

# Cauliflower

**Devour Cauliflower** sautéed, steamed, boiled, or chopped up and eaten raw

## Did you know...?

- Cauliflower is actually a **flower** growing from a plant!
- Its heavy green leaves around the head protect it from sunlight and therefore prevents **chlorophyll** from developing in the head, keeping it **white**
- A cup of cauliflower can provide **over 90%** of the required vitamin C in the daily diet and helps prevent cancer
- New York is the **3rd largest** producer of cauliflower in the U.S.

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# Apples

**Munch on Apples** whole, in slices, cooked in sauces or pies, they are a super snack

## Did you know...?

- **New York is #2** in the U.S. for apples, growing more than 3 billion a year!
- Apple trees, part of the **rose family**, take 4 to 5 years to produce their first fruit
- It takes the energy from **50 leaves** to produce one apple
- Of the 7,000 varieties, **Macintosh** is the most popular in New York
- An apple a day can help **keep the doctor away** by providing lots of fiber and vitamin C, keeping you healthy and strong

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# Carrots

**Crunch Carrots** raw, shredded in salads, steamed, boiled or tossed in soups

## Did you know...?

- **Baby carrots** were once longer carrots that were peeled, trimmed and packaged
- Carrots come in **many colors** – orange, red, white, and even purple!
- Carrots provide 30% of the vitamin A in the U.S. diet, which is important for **healthy vision** and skin, and helps your heart stay healthy
- Carrots are harvested in the fall and can be stored for use **all winter** long

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# Grapes

**Gobble Grapes** fresh from the vine, in jellies and jams or dried as raisins

## Did you know...?

- **More grapes are grown** around the world than any other fruit
- New York grows more **Concord grapes** than any other state. Over 3/4 of them are used for juice, making New York the **#1 producer of grape juice** in the U.S.
- Grapes contain **flavonoids**, which give them a vibrant purple color and help make your heart healthy
- Grapes are also a good source of vitamin C, helping your body **stay strong**

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# Winter Squash

**Nosh on Squash** boiled, baked, or pureed; you can even eat the seeds and greens

## Did you know...?

- Squash got its name from the Native American word **askutasquash**, which means "a green thing eaten raw"
- **New York ranks 5th** for squash, growing 73,000,000 pounds annually
- The **darker the orange** flesh, the more nutritious the squash is
- Winter squash has lots of **beta-carotene** that helps your immune system stay healthy
- Winter squash come in many shapes, colors and flavors including: **pumpkin, acorn, butternut and spaghetti**

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# Green Beans

**Graze on Green Beans** steamed, in casseroles or fresh out of the garden

## Did you know...?

- Also known as **snap or string beans**, some green beans are actually yellow
- Green beans help power your body with vitamins A, C and K. Vitamin K is important for maintaining **strong bones**
- Green beans are also a good source of iron that is important for **energy production** and metabolism
- New York is the **4th largest producer** of green beans in the U.S., growing more than 51,000,000 servings a year

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# Sweet Corn

**Chomp on Sweet Corn** creamed, steamed or off the cob, it's an all-time favorite vegetable

## Did you know...?

- Corn grows in **ears** with rows of kernels protected by corn silk, encased in a husk
- An ear of corn has about **800 kernels!**
- Corn is a good source of nutrients including vitamin B1, which is good for **memory retention**
- New York ranks **4th in the U.S.** for sweet corn production
- Cooking sweet corn unleashes nutrients that can reduce the chance of **heart disease** and **cancer**

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# Cabbage

**Ravage Cabbage** in soups, pickled in sauerkraut or shredded in coleslaw

## Did you know...?

- The **sulfur smell** cabbage emits helps your body resist bacteria and grow glossy hair
- Half of the cabbage grown in the U.S. is used for **coleslaw**
- New York is the **2nd largest grower** of cabbage in the U.S. – producing 58,000,000 heads every year!
- Cabbage is high in vitamins K and C, which you need for **healthy skin, teeth and bones**

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# Spinach

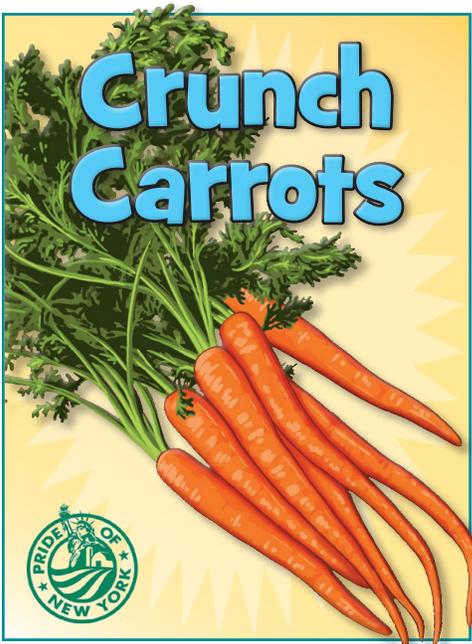
**Savor Spinach** fresh in salads, steamed or in lasagna, quiche and quesadillas

## Did you know...?

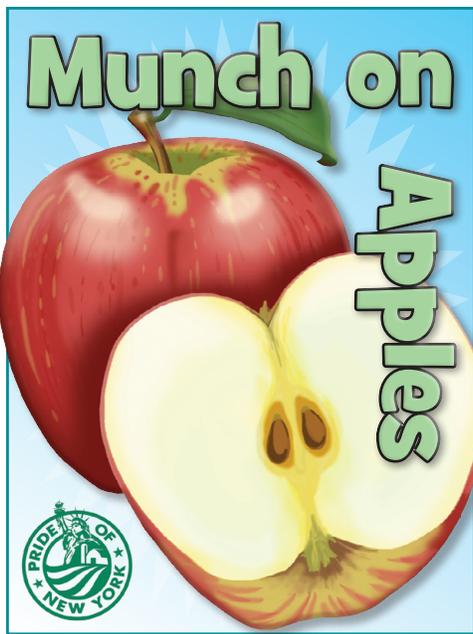
- Known as **Popeye's secret weapon**, spinach packs a punch with 3 grams of protein per serving!
- Spinach is also **low in calories** and a good source vitamins A and K
- Calorie for calorie, leafy green vegetables like spinach provide **more nutrients** than any other food
- Spinach was once known as the "**prince of vegetables**"
- Spinach likes cold weather, and is one of New York's **first spring crops** to be planted

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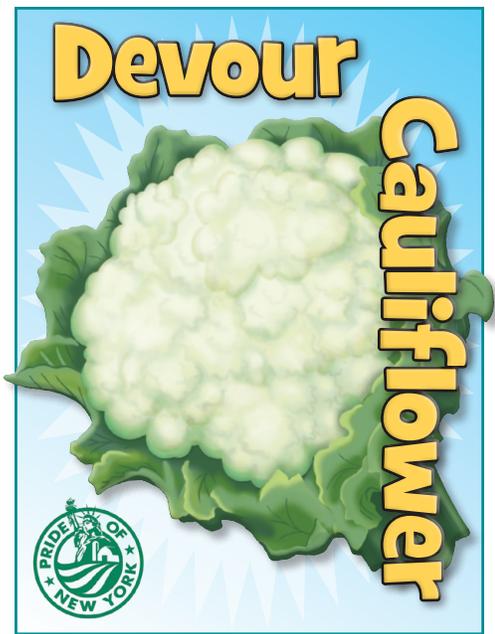
# Crunch Carrots



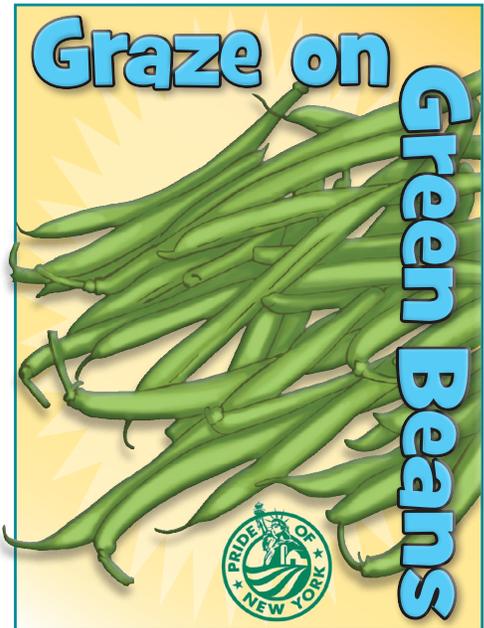
# Munch on Apples



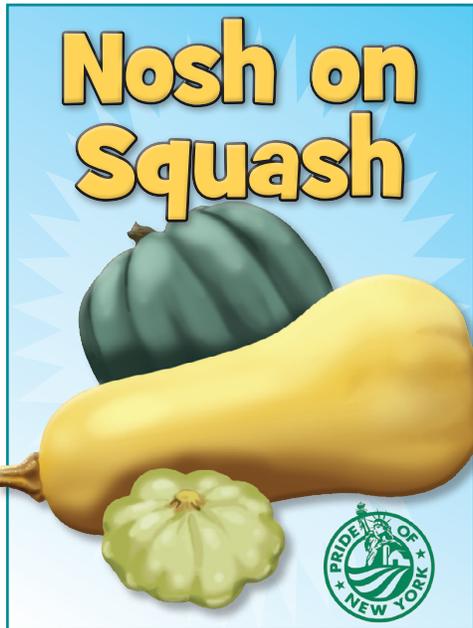
# Devour Cauliflower



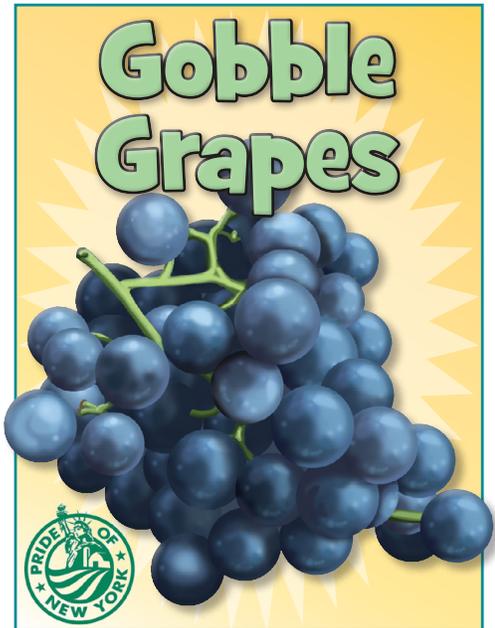
# Graze on Green Beans



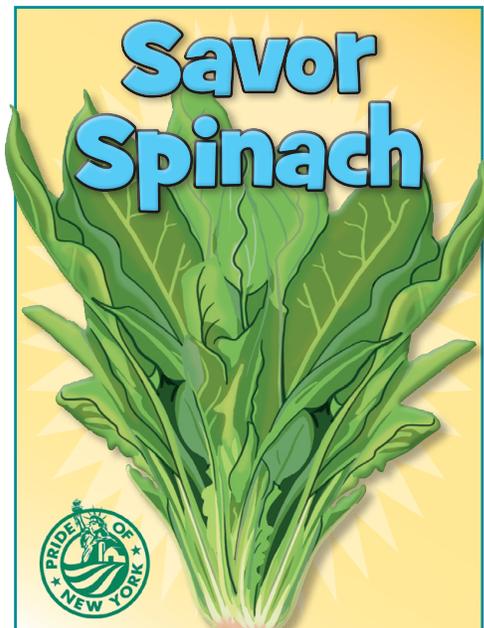
# Nosh on Squash



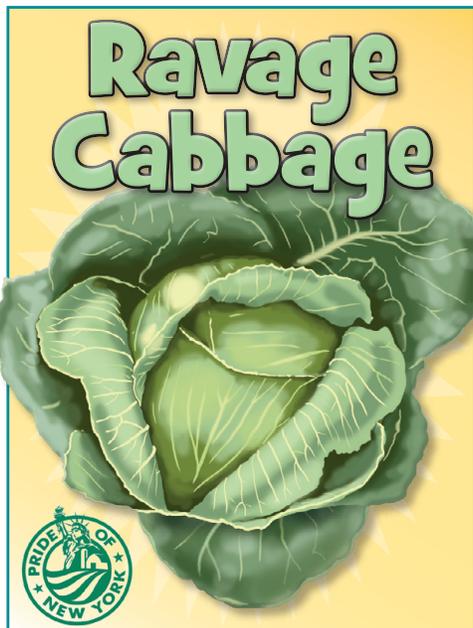
# Gobble Grapes



# Savor Spinach



# Ravage Cabbage



# Chomp Sweet Corn

