



Try Me!

GREEN

KALE, SEAWEED, AVOCADO, ZUCCHINI, CUCUMBER, KIWIFRUIT

Green fruits and vegetables are good for your immunity.

KALE

- Kale leaves are green, sometimes tinted with blue and purple color. Their flavor is very strong and distinct.
- Kale contains a chemical that may provide potent anti-cancer properties.
- Kale comes in two forms: kale (smooth leaves) and curly kale (crinkly leaves).
- The longer kale is kept, the more bitter it will become.
- Kale is available all year, however, it is best from September through February.
- Choose heads that are smaller in size for a more tender vegetable. Leaves should be crisp, with bright color.
- To prepare, break leaves away from the stalk, wash, and chop.

SEAWEED

- Most edible seaweeds are marine algae, freshwater seaweed can be toxic.
- There are 32 different kinds of edible seaweed. Each has a different nutritional profile. They are very nutrient dense because they have access to all the nutrients in the ocean.
- When buying seaweed, check the label carefully. Seaweeds will absorb the properties of the water in which they are grown, make sure they are grown and harvested in unpolluted waters.

AVOCADO

- Sprinkle lemon juice on a cut avocado to prevent it from changing color.
- Avocados are the only fruit that has monounsaturated fat.
- Best stored uncut either at room temperature or in refrigerator for 2-3 days.
- Avocado is good for you inside and out! Make a simple face mask using avocado, honey, and plain yogurt for a nice refresher.
- Avocados contain more than twice the amount of potassium as bananas.

NUTRITION INFORMATION

Kale

Calories: 33 (1 cup) Fat: 0
Vitamins A, C, B6, K, Folate
Potassium, Calcium, Magnesium.

Seaweed

Calories: 26 (1 cup) Fat: 0
Vitamins E, K, Folate
Potassium, Calcium, Iron, Manganese, Zinc, Copper

Avocado

Calories: 240 (1 cup)
Fat: 22, Saturated: 3
Vitamins K, C, E, Folate, Fiber,
Potassium, Folic Acid

Zucchini

Calories: 20 (1 cup) Fat: 0
Vitamins A, C, K, B6,
Thiamin, Folate, Niacin, Potassium, Manganese,

Cucumber

Calories: 16 (1 cup) Fat: 0
Vitamins A, C, D, B1, B6,
Folate, Calcium, Potassium

Kiwifruit

Calories: 108 (1 cup) Fat: 1
Vitamins C, K, E, Copper,
Potassium

ZUCCHINI

- The flower of a zucchini plant is edible.
- The word “zucchini” comes from “zicca”, the Italian word for squash.
- The darker the skin, the richer the nutrients.
- This versatile vegetable can be eaten raw, grilled, roasted, or used in many recipes.
- Zucchini bread is one of the most popular ways zucchini is eaten.
- Although zucchini can grow as large as a baseball bat, the larger vegetables are often fibrous. Choose zucchini that is small to medium in size.
- Store zucchini in a refrigerator 4-5 days.

CUCUMBER

- Always refrigerate cucumbers, never leave them out at room temperature.
- Wash cucumber, wrap in a paper towel and store in the refrigerator for up to a week.
- The Vitamin B in cucumbers are good for a quick pick-me-up.
- Since this vegetable is made up of 95% water, it is effective in hydrating the body.
- Cucumbers can be a digestion remedy. Its low calorie and high water content helps rid the body of toxins from the digestive system.
- It may help to reduce cholesterol and control blood pressure.
- Cucumbers contain antioxidants that may kill the bacteria in your mouth that causes bad breath.

KIWIFRUIT

- Choose fruit that is firm to the touch and gives slightly when squeezed.
- If ripe, kiwifruit will keep in the refrigerator for 5-7 days; if it is under ripe, keep at room temperature until ripe.
- Two kiwi fruits contain more fiber than a bowl of bran cereal.
- Cooking kiwifruit will destroy its Vitamin C content.

References: <http://www.bbcgoodfood.com>, <http://www.undergroundhealth.com>, <http://www.mind-bodygreen.com>, <http://www.avocadocentral.com/how-to/how-to-store-how-to-ripen-avocados>, <http://www.livestrong.com>, <http://freshdirect.com>, <http://www.healthyeating.sfgate.com>, <http://healthdiaries.com>, <http://www.melaniecooks.com>

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