

Try Me!

PURPLE

BEETS, BLACKBERRIES, BLACK GRAPES, EGGPLANT, PLUMS, PURPLE CARROTS, TURNIPS

BEETS

- The cleansing properties of beets may help rid your body of unwanted toxins.
- It's high-sugar content combined with low-calories make this a great energy food.
- Try beets raw on your salad, in juice, lightly steamed or roasted.
- Beet greens are good too and have many health benefits.

BLACKBERRIES

- Blackberries can be eaten fresh, frozen, canned, or made into jam.
- Blackberries are a great source of ellagic acid, an antioxidant shown to protect skin from the damage of ultraviolet light.
- One cup of blackberries contains half the daily recommendation of vitamin C and 30% of the daily recommendation of fiber.
- Blackberries grow wild on thorny bushes and are cultivated on every temperate climate.

BLACK GRAPES

- When snacking on black grapes, include a cup of low-fat yogurt or some cheese to make this an all-round healthy snack.
- Try freezing grapes for a delightful frozen treat. Rinse your grapes, pat dry with a paper towel, then place in a freezer-safe container.
- Don't wash grapes before storing them in the refrigerator. Rinse before eating them by running under cool tap water.

EGGPLANT

- Eggplants are part of the nightshade family along with potatoes, sweet peppers, and tomatoes. They grow on a vine similar to tomatoes.
- Eggplant's taste has been described as pleasantly bitter with a spongy texture.
- Choose eggplant that is firm and heavy for its size.
- Don't cut the eggplant before you use it because it will perish once its skin has been punctured and inner flesh is exposed.

NUTRITION INFORMATION

BEETS

Calories: 58 (1 cup) Fat: 0g
Vitamin A, B, C & Potassium,
Iron, Beta-Carotene

BLACKBERRIES

Calories: 62 (1 cup) Fat: 0g
Vitamins C, K, E, Potassium,
Folate, Magnesium

BLACK GRAPES

Calories: 100 (1 cup) Fat: 1g
Vitamins A, Iron, Calcium

EGGPLANT

Calories: 20 (1 cup) Fat: 0g
Vitamin B6, C, K, Magnesium,
Folate, Niacin, Thiamin

PLUMS

Calories: 30 (1 fruit) Fat: 0g
Vitamins A, C, Calcium, Iron

PURPLE CARROTS

Calories: 52 (1 cup) Fat: 0g
Vitamins A, B6, C, K, Thiamin,
Potassium, Folate, Niacin

TURNIPS

Calories: 18 (1 cup) Fat: 0g
Vitamins A, B6, C, E, K,
Thiamin, Potassium, Folate,
Niacin, Iron, Calcium

PLUMS

- Plums may help increase the absorption of iron into the body.
- For best quality, choose plums that are rich in color, yield gently to pressure, and are free of bruises.
- Plums have a range of tastes from extremely sweet to tart. For best taste, eat plums at room temperature.
- Store unripe plums at room temperature, refrigerate ripe plums for a few days, freeze plums with pit removed.
- Plum trees are grown on every continent except Antarctica.

PURPLE CARROTS

- Purple carrots taste the same as an orange carrot, try them to add color and variety to your menu.
- While the carrot originated in Afghanistan over 1100 years ago; purple carrots became available in the Middle East, India, and Europe during the 10th century.
- The purple pigment of the carrots comes from anthocyanins. These may help reduce the risk of cardiovascular disease.

TURNIPS

- Turnips have a bite like a radish, but it tastes more like a potato when cooked.
- Use turnips when they are fresh because they become bitter as they age.
- To prepare turnips, peel the outer skin as you would an onion, then cut as desired.
- Turnips can be eaten in a number of ways. Try them raw, roasted, grilled, or sauteed.
- Turnips have been used as Halloween decorations and lanterns in Scotland and Ireland.

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MEATLESS MONDAY

References: <http://www.fullcircle.com/goodfoodlife/>;
<http://whfoods.com/>; <http://www.healthdiaries.com/>;
<http://www.wikihow.com>