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Vegan -  
Vegetarian  
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Book**



## **How Mary and Frank and Friends Eat**

"We are dedicated to cruelty free living through a vegetarian - vegan lifestyle."

"Let no animal die that we may live!"

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## **Ingredients: Descriptions and Photos Vegetables**

**Note: Fruits such as tomatoes and eggplant are included with vegetables because they are more often considered and eaten as vegetables. (click on photos and links to enlarge photos and descriptions)**



([Artichoke](#)) All commercially grown artichokes in the United States come from California, particularly the central coast where cool summers and mild winters provide an ideal growing area. The globe artichoke, a member of the composite family of flowers, is closely related to the thistle. If left to flower, the plants produce violet blossoms measuring seven inches across. The part we eat is from the immature flower bud. The edible portion of the "globe" is composed of the fleshy bases of the flower bracts (look like leaves) and the receptacle to which the bracts are

attached, commonly referred to as the "heart." Artichokes can be purchased all year long, but the best quality are available from March through May. Select artichokes that are dark green, heavy for their size and blemish-free. The globe should be compact and not beginning to open. Artichokes can be washed, placed in a plastic bag, and stored in the refrigerator for several days until used. To enlarge the photo and see the nutritional chart, click on the photo or link. See [Artichoke, Cooking and Eating](#)



([Asparagus](#)) The parts of the asparagus that we eat are the sprouts. Once the asparagus sprouts begin to branch out, the stems become very woody, and actually will grow into a plant that looks like a little tree with small flowers and red berries. Select asparagus that is firm, bright green, and still tender (not soft) at the bottom and not dried out. The thickness of the stem will vary from 1/4 - 3/4 inch in diameter at the base. The thicker ones have a tendency to get somewhat woody at the base, but the flavor is the same. It will store in the refrigerator for a few days, but we usually try to eat it no more than two days after purchase. When ready to use, before removing the market's rubber bands from the bunch, we cut off about 1/2 inch from the bottoms. See our [asparagus recipe directory](#) for helpful suggestions. To enlarge the photo and see the nutritional chart, click on the photo or link.



([Asparagus, White](#)) When we first saw white asparagus in the market, it attracted our attention. The first thing we did was compare the package nutrition information with that of regular green asparagus, and found that the white asparagus was less nutritious. It was promoted as "gourmet white asparagus", but after tasting it, we thought it would have better been promoted as "novelty white asparagus". It has an earthy taste with very little of the traditional asparagus taste. It is probably best cooked and served in combination with green asparagus. See our [asparagus recipe directory](#) for helpful suggestions. We could not find complete nutritional information for white asparagus.



([Beans, Green](#)) The most commonly eaten fresh beans are the green beans, which are also called snap beans or string beans. The outer green covering is an edible bean pod. We enjoy them raw in salads or with dips, or cooked plain or in other dishes. Select beans that are young (without large bulges in the pod

from maturing beans), firm, and bright in color and without blemishes. The outer texture of the bean should feel velvety. See the nutritional charts by clicking on the photo or link for raw and cooked green beans.



[\(Beets and Beet Greens\)](#) The beets in this photo were purchased in bunches of three beets each. They measure approximately two feet from the base of the roots to the top of the leaves (greens). Since both the beet root and the leaves are edible and nutritious, we purchase beets that have firm and undamaged roots and leaves that are fresh with no sign of wilting. We eat beet roots and greens raw in our salads and veggie drinks, as well as cooked in various ways (see our [beet recipes and information](#)). To enlarge the photo and see the nutritional information, click on the photo or link.



[\(Bok Choy\)](#) Bok choy is also called Chinese mustard cabbage. It has a mild flavor, and can be eaten raw in salads (like any cabbage), stir-fried, or added to soups. A 100 gram (3-1/2 oz.) portion has only 13 calories. See complete nutritional charts by clicking on the photo or link.



[\(Bok Choy\)](#) This is a northern variety of bok choy that we purchased from a local farmer in New York State. It is very tasty, with a stronger mustard flavor in the green leaves than the store bought variety, which we understand comes from California. The thickened base part of the leaves has the same mild flavor of the California variety. In this variety the green color extends down to the base, where as the California variety is white at the base. This variety is great in soups and stir-fries. The only nutritional information we have for [Bok Choy](#) is for the California variety.



[\(Broccoli\)](#) Broccoli is the nutritional leader of the cruciferous family of vegetables, which have been shown to help protect against colorectal, stomach and respiratory cancers. We enjoy broccoli raw in our salads and for dips, or cooked in stir-fries or in Italian dishes such as pizza and pasta prima vera. When purchasing, select broccoli that is firm

(crisp) and with dark green florets. See the nutritional chart by clicking on the photo or link.



([Broccoli Raab \(Rabe\) or Rapini](#)) Broccoli Rabe is a nutritious vegetable that is related to the turnip and has a mustard-like flavor. It is not related to broccoli, even though it has buds that look like broccoli. When purchasing, make sure that the leaves are green and crisp. Rapini origins have been traced to the Mediterranean region around Italy and to China, where it remains popular in both of these nationalities cooking. We have included nutritional charts for both raw and cooked broccoli rabe. As can be seen in these charts, this is one of those vegetables that cooking releases more of the food value. To enlarge the photo and see the nutritional charts, click on the photo or link.



([Broccoli Stir-Fry Mix, Frozen](#)) There are several brands and combinations of frozen broccoli stir-fry mix sold in the markets. This particular one contains (in order of quantity): broccoli, carrots, onions, red peppers, celery, water chestnuts, and mushrooms, and was distributed by Aldi, Inc. in 1 pound bags (2006 cost \$0.89). We purchase this stir-fry mix primarily for convenience in making "quickie" soups and stir-fry recipes.



([Brussels Sprouts](#)) Brussels sprouts are members of the cabbage family, which they resemble in miniature form. They are a good source of dietary fiber and protein, vitamins A and C, and potassium, iron and a small amount of calcium. Like other cruciferous vegetables, Brussels sprouts have been shown to have cancer prevention properties. When purchasing, select tightly compact, firm heads with good color and without a strong odor. See nutritional charts by clicking on photo or link.

Cabbage, Bok Choy - See [Bok Choy](#)



[\(Cabbage, Chinese\)](#) Chinese or celery cabbage is a fairly mild tasting cabbage that is great when eaten raw in a mixed green salad, or cooked in soup or Chinese recipes. Select a Chinese cabbage that is crisp and free of wilted or brownish leaf edges. Store Chinese cabbage in the vegetable drawer of the refrigerator, where it will stay crisp for several days.



[\(Cabbage, Green\)](#) We enjoy green cabbage either raw or cooked. It is a good source of dietary fiber and vitamin C. Select heads that are firm and free of harvesting damage (cuts, cracks, etc.) or worm holes. See the nutritional tables by clicking on the photo or link.

Cabbage, Napa - See [Napa](#)



[\(Cabbage, Red\)](#) We purchase our red cabbage in either supermarkets or farm stores (when in season), and we always look for firm heads without discoloration or imperfections. Red cabbage adds color to salads and cooked recipes. Red cabbage leaves are colored dark red/purple. However, the plant changes its color according to the pH value of the soil that it is growing in, due to a pigment called anthocyanin. In acidic soils, the leaves grow more reddish, while an alkaline soil they will produce rather greenish-yellow colored cabbages. This explains the fact that the very same plant is known by different colors in various regions. When we were children we used the juice of red cabbage as a home-made pH indicator, turning red in acid and light greenish-blue in basic solutions. On cooking, red cabbage will normally turn blue. To retain the red color it is necessary to add vinegar or acidic fruit to the pot. See the nutritional charts for raw and cooked red cabbage.



([Cabbage, Savoy](#)) Savoy cabbage has crinkly leaves and deep veining. We have used savoy cabbage mostly for its appearance. Be careful when selecting this variety of cabbage, as some of the heads can be quite tough. Select firm heads with flexible leaves. See the nutritional information for savoy cabbage by clicking on the photo or link..



([Cabbage, White](#)) White cabbage is not really white, but light green in color. The light color can easily be seen when set beside a green cabbage for comparison. Many markets sell them interchangeably as "cabbage." Select white cabbages that are crisp and firm with no signs of wilting, blemishes, or cuts. White cabbage is great eaten raw in salads or cooked in recipes. We could not find any specific nutritional information on white cabbage, but suspect it is similar to green cabbage.



([Cardoon](#)) Cardoon is a perennial celery-like looking vegetable that is closely related to globe artichoke, and is a member of the thistle family. It is prized by people from the Mediterranean countries for its unique flavor, which we think is similar to the taste of artichoke. We have found that cardoon is usually only available in the markets around Christmas time. Many people discard the tougher outer ribs, but we have found that they have excellent flavor, too, if you don't mind throwing away the stringy remains, as one does with artichoke bracts (leaves). All the ribs in this bunch are edible, as are the smaller leaves. The new growth center stalks have a frilly top which is too tough to eat and should be removed with the larger outer leaves. The inner tender stalks can be eaten raw. Cardoon is best prepared by boiling in soups and steaming. We have also stir-fried cardoon in water. See the nutritional chart by clicking on the photo or link.



([Carrots](#)) Carrots are one of the staples in our diet. We use them raw as snack food, in salads, with dips, in veggie drinks and even in some fruit smoothies. Carrots are great in roasted veggies and in many other recipes. Select carrots that are firm and free of mold or signs of rotting. Since most carrots are sold in printed bags, it is important to look closely to make sure the carrots are in good condition. Store carrots in the vegetable bin of your refrigerator. See the nutritional charts for [raw](#) and [cooked](#) carrots, and note the significant differences. This is one of the vegetables in which cooking can increase some of the nutritional attributes, and lower others. Our conclusion is that carrots should be eaten both raw and cooked.



([Cauliflower](#)) Cauliflower, like other members of the cruciferous family, have been shown to protect against various forms of cancer. Such protection is also enhanced by a vegan diet. Broccoli is excellent raw in salads or dips and cooked in sweet and sour dishes. You might want to try our [Peas, Cauliflower and Tofu with Spicy Orange](#) recipe. Select cauliflower that is firm with white florets, without brown spots. See the nutritional chart by clicking on the photo or link.



([Celery](#)) We enjoy celery either raw (in salads, as a snack, or with dips), or cooked (in soups, roasted vegetable dishes, or in stir fries). Celery is very low in calories, but has an interesting flavor which complements dishes. Select celery that is firm and free of signs of decomposition (brown areas and soft spots). See the nutritional charts by clicking on the photo or link.

**Chard** - See [Swiss Chard](#)



([Chicory](#)) Chicory, also called endive or curly endive, is a slightly bitter tasting salad green, which is excellent for giving a mixed green salad a variety of tastes. Chicory is also more "crunchy" than leaf lettuce, so that combining them together gives the salad more "interest". When purchasing, select chicory that is firm and crispy and has dark green leaves (see photo). See

nutritional chart by clicking on the photo or link.



[\(Collard Greens\)](#) Collard greens, also called collards, are a member of the cabbage family of vegetables. Like other cruciferous plants, collards have been shown to help protect against cancer, particularly for those on a vegan diet. Collards have also been shown to help protect against macular degeneration, an eye disease. Collard greens are "tough", so they are usually cooked, either by steaming or by cooking in soups, curries, stir-fries, or in casseroles. Occasionally, we add one or two stems and leaves to our raw vegetable smoothies. Collards are one of the stronger tasting members of the cabbage family. When purchasing, select collard greens that are crisp and have dark green leaves. See our [Cooking Collard Greens](#) recipe section. See the nutritional charts by clicking on the photo or link.



[\(Collard Greens, Frozen Chopped\)](#) Frozen chopped collard green are an easy way to have this vegetable available for "quickie" meal preparation. We usually purchase our frozen collard greens in 1-pound plastic bags, which we can store in the freezer for use anytime, such as in a vegetable smoothie, where we only use a partial bag. By carefully opening the bag of frozen collard greens from one end, and removing the amount of collard greens we wish to use, we can then reseal the bag of still frozen greens and save the remainder in the freezer for another meal. Frozen chopped collard greens are also available in frozen blocks of 10-oz. and 3-pounds, which can only be used for one meal. Collard greens, also called collards, are a member of the cabbage family of vegetables. Like other cruciferous plants, collards have been shown to help protect against cancer, particularly for those on a vegan diet. Collards have also been shown to help protect against macular degeneration, an eye disease. See our [Cooking Collard Greens](#) recipe section. To enlarge the photo and see the nutritional chart, click on the photo or link.



[\(Corn on the Cob - Bicolor\)](#) Most people probably think of corn on the cob as a vegetable, but it is really a grain. There are several common varieties of corn on the cob: yellow, white, and mixed white and yellow, which is pictured here. In our experience, we have seen only the yellow variety sold frozen either on the



cob or cut. We have found a variety of flavors in corn on the cob depending on where it is grown and how long it has been since it was harvested. The longer it has been since the corn was harvested, the more bland the flavor, and the more "gummy" the texture. We have found it best to buy only fresh corn on the cob that has a nice green husk. We could not find any nutritional information for bicolor yellow and white corn on the cob, but estimate that it should be somewhere in the middle of the nutritional information we have for [white corn on the cob](#) and [yellow corn on the cob](#). To enlarge the photo, click on the photo or link.



[\(Corn on the Cob - White\)](#) Most people probably think of corn on the cob as a vegetable, but it is really a grain. There are several common varieties of corn on the cob: yellow, mixed white and yellow, and white, which is pictured here. In our experience, we have seen only the yellow variety sold frozen either on the cob or cut. We have found a variety of flavors in corn on the cob depending on where it is grown and how long it has been since it was harvested. The longer it has been since the corn was harvested, the more bland the flavor, and the more "gummy" the texture. We have found it best to buy only fresh corn on the cob that has a nice green husk. See the enlarged photo and the nutritional chart for raw white corn on the cob by clicking on the photo or link. We could not find any nutritional information for cooked white corn on the cob, but it is probably very similar to the differences between the raw and cooked information for [yellow corn on the cob](#).



[\(Corn on the Cob - Yellow\)](#) Most people probably think of corn on the cob as a vegetable, but it is really a grain. There are several common varieties of corn on the cob: white, mixed white and yellow, and the yellow, pictured here. In our experience, we have seen only the yellow variety sold frozen either on the cob or cut. We have found a variety of flavors in corn on the cob depending on where it is grown and how long it has been since it was harvested. The longer it has been since the corn was harvested, the more bland the flavor, and the more "gummy" the texture. We have found it best to buy only fresh corn on the cob that has a nice green husk. See the nutritional chart by clicking on the photo or link.



([Corn, Frozen](#)) We purchase frozen corn for convenience when we don't want to eat corn-on-the-cob, or when it is out of season. Frozen corn is great for use in soups, chili, and vegetable dishes. See the nutritional chart below.



([Corn, Baby Canned](#)) We purchase canned baby corn occasionally as a specialty item for salads, soups, and stir-fries to add a little variety. Fresh baby corn has a crisp texture and a subtle, slightly sweet corn flavor. Although almost all the baby corn found in the United States is pickled or canned and imported from Asia, where the cost of labor is much lower. Baby corn's miniature size makes consumers think that it grows from dwarf corn plants, but the tiny ears of baby corn are simply immature ears from regular-sized corn plants. Specialty varieties are available for baby corn production, but baby corn can also be harvested from many common corn varieties.



([Cucumber](#)) We enjoy cucumber raw in salads or with dips. Select cucumbers that are dark green and firm, particularly on the ends. The slender ones generally have smaller seeds. We prefer to buy cucumbers without the wax coating that are available from farmers' markets in the summer and fall. If unwaxed, we eat the skin, but if the cucumbers are waxed to prevent decomposition, we peel off the skin before eating. See nutritional charts by clicking on the photo or link.



([Eggplant](#)) Eggplant comes in a variety of colors: white, yellowish-white, red, striped, purple, and purple-black (as pictured), which is the most common variety. Eggplant are high in fiber and potassium, with most of the fiber being contained in the edible skin. Select eggplant that is firm with no wrinkles, bruises, or soft spots. See nutritional chart by clicking on the photo or link.

Endive, curly - See [Chicory](#)



[\(Escarole\)](#) Escarole is a broad-leaf endive that makes a nice addition to a mixed green salad. In contrast to the leaf lettuces, escarole has a firm chewy texture and a slightly bitter taste. Combined with milder-tasting lettuce, escarole adds "interest" to a salad. Select heads that are crisp and bright green. We could not find the nutritional chart information specifically for escarole, but the nutritional chart for endive (general category) appears to be fairly accurate for escarole, too. To view the chart, click on the photo or link.



[\(Garlic\)](#) Garlic has its origin in Europe, but is now grown throughout the world, as the demand for its pungently flavored bulb has grown as an additive to cooking delights. Garlic is a member of the lily family, as are onions. Studies have shown that consuming about 10 cloves of garlic (or the oil from the same amount of garlic) a day reduces blood cholesterol LDL (the bad type) and increases the HDL (the good type). Our belief is that with a healthful vegan (no animal products) diet, much less garlic would produce the same results. See the nutritional chart by clicking on the photo or link.



[\(Kale\)](#) Kale is a mild tasting member of the cabbage family. The smaller, more tender leaves can be eaten raw in a mixed green salad. The larger tougher leaves are usually steamed or cooked in soups, casseroles, or stir-fries. We also eat some of the tougher leaves raw in our vegetable "smoothies", which we make in our Vita-Mix. Like other cruciferous vegetables, kale has been shown to help protect against cancer, particularly for those on a vegan diet. Kale has also been shown to help protect against macular degeneration, an eye disease. Select kale which is firm and has dark green leaves. See the nutritional chart by clicking on the photo or link.



([Kohlrabi](#)) The name kohlrabi comes from the words "kohl" which means cabbage and "rabi" which means turnip. This vegetable has a turnip shaped edible stem and cabbage-like leaves. We have cooked the leaves in soups and eaten the stem raw in salads and cooked in soups. When purchased, the leaves should not be wilted and the stems should be firm. See the nutritional chart for [raw](#) and [cooked](#) kohlrabi by clicking on the photo or link.



([Lettuce, Iceberg](#)) Iceberg lettuce has its appeal in its convenience, but it is the least nutritious of all salad greens. From a nutritional/economic standpoint, it doesn't pay to buy iceberg lettuce. As an example, loose leaf lettuce (also a sweet and delicately flavored lettuce) has: 58 times the Vitamin A, 4-1/2 times the Vitamin C, 2-1/3 times the dietary fiber, and 3-1/2 times the calcium; and, romaine lettuce has even more Vitamin A and C. See nutritional chart by clicking on the photo or link.



([Lettuce, Green Leaf](#)) Green leaf lettuce is a sweet and very delicately textured and flavored lettuce. To add "interest" to our mixed green salads, we like to combine green leaf lettuce together with some of the firmer and stronger tasting greens, such as romaine, chicory and escarole. Select heads of leaf lettuce that are bright green and with "firm" leaves (leaves that don't flop over when the head is held upright). See the nutritional chart by clicking on the photo or link.



([Lettuce, Red Leaf](#)) Red leaf lettuce is a sweet and very delicately textured and flavored lettuce. To add "interest" to our mixed green salads, we like to combine red leaf lettuce together with some of the firmer and stronger tasting greens, such as romaine, chicory and escarole. Select heads of leaf lettuce that are bright green and with "firm" leaves (leaves that don't flop over when the head is held

upright). Also, with red leaf lettuce, be careful that the ends of the red leaves have not turned brown. See the nutritional chart with [green leaf lettuce](#), which should be similar except for the phytochemicals that produce the red color.



([Lettuce, Romaine](#)) Romaine lettuce is crispy, nutritious, and has a distinctive, somewhat strong taste which we enjoy in our salads. Mixing the romaine with leaf lettuce adds interest and blends nicely with the stronger taste of the romaine. Select heads of romaine lettuce that are firm and with bright green leaves. See the nutritional chart by clicking on

the photo or link.



([Mustard Greens](#)) The mustard greens in this full-sized photo are approximately two-thirds actual size. Mustard greens have a distinctive, strong, bold taste. Because of this strong taste, we prefer cooking them with other greens to get a variety of flavors. Choose mustard greens that

are crisp (not wilting) and that do not have brown tips on the leaves. See the nutritional chart by clicking on the photo or link.



([Napa](#)) Napa cabbage is the most popular family of Chinese cabbages seen in the

supermarkets of the West and Orient. When matured, the plant forms a head with leaves and petioles. This head-forming vegetable is very tender and delicious whether eaten raw, in salads, or cooked. It is also the least nutritious of the Chinese cabbages. We could not find the nutritional data for the raw vegetable, but the nutrition chart for cooked napa can be seen by clicking on the photo or link. Compare this chart with that of [bok choy](#) to see the differences.



[\(Okra, Frozen\)](#) Fresh okra should always be as green as the okra in this photo. Unfortunately, we rarely see fresh okra in the markets; and when we do, most of it is turning brown, so we usually buy frozen whole or cut okra. Okra, also called lady fingers, or bhindi in Indian cuisine is a plant grown for its fibrous pods full of round, white seeds. Okra originated somewhere near present-day Ethiopia. Okra is great in soups and in a variety of other dishes. The high fiber content helps to thicken soups and sauces. To enlarge the photo and see the nutritional chart, click on the photo or link.



[\(Okra, Frozen, Cut\)](#) Fresh okra should always be as green as the okra in this photo. Unfortunately, we rarely see fresh okra in the markets; most of it is turning brown, so we usually buy frozen whole or cut okra. Okra, also called lady fingers, or bhindi in Indian cuisine is a plant grown for its fibrous pods full of round, white seeds. Okra originated somewhere near present-day Ethiopia. Okra is great in soups and in a variety of other dishes. The high fiber content helps to thicken soups and sauces. To enlarge the photo and see the nutritional chart, click on the photo or link.



[\(Onion, Red\)](#) The red onion is one of the sweeter varieties, though we have had some that were quite strong. We generally use red onions to add color in salads or as slices for sandwiches. Choose red onions that are firm with no soft spots, particularly on the stem end. We could not find any specific nutritional data for red onions. See the nutritional chart for yellow onions.



[\(Onions - Scallions\)](#) The scallion is the first growth from an onion seed. It is harvested as soon as it has nice green leaves and before the bulb begins to develop. Scallions are delicious raw as pictured and used for a veggie dip, cut as an addition to a tossed salad, or cut and sprinkled on soups and Chinese dishes. Select scallions that have bright green, crisp leaves. If fresh when purchased, they will last almost a week in the vegetable bin of a refrigerator. See the nutritional chart by clicking on the photo or link.



[\(Onions, Spanish\)](#) Spanish onions are considered to be one of the milder varieties of onions, but we have found that the "sharpness" can vary quite a bit. They are a large onion and are excellent for making sandwich slices. Spanish onions are members of the lily family as are all other onions and garlic. The nutritional values of onions are similar, so we suggest that you choose your onions primarily by flavor and serving appearance. See nutritional chart by clicking on photo or link.



[\(Onions, White Sweet\)](#) We purchased these three inch diameter white sweet onions at a local farm store, where they were sold freshly harvested with the green tops and roots still attached. Later in the season they continued to sell them, but without the tops and roots, just as they would look in the supermarket. These white sweet onions are mild tasting and great eaten raw in salads and sandwiches. Select white sweet onions that are firm to the touch, particularly at the stem end, which is usually where the first signs of spoilage begin. Also make sure there are no signs of mold, which is usually black. See the nutritional chart by clicking on the photo or link.



([Onions, Yellow](#)) Yellow onions are considered a utility or cooking onion, though we also enjoy them raw in salads and on sandwiches. They are a more "spicy" variety. Yellow onions, like all other onions and garlic, are members of the the lily family. See the nutritional chart by clicking on photo or link.



([Parsley, Curly](#)) We have not found much difference between the flavors of curly and straight parsley. We generally buy whichever is fresher and less expensive; however, this curly variety is more decorative, if that is a factor. Select crisp bunches (not wilted) with a bright green color. We eat curly parsley raw in our salads, in our raw vegetable smoothies, or cooked in various dishes for added flavor. See the nutritional chart by clicking on the photo or link.



([Parsley, Straight or Italian](#)) We have found very little difference in the flavor between this straight or Italian variety of parsley and the curly variety. Parsley is a great addition to salads and for adding flavor to many dishes. Choose parsley that is crisp (not wilting) and green with no brown edges. We could not find any specific nutritional data for the straight or Italian parsley. See the nutritional chart for curly parsley.



([Parsnips](#)) We occasionally buy parsnips for cooking in soups. Their flavor is somewhere between carrots and turnips. We see most parsnips being sold in printed plastic bags. Look carefully to make sure they are free of mold and rot. Parsnips are much less nutritious than the carrots they resemble in shape. See the nutritional chart for both [raw](#) and [cooked](#) parsnips.





[\(Peas, Green Frozen\)](#) For convenience, we usually buy frozen peas. Frozen peas retain their color, flavor and nutrients better than canned and are lower in sodium. They are great in vegetable soups and a variety of other dishes, or served as a side dish. See the nutritional chart

below.



[\(Peas, Snap\)](#) The nice thing about snap peas is that they have an edible pod, much like green string beans. Snap peas are great eaten raw or in stir-fries or other recipes. The only thing that is necessary to prepare snap peas is to wash them

and snip off the stem end. Select snap peas that are crisp, bright in color, and free of blemishes. To see the nutritional information, click on the photo or link.



[\(Pepper, Banana\)](#) The approximately six inch long banana pepper is one of the mildest of the hot peppers. Most of the "heat" of the banana pepper seems to be concentrated in the stem end and seeds. Select banana peppers that are firm

and free of blemishes and wrinkles. Banana peppers are great in sauces and stir-fries because they add both the pepper taste and a little spiciness. We could not find any specific nutritional information on the banana pepper.



[\(Pepper, Green Bell\)](#) Green bell peppers are the most popular of the peppers, because of their mild flavor. They are a good source of Vitamins A and C, but the mature red bell peppers are even better. Green bell peppers are good either raw or cooked. See the nutritional chart by clicking on photo or link.



([Pepper, Red Bell](#)) Red bell peppers are the mature form of green bell peppers. They have a sweet flavor, and probably would be even more popular than the green ones, if it wasn't for their price. Red bell peppers are an excellent source of vitamins A (9 times higher than green bell peppers) and C (more than double green bell peppers). See the nutritional chart by clicking on photo or link.



([Pepper, Yellow Bell](#)) We generally buy yellow bell peppers to add color and pepper flavor to our salads, veggie dips, and sometimes to our cooked dishes. Like the other bell peppers, this yellow variety is also high in vitamin C. See the nutritional chart below.



([Peppers, Cheese, green](#)) Cheese peppers are also called bull-nosed peppers. They are simply a strain of bell pepper that has an extra-thick wall and a flattened shape. They are a superb all-round pepper for eating raw or cooking. We purchased this pepper at a farm store, and have not found them in supermarkets. We could not find any specific nutritional information for cheese peppers, but believe it should be similar to [Pepper, Green Bell](#).



([Peppers, Cheese, red](#)) Cheese peppers are also called bull-nosed peppers. They are simply a strain of bell pepper that has an extra-thick wall and a flattened shape. They are a superb all-round pepper for eating raw or cooking. We purchased this pepper at a farm store, and have not found them in supermarkets. Red cheese peppers are green peppers that have fully ripened. We could not find any specific nutritional information

for cheese peppers, but believe it should be similar to [Pepper, Red Bell](#).



([Peppers, Hungarian](#)) Hungarian peppers are among the mildest of the hot peppers. The average length of the Hungarian peppers is about five inches. Their mid cross section is oval shaped, but they are round at the top. They are great in stir fries and sauces, adding both the pepper taste and some spiciness. Select Hungarian peppers that are firm and free of soft spots, blemishes and wrinkles. See the nutritional chart by clicking on the photo or link.



([Peppers, Italian Green](#)) The Italian sweet green pepper is a variety of the species *Capsicum annum*, like bell peppers and chili peppers. It has the appearance of a combination of a tapered bell pepper and that of a large chili pepper, but it has the mild taste of sweet peppers such as the bell pepper. They are sold in many large supermarkets and in many farm stores. Select only firm peppers without blemishes. They are great eating raw in salads or cooked. To enlarge the photo and see the nutritional chart click on the photo or link.



([Pepper, Italian Red](#)) The Italian red peppers grow to a length of six to eight inches. They are wonderful eaten raw in strips or in salads. In our opinion, they are better tasting than the red bell peppers. The red Italian pepper adds color to many cooked recipes, but we believe that cooking them is a waste of their wonderful raw flavor. Select Italian red peppers that are firm and free of blemishes and wrinkles. To enlarge the photo and see the nutritional chart click on the photo or link.



([Pepper - Jalapeno](#)) The jalapeno pepper is probably the best known of the chili peppers. On the "heat index" of hot peppers, the jalapeno is relatively "mild". Jalapeno peppers are about two to three inches in length and are mostly green or with a red blush. Select jalapeno peppers that are firm and free of bruises, blemishes, and wrinkles. They will store in the refrigerator for about a week, however, it is best to use them as soon as possible or process them into [Pickled Jalapeno Pepper Slices](#) for future use on

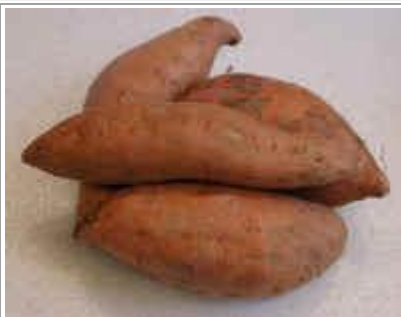
[sandwiches](#) and [pizzas](#).



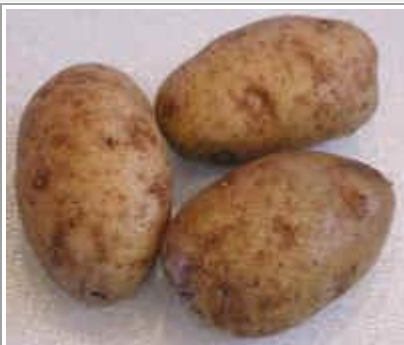
[\(Potatoes - Red\)](#) Red potatoes are so named because of their red skins. If the skin is peeled off, red potatoes look quite similar to standard white potatoes. Select red potatoes that are firm and free of cuts, bruises, or any signs of mold. When we are using red potatoes, we thoroughly wash them and leave the skins on to add color to the recipe we're preparing. In our opinion, since red potatoes are generally more expensive than white potatoes, it doesn't pay to buy them if you're going to peel them. To enlarge the photo or see the nutritional chart, click on the photo or link.



[\(Potatoes, Russet\)](#) The russet is one of the largest of the potatoes available in the markets. They are ideal for baking, stuffing, and even for making a [potato pizza](#) (without the traditional dough crust). We have found that russet potatoes generally cost more than white potatoes, so we usually buy them only for baking with their skins intact. For this reason, select russet potatoes that are free of blemishes and damage so that portions don't have to be cut out prior to baking. The russet potatoes in the photo are slightly over six inches in length, and the one in the center of the photo is standing on its side. See the nutritional chart for russet potatoes baked with their skins.



[\(Potatoes, Sweet\)](#) Sweet potatoes have either a dry light yellow or moist deep yellow or orange flesh. The darker colored sweet potatoes are sometimes called yams, which is a misnomer, as true yams are grown only in the tropics. We enjoy sweet potatoes baked, in roasted vegetable dishes, and in curries. Select potatoes that are firm and free of mold spots. A 100 gram (3-1/2 oz.) serving of sweet potatoes has over twice the Recommended Dietary Allowance (RDA) of vitamin A. See nutritional chart by clicking on the photo or link.



[\(Potatoes, White\)](#) The most economical way to buy white potatoes is bagged; however, some of the potatoes are usually damaged. Carefully inspect as many of the potatoes in the bag as you can to make sure that there is no rot or mold, as it will quickly spread to the rest of the potatoes. When the bag is opened, remove any damaged or bruised potatoes and use them first. If buying loose potatoes, select the most perfect ones. Baked potatoes are great with many meals or they can be cut up on a greens and veggies salad, or used in numerous recipes. See the nutritional chart by clicking on the photo or link.



[\(Potatoes, Yukon Gold\)](#) Yukon gold potatoes were developed at the University of Guelph in Canada by crossing a North American white potato with a wild South American variety. Most of the potatoes grown outside of North America are of the yellow flesh variety. Select Yukon gold potatoes that are firm and free of blemishes and wounds. Some people claim that Yukon gold potatoes are more flavorful than white potatoes, but we haven't noticed any more difference than would be found in potatoes grown in different locations and soil conditions; however, since the Yukon gold potato contains anthoxanthins, bio-flavenoids that impart the yellow color, there may be a slight taste difference. We could not find any specific nutritional information for Yukon gold potatoes.



[\(Pumpkin\)](#) Most people buy a pumpkin for decoration. Some people carve a face in it, or paint a face on the surface for Halloween, and then throw it away afterwards. Others place the pumpkin in a decorative arrangement celebrating the autumn season. And some people buy the pumpkin for food, and not just for making a pie for dessert. See our feature: [What Can We Do with a Pumpkin?](#) Select a pumpkin of the size and shape you desire. If the pumpkin is to remain whole for decoration and/or for eating, as we have done, make sure that the outer surface of the pumpkin is free of bruises, cuts, or punctures. See the nutritional information by clicking on the photo or link.



[\(Radishes\)](#) This red-skinned radish is the most common variety. They are eaten raw in salads or plain. When thinly sliced, their red outer skin and white inner flesh add color to any salad or relish dish. They have a relatively mild spicy taste. Select radishes that are fresh and crisp and bright in color. It is harder to detect

imperfections in packaged radishes, but if they are firm to the touch and fresh and bright in appearance, they are usually quite good. See the nutritional chart by clicking on the photo or link.



[\(Rhubarb\)](#) The rhubarb petioles (leaf stems) in this photo are a deep red in color, but rhubarb is often sold when it is more greenish in color. We

have not noticed much difference in the flavor, but we prefer the red because we believe it is more nutritious. Rhubarb is bitter tasting by itself, but great when cooked with fruit. Select rhubarb that is crisp and free of dried ends. See the nutritional chart for raw rhubarb by clicking on the photo or link. We could not find any data for cooked rhubarb without sugar. If the rhubarb is cooked with other ingredients of a recipe, we would suspect that most of the nutritional value would remain in the finished preparation.



[\(Spinach\)](#) Spinach is a soft-leafed vegetable with a pleasant, slightly bitter taste. Select spinach that is crisp and has a bright green color. Once spinach begins to wilt, it spoils rapidly. Since spinach is usually grown in sandy soil, it is important to clean it thoroughly. We

suggest placing the spinach in a sink about half full of cold water and agitating the spinach to loosen as much of the sand as possible. Then thoroughly rinse each leaf under running water. Raw spinach is also sold pre-washed in bags, but we suggest that it be rinsed again before use. Raw spinach is a wonderful addition to a salad, and can be steamed, or cooked in a number of recipes calling for greens. See the nutritional chart by clicking on the photo or link.



([Squash, Acorn](#)) Acorn squash are one of the winter squashes that are quite plentiful in the autumn. They range in color from the common dark green to yellow-orange, with combinations as in this one. The flavor of all of them seems to be the same. Select acorn squash that are firm and free of damage or signs of spoilage. See the nutritional chart by clicking on the photo or link.



([Squash, Butternut](#)) Butternut squash are delicious and highly nutritious. We enjoy them split and baked (see [recipe](#)). Served with a salad, baked butternut squash often are the main course of our meal. We also like to toast the seeds (see [recipe](#)). Select butternut squash that are firm and free of cuts or blemishes. The photo of the split butternut squash (left) shows its bright orange colored interior. See the nutritional chart by clicking on the photo or link.



([Squash, Chayote](#)) Chayote squash looks something like a large somewhat flattened pear with a skin color similar to a light green apple, and has small ridges that run lengthwise. Chayote is a gourd-like member of the squash family that, when cooked, has a similar flavor to zucchini squash. It also has a single large edible seed in the middle that is quite flavorful. Historically, chayote squash is a native of Central and South America, and was a staple food of the Aztecs and Mayas. Select chayote that are small, firm and unblemished. They can be stored whole in a plastic bag in the refrigerator for up to a month. Chayote squash can be baked or added as an ingredient to soups and stews. To enlarge the photo and see the nutritional chart, click on the photo or link.



([Squash, Hubbard](#)) The Hubbard Squash is the largest squash we have seen in the markets. Its orange flesh is very good tasting, and the whole squash is excellent for stuffing as the entree of holiday feasts. See our recipe for [stuffed Hubbard squash](#). Select a squash that is free from bruises and has a good appearance, if you intend to stuff it (also make sure it will fit into your

roasting pan). The Hubbard squash received its name from Elizabeth Hubbard sometime around 1842, after she distributed the seeds of this previously un-named squash produced by Knott Martin. Our first encounter with Hubbard squash was on the island of Jamaica, where this squash is called "pumpkin" and is made into a [curried soup](#) (substitute 4 cups of Hubbard squash for this recipe). See the nutritional chart by clicking on the photo or link.



([Squash, Spaghetti](#)) Spaghetti squash is one of the sweet yellow/orange fleshy winter squashes. The unique feature about spaghetti squash is that when it's cooked, it breaks apart into strands that look like spaghetti. They are quite plentiful in the autumn, and relatively inexpensive. Select spaghetti squash that are firm, free of damage and with mostly a bright yellow color. (The part of the squash that rested on the ground is lighter in color.) See the nutritional chart by clicking on the photo or link.



([Squash, Yellow](#)) Yellow squash are great when cooked as a side dish, or cooked with other vegetables in soups, stews, stir-fries, and pasta prima vera. The smaller ones are good when eaten raw on salads and for dips. Select yellow squash that are firm and free of blemishes and cuts. If buying by weight, select the smallest ones, as they have smaller and more tender seeds. See the nutritional charts for [raw](#) and [cooked](#) yellow squash by clicking on the photo or link.



([Squash - Zucchini](#)) The zucchini squash in this photo are young ones that have been picked early. They are the most tender and have no developed seeds. They are excellent raw. You can slice them in rings for salads and slice them in strips for dips. During the summer and early fall they are found everywhere at farm stores and usually sold by count rather than by weight. If they are sold by count and you are planning to cook them, select the larger ones, as long as the outside hasn't begun to harden. If they are sold by weight, always select the smaller ones. Select zucchini squash that are firm (free of soft spots or ends) and free of blemishes. See the nutritional chart by clicking on the photo or link.





[\(Swiss Chard\)](#) Swiss chard is the succulent leafy green tops and whitish stems of a beet plant; however, the leaves of the Swiss chard are much larger than those of the common beet. The name, Swiss chard, is often shortened to "chard" and is sometimes called "leaf beet" or "sea-kale beet." Select Swiss chard that is fresh (not wilting) and free of blemishes. There is also a red leaf and stem variety, and recently, we have seen a yellow stem variety. Swiss chard tastes somewhat like spinach. The bunch of Swiss chard in this photo was about 2-1/2 feet (3/4 meter) tall. See the nutritional chart by clicking on the photo or link.



[\(Tomatoes\)](#) There are many varieties of "round" tomatoes such as the ones pictured here. Since they are generally all sold as "tomatoes", we have grouped them together. The best tasting tomatoes are those that are vine ripened. Most commercial tomatoes sold in the markets are picked just at the point when they are beginning to turn red, and then they are ripened in transit being subjected to ethylene gas just prior to delivery - as a result they never have a chance to gain their full natural flavor. Select tomatoes that are firm and free of bruises and wrinkles. See nutritional chart by clicking on the photo or link.



[\(Tomatoes, Canned, Whole\)](#) Whole canned tomatoes are usually found in 28-35-oz. cans. Some brands add tomato juice or puree, sweet basil, salt, and citric acid. The added ingredients would change the values listed in the nutritional chart. We use whole called tomatoes for convenience, is recipes calling for tomato pieces or chunks. To enlarge the photo and see the nutritional chart, click on the photo or link.



[\(Tomatoes, Crushed\)](#) Crushed tomatoes are usually found in 28-oz. cans. Most contain added salt and citric acid (to preserve color), some have sweet basil added, and others add thick tomato puree. The added ingredients can

change the nutrient content listed in the nutritional chart. The only places that we've seen salt free crushed tomatoes is in health food stores, specialty super markets, and from co-ops. We use crushed tomatoes in sauces, soups, stews, and in some curry recipes. To enlarge the photo and see the nutritional chart, click on the photo or link.



[\(Tomatoes, Diced\)](#) We use canned diced tomatoes for convenience, and when fresh tomatoes are out of season, or grossly over-priced. The only draw back is that they usually contain salt, so we try to find canned diced tomatoes without salt. They may also contain calcium chloride and citric acid, which are not a problem. They are usually less expensive than

whole canned tomatoes, so they become the canned tomato of choice when the recipe calls for tomato pieces. We could not find nutritional information for canned diced tomatoes. See the nutritional chart below for whole canned tomatoes, which should be the same as the diced tomatoes.



[\(Tomatoes, Grape\)](#) The grape tomatoes in this full-sized photo are about three times their actual size. Grape tomatoes taste very similar to other tomatoes, and they cost more than full size tomatoes, but they are great in salads. We think of them more as a fun food tomato. We grew twelve of these small tomato plants in one of our deck planters. Few of them reached our table, as we kept eating them off the vine. Choose grape tomatoes that are firm and bright red. We could

not find any specific nutritional data for grape tomatoes. See the nutritional chart for tomatoes.



[\(Tomatoes - Roma\)](#) This oval or pear shaped tomato goes by a variety of names: Roma, Italian and plum. They have more pulp and less water content than the round varieties, thus they are better for cooking and making sauce. We also enjoy them in our salads. The best tasting

tomatoes are those that are vine ripened. Most commercial tomatoes sold in the markets are picked just at the point when they are beginning to turn red, and then they are ripened in transit being subjected to ethylene gas just prior

to delivery - as a result they never have a chance to gain their full natural flavor. Select tomatoes that are firm and free of bruises and wrinkles. See nutritional chart by clicking on the photo or link.



[\(Tomatoes, Sun-Dried\)](#) Sun-dried tomatoes are relatively expensive, but they add a delicious gourmet touch to some recipes. Apparently, the origin of sun-dried tomatoes is Italy, where prior to the days of canning, tomatoes were dried in the sun on the tile roofs. We have a couple of [bread recipes](#) in which we've incorporated sun-dried tomatoes. See the nutritional chart by clicking on the photo or link.



[\(Tomato Paste\)](#) Tomato paste is made by cooking tomatoes for several hours until enough of the water is boiled off to reduce the tomatoes to a thick red concentrate. The cooked tomato concentrate is then strained and packaged for sale. Tomato paste is most commonly found packaged in 6-oz. cans. When purchasing tomato paste, look at the label to make sure that the only ingredient is tomatoes. We use tomato paste in a wide variety of dishes such as soups, stews, and sauces. Tomato paste is also the least expensive way to add a tomato flavor to a recipe. Tomato paste is also a great source of lycopene. See the nutritional chart below.



[\(Turnip Greens\)](#) Cooked turnip greens have a very robust (heavy) flavor. They can be eaten as a side dish or cooked with other greens or veggies in various recipes. Select turnip greens that are crisp and green and free of wilt or discolored edges. Turnip greens are a great source of vitamin A and K, beta carotene, and lutein. See the nutritional chart by clicking on the photo or link.



[\(Turnips\)](#) Turnips are a root vegetable that are grown in temperate climates around the world. Their history as an established crop goes back more than 2,000 years to Greek and Roman times. We eat turnips cut up raw in salads and

in strips with dips, as they have a radish-like flavor. Turnips can be cook by themselves or in stews and soups, and we have also cut them into strips and roasted them, as finger food. Click on the photo or link to see the nutritional charts for [raw](#) and [cooked](#) turnips.

The above recipe is in keeping with God's creation intent (Genesis 1:29-31): 'Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground-- everything that has the breath of life in it-- I give every green plant for food." And it was so. God saw all that he had made, and it was very good.'

(NIV) Let no animal suffer or die that we may live! (d-26)

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