

## FALL FOODS

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### **APPLES** — Harvest season: August-November

Though these veggies may resemble carrots, they have a lighter color and sweeter, almost nutty flavor. Use them to flavor rice and potatoes or puree them into soups and sauces.

- Rich in potassium
- Good source of fiber

### **BRUSSEL SPROUTS** — Harvest season: September-March

Sweet and juicy! Cooking can really bring out their flavor, so try them baked or poached.

- Good source of vitamin C and copper
- 4 grams of fiber per serving

### **CAULIFLOWER** — Harvest season: September-June

The sweet, slightly nutty/bland flavor of cauliflower is perfect for winter side dishes. It's wonderful roasted or steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup.

- Compounds that may help to prevent cancer
- Phytonutrients may lower cholesterol
- Excellent source of vitamin C

### **DATES** — Harvest season: September-December

Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon, nutmeg and ginger.

- Contains omega-3 fatty acids
- Excellent source of vitamin A

### **GRAPEFRUIT** — Harvest season: September-April

The signature tartness of grapefruit provides a contrast to other citrus fruit. Add it to mixed greens, combine it with avocado and seafood, or enjoy a fresh glass of its antioxidant-rich juice.

- More than 75% of your DRI of vitamin C
- Contains source of lycopene
- Contains pectin, which has been shown to lower cholesterol

### **KIWI** — Harvest season: September-March

Use this sweet fruit to add a tropical flavor to your recipes.

- Excellent source of vitamin C
- Good source of potassium and copper

### **PARSNIPS** — Harvest season: October-April

Though these veggies may resemble carrots, they have a lighter color and sweeter, almost nutty flavor. Use them to flavor rice and potatoes or puree them into soups and sauces.

- Rich in potassium
- Good source of fiber



**PEARS** — Harvest season: August-February

Sweet and juicy! Cooking can really bring out their flavor, so try them baked or poaches.

- Good source of vitamin C and copper
- 4 grams of fiber per serving

**POMEGRANATE** — Harvest season: August-December

This bright and beautiful fruit has gotten a lot of press as an antioxidant powerhouse. The juice provides a tangy base for marinades, and the seeds can be tossed into salads to heighten the flavor profile.

- A UCLA study showed pomegranate juice has higher antioxidant levels than red wine
- Good source of vitamin C and folate

**PUMPKIN** — Harvest season: October-February

A type of winter squash, pumpkins can be used in many dishes. Pumpkins are sweet and have a moist texture making them ideal for pies, cakes and even pudding.

- Rich in potassium
- More than 20% of your DRI of fiber
- Good source of B vitamins

**SQUASH** — Harvest season: October-February

Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon, nutmeg and ginger.

- Contains omega-3 fatty acids
- Excellent source of vitamin A

**SWEET POTATO** — Harvest season: September-December

These veggies are more nutrient dense than their white-potato counterparts, try roasting them—they'll taste delicious, and you may maintain more vitamins than boiling.

- Excellent source of vitamin A
- Good source of iron
- Anti-inflammatory benefits

**TANGERINE** — Harvest season: November-April

The small and sweet citrus fruits are super refreshing for fall recipes. Combine with almonds, dates, and honey. Juice them with oil, vinegar, and ginger for a simple, healthy dressing.

- Good source of vitamin C
- Good source of beta-carotene

**TURNIP** — Harvest season: September-April

Tender and mild, these root vegetables are a great alternative to radishes and cabbage. To flavor these veggies, use fennel, breadcrumbs, or even brown sugar. Turnip leaves which taste like mustard leaves, are easy to cook and dense in nutrients.

- The roots are a good source of vitamin C
- Turnip leaves are an excellent source of vitamins A, K, and folate