fill cooked squash halves with apple mixture. Bake for 10 minutes at 400°F.
- Slice an acorn squash across the middle to create four rings. Remove the seeds. Sprinkle rings with sage and thyme and bake at 400°F.

PEAK SEASON

Fall and Winter
Buy California grown acorn squash in peak season. They may be fresher and cost less.

STORAGE

Keep whole squash in a cool, dark, dry place for up to three months. Wrap cut squash and keep in the refrigerator for up to one week.

Apples





SHOPPER'S TIPS

- Look for apples that are smooth, firm and have stems.
- Don't buy apples with broken or bruised skin.

WHY ARE THEY GOOD FOR YOU?

One medium apple is:

- A good source of fiber and vitamin C.
- Fiber may help lower your risk of high blood pressure, heart disease, stroke, and some types of cancer.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- 2,500 apple varieties are grown in the United States.
- The legendary Johnny Appleseed was a real man. He roamed America planting apple trees for nearly 50 years so that people would never go hungry.

HEALTHY SERVING IDEAS

- Dip apple slices into peanut butter for a quick snack.
- Add chopped apples and raisins to your oatmeal. Or, mix them into tuna salad for a healthy lunch.

PEAK SEASON

Summer, Fall, and Winter
Buy California grown apples.
They may be fresher and
cost less.

STORAGE

Keep apples at room temperature for up to one week. Or, put them in the refrigerator for up to three weeks. Do not keep apples in closed bags.

Cauliflower





SHOPPER'S TIPS

- Look for cauliflower with heads that are firm, compact, and white in color.
- Don't buy cauliflower with opened florets or brown patches.

WHY IS IT GOOD FOR YOU?

One cup of fresh cauliflower florets is:

- An excellent source of vitamin C and vitamin K.
- A good source of folate, vitamin B₆, and fiber.
- Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process. Together with calcium, vitamin K helps build strong bones.

FUN FACT!

- Cauliflower is white because the head is covered by heavy green leaves. These leaves block it from sunlight while it grows.

HEALTHY SERVING IDEAS

- Stir-fry cauliflower with peas, carrots, and your favorite seasonings. Serve with grilled chicken or fish.
- Add cauliflower florets to pasta sauces.

PEAK SEASON

Fall, Winter, and Spring
Buy California grown cauliflower in peak season. It may be fresher and cost less.

STORAGE

Put cauliflower in an open plastic bag. Keep it in the refrigerator for up to five days. Wash cauliflower just before using.

Plums





SHOPPER'S TIPS

- Look for plums that are plump, smooth, slightly firm, and well colored.
- Don't buy plums that are cracked, bruised, wrinkled, or overly soft.

WHY ARE THEY GOOD FOR YOU?

One medium plum (about a ½ cup of fruit) is:

- A good source of vitamin C.
- Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection.

FUN FACTS!

- There are more than 140 types of plums sold in the United States.
- Most types have yellow or red flesh. The skin can be red, yellow, green, or purple.

HEALTHY SERVING IDEAS

- Enjoy plums as snacks and for dessert – just wash and eat!
- Add chopped plums to fruit salads.

PEAK SEASON

Summer and Fall
Buy California grown plums in peak season. They may be fresher and cost less.

STORAGE

Keep ripe plums in the refrigerator for up to three days. Put firm plums in a paper bag and keep at room temperature until ripe.