

# Asparagus

**Store:** Refrigerate in a plastic bag for up to 4 or 5 days or store standing upright in a cup of water in the refrigerator, covered with a plastic bag.

**Prep:** Rinse well. Trim off stems before cooking.

**Serve:** Steam or bake. Boiling will lose some of its nutrients. Great added to salads, or dishes like omelets or pizza.

**Tips:** Asparagus should have firm, brightly colored stalks with tight tips.



INTER-FAITH  
**FOOD  
SHUTTLE**

# Avocado

**Store:** If avocado is firm and skin is light green, keep at room temperature to let ripen. If ripe, store in the refrigerator. Cover any leftover avocado with lemon or lime juice and store in refrigerator in plastic wrap.

**Prep:** When ripe, avocados will have dark colored skin and yield to gentle pressure. Slice in half, remove seed and outer skin. Remove any dark spots that appear on the flesh.

**Serve:** Cut inner flesh into slices and add to salads, sandwiches, or mash as a dip for crackers.

**Tips:** Store in refrigerator if very soft to the touch—may be overripe. Once cut open, discard any brown spots. Some varieties of avocado are large and bright green. Do not use firm avocados—they are not ripe; wait until soft to the touch before use.



**INTER-FAITH  
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# Bell Pepper

**Store:** Refrigerate whole peppers in a plastic bag for up to 1 week.

**Prep:** Rinse peppers well. Slice open, and carve away the seeds and inner white flesh before use.

**Serve:** Use cooked or raw peppers in salads, pasta or rice dishes, eggs, or stir-fry. Stuff peppers with a mixture of rice or couscous, cheese and onions, and bake.

**Tips:** Try a new pepper variety each week; each has a different sweetness.



**INTER-FAITH  
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# Bok Choy

**Store:** Refrigerate in a plastic bag for 5—7 days.

**Prep:** Use leaves like cabbage leaves. Remove from stem and rinse individually.

**Serve:** Chop and add raw to salads or coleslaws. Can also be added to soups, stir-fry, or as a topping on pizza.

**Tips:** Remove any discolored, or overly wilted leaves from stalk. Remove dirt by rinsing under running water — just as you would for celery stalks.



INTER-FAITH  
**FOOD**  
**SHUTTLE**



# Broccoli

**Store:** Refrigerate in an open plastic bag for one week.

**Prep:** Rinse (don't soak) broccoli under cool water just before serving or cooking.

**Serve:** Cook by steaming, microwaving, or stir-frying. Boiling causes broccoli to lose some of its valuable nutrients. Broccoli is easily added to soups, omelets, pastas, and casseroles.

**Tips:** When shopping for broccoli, select with firm stem and tight, compact florets that are dark green. Broccoli is a superfood! It contains numerous beneficial vitamins and minerals including vitamin C to fight infection and folate which help prevent birth defects in pregnant women.



**INTER-FAITH  
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# Brussel Sprouts

**Store:** Refrigerate in a plastic bag for 7-10 days. The longer they are stored, the stronger the flavor.

**Prep:** Rinse well before use. Just like cabbage, remove outer leaves from brussels sprouts if discolored.

**Serve:** Steam, microwave, bake, sauté or use raw in coleslaw or salads. Boiling loses some of the valuable nutrients. Brussel sprouts can be roasted at 400°F for about 20 minutes.

**Tips:** Contains vitamin A and C to help vision and prevent illness.



**INTER-FAITH  
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# Cabbage

**Store:** Refrigerate whole or cut cabbage in a plastic bag for up to 1 week.

**Prep:** Before use, rinse thoroughly and remove tough outer leaves. Cut in half and trim core.

**Serve:** Steam cabbage leaves to use in stews, soups, and casseroles. Boiling loses some of its valuable nutrients.

**Tips:** Cabbage contains nutrients that are good for healthy, skin, fighting infection, and healing wounds. Toss cabbage with broccoli, bell pepper slices, carrots, and grilled chicken for a yummy salad!



**INTER-FAITH  
FOOD  
SHUTTLE**

# Celery

**Store:** In the refrigerator up to 4 weeks, wrapped in paper towels and placed in a plastic, sealed bag. Can cut into 3 inch pieces and cover with water in a jar.

**Prep:** Cut stalks off of base, remove leaves, rinse thoroughly then dry.

**Serve:** Eat raw with any nut butter or dip. Put in soup for flavor and texture.

**Tips:** Celery can be chopped in a food processor. Grow celery by placing the base of the celery in water and wait for sprouting!



INTER-FAITH  
**FOOD  
SHUTTLE**

# Cilantro

**Store:** Store at room temperature by placing stems in a cup of water covered or in a plastic bag in the refrigerator.

**Prep:** Remove lower part of the stem and chop. Note that cilantro looks similar to parsley.

**Serve:** Chop and add to any dish. Some examples include dips, dressings, tacos, stir-fry, or salsa!

**Tips:** If storing at room temperature change the water in the cup every 2 days to keep fresh longer.



INTER-FAITH  
**FOOD  
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# Collard Greens

**Store:** Wrap collards in a damp paper towel and store in the crisper drawer of the refrigerator.

**Prep:** Fill bowl with warm water and rinse collards in the warm water.

**Serve:** Cook by steaming, microwaving, or stir-frying. Add collards to soups, pastas, omelets, and casseroles.

**Tips:** Choose greens that are brightly colored. Collards are high in vitamin A, vitamin C, and vitamin K.



**INTER-FAITH  
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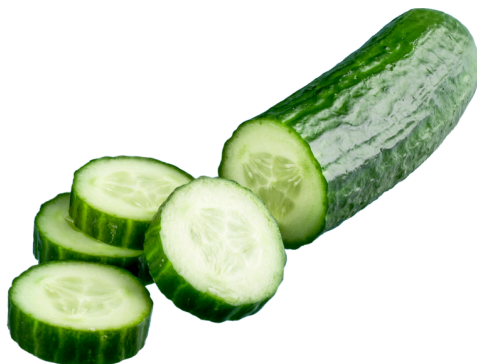
# Cucumber

**Store:** Refrigerate in a plastic bag for up to 1 week.

**Prep:** Rinse, peel (optional), and cut when ready to eat.

**Serve:** Eat raw in salads. Pour vinegar over sliced cucumbers with herbs to pickle. Eat with dips or put on a sandwich.

**Tips:** Choose firm, well shaped cucumber with dark green color.



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# Dill

**Store:** Store at room temperature in a cup of water until ready to use or refrigerate in a plastic bag.

**Prep:** Remove lower part of the stem and chop dill.

**Serve:** Add to any dish-sauces, soups, sauces, salsas, dressings, pastas, stir-fry, dips or marinades.

**Tips:** Change water in the cup every 2 days if storing at room temperature.



INTER-FAITH  
**FOOD  
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# Green Beans

**Store:** Refrigerate green beans in a plastic bag with small holes for up to 1 week.

**Prep:** Wash beans and snap off (or cut) both ends before cooking.

**Serve:** Cook by steaming, microwaving, or stir-frying. Boiling loses some valuable nutrients.

**Tips:** Contain a variety of vitamins and minerals beneficial for overall health. Great source of fiber to keep you full longer!



**INTER-FAITH  
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# Kale

**Store:** Wrap leaves in a damp paper towel and store in the crisper drawer of your refrigerator.

**Prep:** Fill a bowl with warm water. Dunk and swish leaves in the water to remove dirt before cooking.

**Serve:** Remove stems and cook by steaming, microwaving, or stir-frying. Boiling loses some valuable nutrients.

**Tips:** Great for your bones, muscles, and blood because of its calcium, potassium, and iron! Choose greens that are brightly colored and tender.



INTER-FAITH  
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**SHUTTLE**

# Kohlrabi

**Store:** Can be stored in the refrigerator for up to one week.

**Prep:** Peel away the out skin/ribs and trim leaves.

**Serve:** Kohlrabi root can be served raw in salads and slaws. The root can also be steamed or boiled. The leaves can be used in place of collards or kale.

**Tips:** Rich in vitamin C which is essential for teeth/gums and for the immune system. Also contains phytochemicals which appear to have anti-cancer and anti-inflammatory properties. Great when added into stir fry!



**INTER-FAITH  
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# Leeks

**Store:** Lasts 1-2 weeks in the refrigerator. Store in a plastic bag. Do not wash until ready to use.

**Prep:** Cut off and discard dark parts; cut off the root end; slice the stalks in half lengthwise; rinse in water to remove dirt from layers.

**Serve:** Cook by sauteing, roasting, poaching, or boiling. May also be consumed raw.

**Tips:** Contains folate for reproductive and heart health, and antioxidants to protect cells from oxidative damage. Add chopped raw leeks to a soup or salad or use as a garnish.



**INTER-FAITH  
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# Lima Beans

**Store:** Store in an airtight container in a cool, dry place.  
Store fresh lima beans in the refrigerator in an airtight container.

**Prep:** Rinse before using (fresh or dried).

**Serve:** Add to salads, stir-fry, and pasta dishes.

**Tips:** Great source of protein, helpful for building muscles and staying full. Add lima beans to brown rice to make a complete protein.



INTER-FAITH  
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# Mustard Greens

**Store:** Wrap leaves in damp paper towel and store in the crisper drawer of your refrigerator.

**Prep:** Fill a bowl with warm water. Dunk and swish leaves in the water to remove dirt before cooking.

**Serve:** Remove stems and cook by steaming, microwaving, or stir-frying.

**Tips:** Good source of vitamin A for eye health and vitamin K for blood clotting.



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# Parsley

**Store:** Store at room temperature in a cup of water, or in the refrigerator with a plastic bag covering the herb and cup.

**Prep:** Rinse and dry before removing leaves from the stem to chop.

**Serve:** Chop finely and sprinkle into any dish to add flavor.

**Tips:** Good source of vitamin C and contain anti-inflammatory properties to minimize arthritis. Store in a cup of water in the refrigerator; change the water every 2 days to keep the herb fresh longer.



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# Romaine Lettuce

**Store:** Wrap lettuce in damp paper towels and store in crisper of refrigerator.

**Prep:** Rinse right before use. Tear or cut leaves. Do not eat the bottom core.

**Serve:** Usually eat raw. Use for salads and add to sandwiches. Can use lettuce leaves for lettuce wraps by folding the leaves like you would a taco shell or wheat wrap.

**Tips:** Contains Vitamin A for healthy eyes. Make sure to store fruits and lettuce separately because the gas released from some fruits can make lettuce go bad faster.



**INTER-FAITH  
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# Scapes

**Store:** Keep garlic scapes in a plastic bag in the refrigerator for about a week.

**Prep:** Rinse them right before use. Trim off the ends and tips of the bud. Discard the flowery blossom.

**Serve:** Can be used like garlic in recipes. Can be sautéed, roasted, added to soups, and more. Add to toast, sandwiches, tacos, burritos, chili, smoothies, dips, and more.

**Tips:** Scapes should be firm, but somewhat flexible and free of blemishes or moldy spots. Similar to the health benefits of garlic. Helps to enhance immune function by containing phytochemicals and antioxidants.



**INTER-FAITH  
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# Snap Peas

**Store:** Refrigerate unwashed snap peas in open plastic bag for up to 3 days.

**Prep:** String fresh snap peas by snapping at tops and pulling towards the opposite end. String off the ends. Place peas in a colander and rinse under cold water.

**Serve:** Can be boiled, steamed, sauteed, or eaten raw. Boiling loses nutrients. Great addition to salads, stir-fry's, soups, rice, and pasta dishes.

**Tips:** Contains Vitamin A and fiber. Always look for snap peas in the pod when buying fresh. Fresh pods should be firm, bright green, and look like they are almost bursting. Can be eaten whole in pod or shelled.



**INTER-FAITH  
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# Spinach

**Store:** Wrap the leaves in a damp paper towel and store in the crisper drawer of your refrigerator for 3-5 days.

**Prep:** Fill a bowl with cool water. Dunk and swish leaves in the water to remove dirt before use.

**Serve:** Cook by steaming, microwaving, or stir-frying. Use raw for salads.

**Tips:** Great source of calcium and iron, which are helpful for strengthening bones. Also, spinach contains a lot of fiber that helps keep you full!



INTER-FAITH  
**FOOD  
SHUTTLE**

# Swiss Chard

**Store:** Refrigerate in an open plastic bag for 1-2 weeks in the crisper drawer of the fridge.

**Prep:** Fill bowl with warm water. Dunk and swish around leaves to remove dirt.

**Serve:** Cook by steaming, microwaving, sauteing or stir-frying.

**Tips:** Great source of antioxidants to boost your immune system. Remove the stems and use the leaves.



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# Turnip Greens

**Store:** Wrap leaves in damp paper towel and store in the crisper drawer of your refrigerator.

**Prep:** Fill a bowl with warm water. Dunk and swish leaves in the water to remove dirt before cooking. Avoid greens that are brown or yellow, dry, wilting, or have bad spots

**Serve:** Remove tough stems and cook by steaming, micro-waving, or stir-frying. Boiling loses nutrients. Add turnip greens to soups, pastas, omletes and casseroles.

**Tips:** Great source of vitamin A—helpful for your vision! Turnip greens also contain iron and calcium.



INTER-FAITH  
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# Zucchini

**Store:** Place in plastic bag and store in the crisper drawer of your refrigerator.

**Prep:** Select zucchini & squash that have smooth, glossy, bright colored skin. Select medium sized zucchini. Rinse just before use and they will last longer

**Serve:** Cook by steaming, grilling, baking, stir-frying, or eat raw. Zucchini is an easy substitute for other vegetables in recipes.

**Tips:** Great source of fiber that will keep you full longer!



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