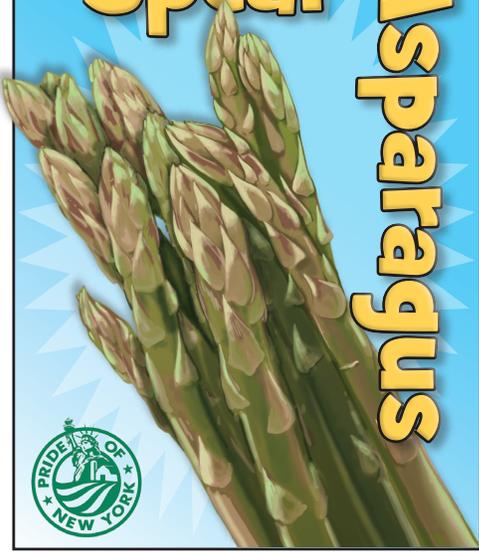


Spear Asparagus



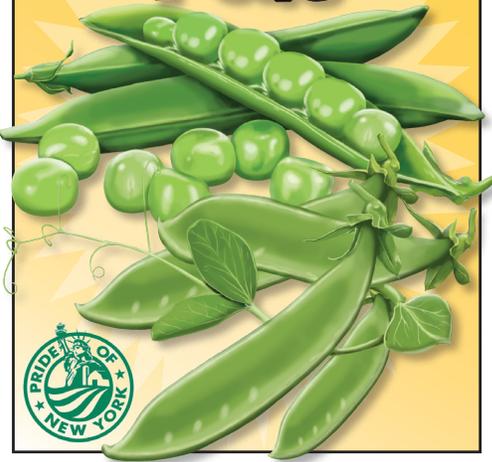
Dig into Potatoes



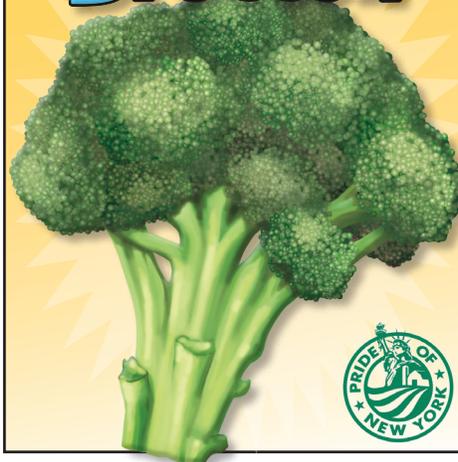
Taste Tomatoes



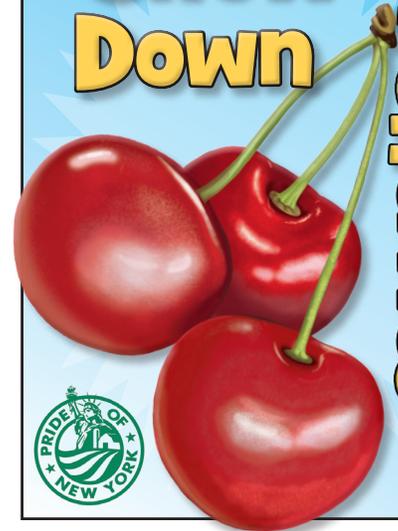
Pile on Peas



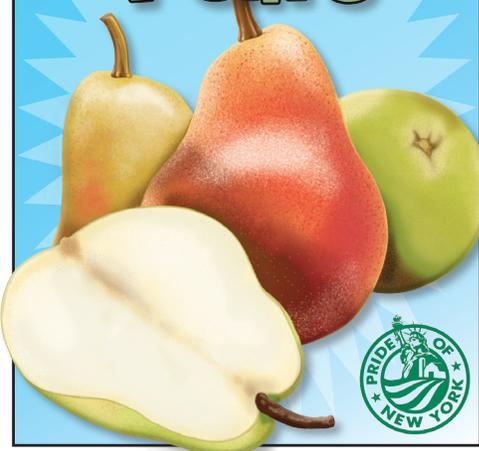
Rock with Broccoli



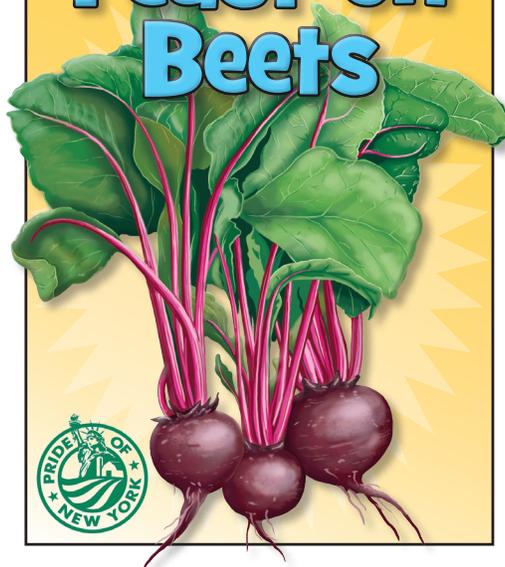
Chow Down on Cherries



Pick Pears



Feast on Beets



Polish off Peppers



Tomatoes

Taste Tomatoes diced, sliced, stewed, pickled or fried; they are the base for many sauces and salsas

Did you know...?

- Botanically, tomatoes are **actually a fruit!** Vegetables are edible stems, leaves, and roots; fruits are the parts that contain seeds. The Supreme Court ruled to classify them as a vegetable in 1893
- Producing approximately **35 million pounds annually**, New York is the 9th ranked tomato producer in the nation
- Tomatoes contain powerful **antioxidants**, proven to lower the risk of many cancers
- Tomatoes are known as **'the apple of love'** in some cultures

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TC#10/2011

Potatoes

Dig into Potatoes baked, roasted, mashed, in soups, or served hot or cold in salads

Did you know...?

- Potato '**eyes**' are **sprouts** that start the growth of a new plant
- Potatoes provide one of the most concentrated sources of potassium, which is important to **build stronger bones**
- About **20,000 acres** of potatoes are grown for seed, fresh and processing in New York
- The average person eats **126 pounds of potatoes a year**, which are healthiest when eaten with the skins on
- **Adirondack Blue** potatoes were developed at Cornell University; they are unique in that they are blue-colored inside and out

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TC#11/2011

Asparagus

Spear Asparagus that is steamed, stir fried, or roasted; add to pasta, or soups

Did you know...?

- Asparagus plants can grow up to **5 feet tall** and produce for 15 years without being replanted
- Asparagus is one of the **most nutritionally well-balanced vegetables**. It is an excellent source of vitamins K, C, A and folic acid that produces healthy blood cells
- Asparagus was first cultivated about **2,500 years** ago in Greece; its name means stalk in Greek
- Asparagus is a spring vegetable and is a **cousin of onions and garlic**

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TC#12/2011

Cherries

Chow down on Cherries, sweet or tart; consume them fresh, dried, frozen, in pies, juice and jams

Did you know...?

- On average, a sweet cherry tree will produce 800 cherries a year; a tart cherry tree can produce 7,000 cherries a year! It takes about **250 cherries to make a pie**
- **New York ranks 4th** in the U.S. in tart cherry production, growing approximately 10 million pounds annually
- With their distinct bright color, cherries contain **disease-fighting antioxidants**
- Cherries are believed to help **prevent memory loss** and delay the aging process

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TC#13/2011

Broccoli

Rock with Broccoli in salads or bake on top of pizza, steam lightly or stir-fry

Did you know...?

- Like most vegetables, broccoli **loses valuable nutrients**, flavor and its vibrant color if **overcooked**
- Broccoli is a hearty plant and **grows best in cool weather**
- A broccoli head is actually a compact cluster of **unopened flower buds**
- Broccoli contains a **powerhouse of vitamins** including A, C, and K; it has the unique ability to detoxify your body
- The name broccoli is from Latin and means branch or arm to reflect its **tree-like shape**

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TC#14/2011

Peas

Pile on Peas shelled or in the pod, cooked or raw, they are supercharged legumes

Did you know...?

- If you feel sluggish, **eat peas!** Peas have very good amounts of 8 vitamins, 7 minerals, fiber and protein that support **energy producing cells** in your body
- There are **three common types of peas**: garden, snow and snap
- Snow peas are flat; snap peas are plump; both have **edible pods**
- New York grows over **38,000 tons** of peas annually on more than 17,000 acres; most are frozen or canned

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TC#15/2011

Peppers

Polish off Peppers in salads, sandwiches, relishes, sautéed, roasted or stuffed; their bright colors perk up a veggie platter!

Did you know...?

- Bell peppers come in **green, red, purple, orange, brown or yellow** and have various levels of sweetness; red are the sweetest
- Peppers are excellent sources of vitamins C and A, which help **ward off diseases** such as cancer, arthritis, and cataracts
- Like tomatoes, **bell peppers** are botanically **fruits**, but considered as vegetables
- Peppers grow best in **hot weather and moist soil**; they do not like cold and need to be protected on frosty nights

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TC#16/2011

Beets

Feast on Beets grated in salads, roasted, or pickled; you can also eat the leaves just like spinach

Did you know...?

- When cooked, beets have a **sugary, buttery, and earthy flavor**
- Beet roots are loaded with vitamins A, B1, B2, B6 and C; the **leaves** contain the **finest quality of iron** that is highly effective in treating many ailments
- The deep red color of beets comes from betalain — a pigment often used as a **natural food dye**
- Beets are in the plant order Caryophyllales that also includes **cacti, carnations, spinach and venus fly traps**

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TC#17/2011

Pears

Pick Pears to eat fresh, bake or grill, add to salad or serve with cheese; they are delicious in jams and chutneys

Did you know...?

- Pears are a unique fruit that **ripen best off the tree**; and ripen from the inside out
- Pears are a **good source of vitamin C** that aids in fighting infections and viruses
- There are over **3,000 pear varieties** grown around the world; popular varieties grown in New York are Bartlett and Bosc
- New York ranks 4th in the U.S. in pear production, with over **11,000 tons** produced annually

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TC#18/2011