

Alphabetical List of Fruits and Vegetables

A

Alfalfa Sprouts
Apple
Apricot
Artichoke
Asian Pear
Asparagus
Atemoya
Avocado



B

Bamboo Shoots
Banana
Beans
Bean Sprouts
Beets
Belgian Endive
Bitter Melon
Bell Peppers
Blackberries
Blueberries
Bok Choy
Boniato
Boysenberries
Broccoflower
Broccoli
Brussels Sprouts



C

Cabbage (green and red)
Cantaloupe
Carambola (star fruit or star apple)
Carrots
Casaba Melon
Cauliflower
Celery
Chayote
Cherimoya (Custard Apple)
Cherries
Coconuts
Collard Greens
Corn
Cranberries
Cucumber



D

Dates
Dried Plums (a.k.a. prunes)

E

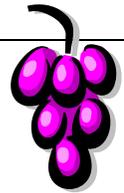
Eggplant
Endive
Escarole

F

Feijoa
Fennel
Figs (dry and fresh)

G

Garlic
Gooseberries
Grapefruit
Grapes
Green Beans
Green Onions
Greens (turnip, beet, collard, mustard)
Guava



H

Hominy
Honeydew Melon
Horned Melon

I

Iceberg Lettuce

J

Jerusalem Artichoke
Jicama



K

Kale
 Kiwifruit
 Kohlrabi
 Kumquat

L

Leeks
 Lemons
 Lettuce (Boston, Iceberg, Leaf, Romaine)
 Lima Beans
 Limes
 Longan
 Loquat
 Lychee

**M**

Mandarins
 Malanga
 Mandarin Oranges
 Mangos
 Mulberries
 Mushrooms

**N**

Napa (Chinese Cabbage)
 Nectarines

O

Okra
 Onion (green, red, Spanish, yellow, white)
 Oranges

P

Papayas
 Parsnip
 Passion Fruit
 Peaches
 Pears
 Peas (green, snow, sugar snap)
 Peppers (bell – red, yellow, green, chili)
 Persimmons
 Pineapple
 Plantains
 Plums
 Pomegranate
 Potatoes
 Prickly Pear (Cactus Pear)
 Prunes
 Pummelo (Chinese Grapefruit)
 Pumpkin

**Q**

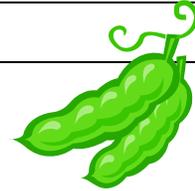
Quince

R

Radicchio
 Radishes
 Raisins
 Raspberries
 Red Cabbage
 Rhubarb
 Romaine Lettuce
 Rutabaga

S

Shallots
 Snow Peas
 Spinach
 Sprouts
 Squash (acorn, banana, buttercup, butternut, summer)
 Strawberries
 String Beans
 Sweet Potato

**T**

Tangelo
 Tangerines
 Tomatillo
 Tomato
 Turnip

**U & V**

Ugli Fruit

W

Watermelon
 Water Chestnuts
 Watercress
 Waxed Beans

X & Y

Yams
 Yellow Squash
 Yuca/Cassava

Z

Zucchini Squash

Interesting Facts About Fruits and Vegetables



Vegetables

Sweet Gold, Green, or Red Bell Peppers

The color of the pepper depends on the variety. Peppers have a mildly sweet, slightly spicy flavor. Sweet bell peppers are available year round. Most are grown in Florida and California. In some parts of the United States, people call these vegetables “Mangoes,” confusing them with the sweet fruit grown mostly in Central America. Sweet bell peppers are excellent sources of vitamin C and also provide vitamin A and potassium.



Broccoli

Broccoli is an excellent source of vitamin C and a good source of vitamin A. It is a cruciferous vegetable, part of the cabbage family. Eating cruciferous vegetables may reduce the risk of colon cancer. Broccoli contains very little sodium and fat and no cholesterol. Look for broccoli with firm, compact clusters of small flower buds. The clusters should be dark green and may have a purple cast to them. Broccoli is crisp and crunchy and is very tasty cut up and served raw with a low-fat vegetable dip.

Broccoflower

It looks like cauliflower dyed neon green. Broccoflower is a cross between cauliflower and broccoli. Introduced in Holland, it is now grown in Salinas, California. Broccoflower taste much like cauliflower when it's raw, but sweeter and less pungent. When cooked, the results taste more like broccoli. Broccoflower has more vitamin C than oranges. It's also high in folic acid that is important to the maintenance of red blood cells that carry oxygen throughout the body. Broccoflower is also higher in vitamin A than either broccoli or cauliflower.

Baby Carrots

Baby carrots are produced year round. Most baby carrots are grown in California. Because of their tiny size, they are very tender, sweet, and fun to eat all by themselves as a snack. Baby carrots provide a lot of vitamin A. They are also good sources of fiber and potassium. No, baby carrots are not full sized carrots picked when they were babies! Producers have changed the seeds to make carrots stay tiny.

Turnips

Turnips are available year round. Among the states involved in production are California, Colorado, Indiana, New Jersey, Ohio, Oregon, Texas, and Washington. Some common varieties include Purple Top, White Glove, White Egg, Golden Ball, Amber, and Yellow Aberdeen. Turnips are a good source of vitamin C and potassium. They can be eaten either raw or cooked, and have a crunchy delicate flavor.

Spinach

Fresh leaf spinach is available throughout the year. Known as a food source since 647 A.D., the Chinese called spinach the “herb of Persia.” It was grown in America during the colonial period, probably traveling over on ships from England. The most nutritious way to serve spinach is raw in a salad, by itself, or with other mixed greens. Cooked spinach is often served as a side dish. Spinach is a rich source of iron, vitamin A, and vitamin C. Popeye knew to include this nutrient rich vegetable in his diet every day!

Jicama

Jicama, yam bean, Mexican potato, or Mexican turnip has been eaten in Central American for many centuries and is now common in U.S. stores. To eat Jicama, only the fibrous brownish peel must be removed. Jicama is often added raw to salads or prepared as strips, like carrots. In Mexico the ivory colored flesh is marinated with Mexico lime and then served topped with chili powder. A 3½ oz serving of Jicama provides 39 calories and about 25% of the RDA for vitamin C.

Celery

California provides most of the U.S. supply of celery year round. There are two distinct types classified by color: green or golden. Pascal celery is the green type most people see in the grocery store. This type of celery lacks stringiness and is known for its distinct flavor. Most people enjoy raw celery because of its crunchiness. It is also tasty filled with peanut butter, cream cheese, or cheese spread. Celery is a main ingredient in oriental stir-fry dishes and gives flavor to soups and stews. Celery is a good source of fiber, folic acid, potassium, and vitamin C. It is a very low-calorie snack.

Fruits



Red Bartlett Pears

Bartlett pears are known as the “summer pear.” They are plentiful in June and July. Pears are one of the few fruits that do not mature well if allowed to ripen on the tree. As a result, pears must be picked before they are ripe to ensure quality. This is the reason you will often find firm, unripened pears at the store. After the pear has ripened, you will have a juicy, flavorful, sweet, nutritious snack. Pears are a good low-calorie source of fiber, potassium, vitamin C, and carbohydrate. Their distinctive red color makes them an irresistible snack for the “sweet tooth.”

Kiwi Fruit

Kiwi fruit is a refreshing source of good nutrition. Ounce for ounce, kiwi fruit has more vitamin C than oranges, as much potassium as bananas, and four times as much fiber as celery. It contains no sodium, very little fat, and no cholesterol. Kiwi fruit is available year round. Like peaches, kiwi fruit is ripe when slightly soft to the touch. Choose fruit that is plump and unwrinkled. To ripen at home, place in a bowl with other fruit and leave at room temperature for a few days. For quick ripening, place kiwi fruit in a paper bag with apples or bananas. Kiwi can be eaten very simply right out of the hand or can complement any meal. Use as a beautiful garnish for salads or dessert plates, kiwis will also tenderize meats.



Pineapple

Although most people think pineapple only grows in Hawaii, it also comes from Honduras, Mexico, Philippines, Puerto Rico, and South Africa! Fresh pineapple is a delicious tropical fruit that would be a refreshing addition to any meal, especially during warm weather! Do not add fresh pineapple to gelatin dishes because it contains an enzyme, which destroys the gelatin’s ability to get firm. Pineapples do not get any sweeter after they are harvested. Because of this, the harvest timing must be just right for the best flavor. A ripe pineapple should be firm all over and have a fragrant smell. Pineapples provide some vitamin C, and are good sources of fiber and potassium.

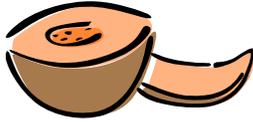
Tangelo (Ugli) Fruit

Native to Jamaica, Ugli fruit is a citrus fruit that is thought to be a mandarin-orange hybrid or tangerine-grapefruit hybrid. On its own, Ugli fruit has orange or pink flesh that is sweeter than grapefruit. It wears the most wrinkled skin of all citrus varieties, making it easy to peel. It is generally available October through February. Nutritional value is comparable to that of other citrus fruits.



Granny Smith Apples

Washington is the top producer of apples in America. Introduced in the U. S. in 1958, the Granny Smith has been a favorite ever since. The “Granny” has a famous bright to light green color and tart flavor. It is exceptionally tart and crispy. Grannies often have a light pink blush. They are excellent for salads and for eating right out of hand. Apples need refrigeration to maintain crispness and flavor. Avoid fruit with too many bruises. Apples are high in fiber and a good source of vitamins A and C and potassium. One average-sized apple contains 80 calories and no sodium.



Cantaloupe

Cantaloupe has been around since ancient Roman times about 2400 B. C. Brought to the New World on one of Columbus' voyages in seed form, he later reported seeing it cultivated by the Indians. Also known as the Musk Melon because of its sweet smell, it has been a favorite all over the world. Cantaloupe is grown mainly in California, Texas, and Arizona and is available year round. They must mature on the vine, as they will not ripen once picked. To choose mature melons, look for one that is well netted or webbed, with a yellow background and a pleasing aroma. If any of the stem is showing, that means the melon was picked pre-maturely and will probably not taste as sweet as one allowed to ripen on the vine. It is hard to believe, but the great taste of a juicy sweet cantaloupe comes with a very small caloric price: 50 calories per 6-oz slice! Half a cantaloupe will meet your daily requirement for vitamins A and C, as well as valuable minerals such as folic acid and potassium. Cantaloupe has no fat or cholesterol and provides fiber in the diet.

Honeydew Melon

Honeydew is actually a member of the cantaloupe family. It is characterized by a smooth, creamy colored outside skin (no netting) and a beautiful pale green flesh inside. Honeydew is one of the few melons of this type that can continue to ripen once picked. Honeydew likes to be cool but not chilled. At temperatures below 40° F., brown spotting may occur. Honeydew is an excellent source of vitamin C. It also contains potassium and fiber. It is low in calories and contains no fat or cholesterol.



Red Grapes

Table grapes have been around since 4000 B. C. Franciscan missionaries introduced table grapes to California in the late 1700s. They may have been introduced to Mexico as early as 1500 by the Spanish conquistadors. Of all the grape varieties available, red grapes are probably the least well known. Purchased as an impulse item, green grapes top the consumer's choice list. Grapes need to be picked at just the moment of ripeness because they do not sweeten after picking. Red grapes may be sweet or have a hint of tartness. Grapes are low calorie, provide vitamin C and potassium, and are low in sodium. They are great snacks, go well in the lunch box, or complement cheese platters.



Pomegranate

The Chinese Apple is another name for the pomegranate. The skin is red and smooth with a juicy spongy-soft, white membrane that encloses clusters of edible crimson, jewel-like seeds. The pomegranate has a sweet, aromatic flavor, and sometimes weighs up to one pound! In some cultures, the pomegranate is a symbol of fertility. Some herbalists to treat inflammations such as sore throats and rheumatism use it medicinally. The pomegranate can be stored at 32° F (for up to four months). Pomegranates contain vitamin C and fiber and are low in sodium and rich in potassium. This is a very unusual fruit that children particularly enjoy trying.

Strawberries

Strawberries are the favorite berries of the U. S. Most strawberries come from the United States, but there are also varieties from Mexico, New Zealand, and Canada. Store only briefly as they are seldom good beyond five days, and the temperature must be held below 40° F. However, if the temperature is too cold, they will lose both color and flavor. Quality berries are characterized by bright red color, with very little green or white visible. Caps should be in place. Look for clean berries with no sign of moisture or mold. Strawberries are low calorie and a good source of vitamin C and fiber.





Nutrients in Fruits and Vegetables

Nutrient	Function in the Body	Fruit and Vegetable Sources
Vitamin A	Essential for vision, skin and the immune system. Promotes growth. Protects against some types of cancer.	Cantaloupe, apricots, dark green and deep yellow vegetables such as pumpkin, carrots, sweet potatoes, spinach, greens and bell peppers.
Vitamin C	Strengthens blood vessels, improves wound and bone healing, increases the resistance to infections and increases the absorption of iron – another important nutrient for growth.	Cantaloupe, honeydew melon, peaches, oranges, strawberries, kiwi fruit, asparagus, sweet potatoes, bell peppers, broccoli, Brussels sprouts.
Antioxidants and Phytonutrients	Antioxidants are vitamins, minerals and other substances that fight free radicals, which play a role in the progression of cancer and heart disease. Phytonutrients are the color pigments in the fruits and vegetables that either act as antioxidants or enhance the antioxidant benefits.	Fruits and vegetables bursting with color such as berries, tomatoes, and dark green and deep yellow vegetables.
Fiber	Important to maintain digestive health, as well as reduce blood cholesterol.	Raspberries, peas, blackberries, Brussels sprouts, parsnips, raisins, broccoli, black beans.
Folate	Important for normal cell division, wound healing and prevention of birth defects.	Orange juice, dried peas and beans, green leafy vegetables such as mustard and turnip greens, collards and spinach.
Calcium	Important for strong bones, blood clotting, muscle contraction and nerve function.	Rhubarb, okra and green leafy vegetables such as mustard and turnip greens, collards, kale and spinach.

Source: *Building Blocks for Fun and Healthy Meals – A Menu Planner for the Child and Adult Care Food Program*. U.S. Department of Agriculture, Food and Nutrition Service. Spring 2000.

Good Fresh Fruit and Vegetable Sources of Vitamin A, Vitamin C, Iron and Calcium

Good Vitamin A Sources

- Apricots
- Cantaloupes
- Carrots
- Collard greens
- Hot chili peppers
- Leaf lettuce
- Romaine lettuce
- Mangos
- Nectarines
- Peaches
- Spinach
- Sweet Potatoes

Good Vitamin C Sources

- Broccoli
- Cabbage
- Cantaloupes
- Cauliflower
- Grapefruit
- Green peppers
- Brussels sprouts
- Kiwi fruit
- Oranges
- Papayas
- Strawberries
- Mustard greens

Good Iron Sources

- Spinach

Good Calcium Sources (nondairy)

- Spinach, raw
- Mustard greens, boiled
- Collards, boiled
- Beet greens, boiled
- Figs, raw
- Papaya, raw
- Rhubarb, raw
- Wakame, raw
- Kelp, raw
- Turnip greens, raw
- Cabbage, Chinese (pak choi)
- French beans
- Natto
- Tempeh
- Chickory greens, raw



Combining good iron sources with high Vitamin C sources helps with iron absorption in the body.

Source: Fresh 2 U The Florida Way

Fiber Rich Fresh Fruits and Vegetables



Fruits



(2 grams or more)

	Serving Size	Grams Fiber
apple, with skin	1 medium	3.5
apple, without skin	1 medium	2.7
apricot, fresh with skin	3 medium	2.0
banana	1 small	2.4
blueberries	½ cup	2.0
orange	1 medium	2.6
peach with skin	1 medium	2.0
pear with skin	1 small	3.1
pear without skin	1 small	2.5
strawberries	1 cup	3.0

(1-1.9 grams)

cantaloupe	¼ melon	1.0
cherries	10	1.2
peach, without skin	1 medium	1.2

Vegetables (raw)

(1 – 1.9 grams)

broccoli	½ cup	1.7
cabbage, shredded	½ cup	1.5
carrots, shredded	½ cup	1.8
celery	½ cup	1.1
onions	½ cup	1.0
tomato	1 medium	1.5
spinach	1 cup	1.2



Ethnic and Cultural Food Practices

Materials in this section have been adapted from: Fresh 2 U – Florida School Food Service Guide.
www.fresh-from-florida.org

At one time, kiwi and bean sprouts were considered unique foods; today, however, these foods and other ethnic and cultural food are typical foods found in kitchens across America. The following pages contain information on a variety of traditional food favorites.

Traditional Southern Favorites

The eleven states that traditionally are considered to make up the South include: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North and South Carolina, Tennessee, Texas, and Virginia.

Traditional Southern Fresh Fruits and Vegetables

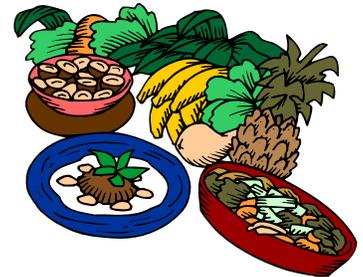
Sweet Potato	Watermelon	Collard greens	Honeydew
Peaches	Mustard greens	Apples	Beets
Pokeweed	Huckleberries	Okra	Squash
Cantaloupe	String Beans	Mayhaw	Cabbage
Turnip roots	Plums	Spinach	Broccoli
Kale	Oranges	Turnip Greens	Peas
Oranges			Key Limes

Cajun and Creole Traditional Favorites

Although southern Louisiana has a higher Cajun and Creole population, many have relocated into regions of northern Florida bringing with them many regional favorites.

Traditional Cajun and Creole Foods

Peas, crowder	Muscadines [scuppernongs]
Pumpkin	Dewberries/Blackberries
Cushaw squash	Satsuma/Mandarin
Mirliton/Chayote	Kumquats
Potatoes	Passion fruit



Pacific Islands

People of the Pacific Islands are from the 10,000 islands of Oceania. Polynesia, Micronesia, and Melanesia are the three areas that make up the Pacific region. Polynesia includes the major island and island groups of Hawaii, American Samoa, Western Samoa, Tonga, Easter Island, and Tahiti, and the Society Islands. The small islands of Micronesia include Guam, Kiribati, Nauru, the Marshall and Northern Mariana Islands, Palau, and the Federated States of Micronesia. Melanesia includes the nations of Fiji, Papua, New Guinea, Vanuatu, the Solomon Islands, and the French dependency of New Caledonia.

Traditional Pacific Island Foods

Melons	Sword beans	Papayas	Cabbage	Bananas	Breadfruit
Lentils	Passion fruit	Pigeon peas	Greens	Cassava	Coconuts
Pigeon peas	Vi [ambarella]	Cauliflower	Yams	Pineapples	Seaweed
Bitter melon	Carrots	Soybeans	Guavas	Sweet potatoes	Litchis
Jackfruit					Winged beans

Many different eating habits are prominent in this region due to the different religious practices found among the people. Vegetarianism is practiced with lacto-vegetarian, lacto-ovo-vegetarian, and vegan diets the most commonly followed forms. As vegetarianism is the preferred form of eating, even non-vegetarians eat vegetarian meals on special or religious holidays.

Traditional Indian and Pakistani Foods

Cucumber
Karela
Okra
Mung bean sprouts
Chenna [chickpeas]
Mattar [green peas]
Mango

Guava
Coconut
Tamarind [fruit from the Tamarind tree]
Brinjal [eggplant]
Karela



China, Japan, and Korea

Chinese, Japanese, and Korean foods found in American restaurants do not always reflect traditional foods found in China, Japan, and Korea. Traditional diets are abundant in complex carbohydrates and include a wide variety of meat, poultry, seafood, fruits, and vegetables. Almost 80 percent of the calories consumed are from grains, legumes, and vegetables; the remaining 20 percent comes from animal proteins, fruits, and fats.

Traditional Chinese, Japanese, and Korean Foods

Amaranth
Bananas
Banana squash
Dates
Broccoli
Grapes
Cauliflower
Lime
Chinese Long beans
Chinese mustard
Oranges
Eggplant
Peaches
Ginger root
Plums
Leeks
Tangerines
Lotus root and stems
Mushrooms
Peas
Seaweed
Taro
Water chestnuts
Winter melon



Apples
Bamboo shoots
Coconut
Bitter melon
Figs
Cassava [tapioca]
Lily seed
Cabbage [bok choy and napa]
Muskmelon
Cucumbers
Passion fruit
Fuzzy melon
Pineapples
Kohlrabi
Pomelos
Lily root
Strawberries
Okra
Potato
Snow peas
Tea melon
Watercress
Yams



Asparagus
Custard apples
Bean sprouts
Dragon eyes [longan]
Burdock root
Kumquats
Celery
Litchi
Mango
Chrysanthemum greens
Papaya
Flat beans
Persimmons
Green peppers
Pomegranates
Legumes
Pear apples
Luffa
Onions
Pumpkin
Spinach
Turnips
Wax beans



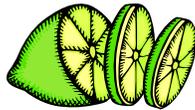
Mexico

The unique blend of native and European foods prepared with Indian (mostly Aztec) and Spanish cooking techniques are the resulting cuisine of traditional Mexican food.

Traditional Mexican Foods

Plantains	Avocados	Carambola
Zapote	Strawberries	Corn
Tuna [cactus fruit]	Cherimoya	Granadilla [passion fruit]
Coconut	Cactus	Jicama
Chiles	Guanabana	Lemons
Guava	Onions	Potatoes
Peas	Limes	Melon
Mamey	Squash blossoms	Tomatoes
Tomatillos	Oranges	Pineapple
Papaya	Yuca [cassava]	

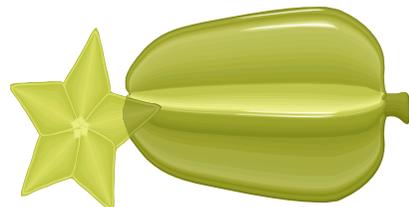
Southeast Asia



Southeast Asia includes the Philippine, Vietnam, Cambodia, and Laos. Spanish expansionism in the Philippines and the French occupation in Vietnam have led to the development of a diverse cuisine. Regions use many of the same ingredients with varying meal preparation techniques.

Traditional Southeast Asian Foods

Citrus fruits	Apples	Corn
Avocados	Amaranth	Banana blossoms
Bamboo shoots	Bananas	Bean sprouts
Calamansi [lime]	Beets	Coconut
Bitter melon	Durian	Mushrooms
Grapes	Cabbage	Guava
Carrots	Jackfruit	Cashew nut leaves
Java plum	Cassava	Litchi
Cauliflower	Mangoes	Celery
Melons	Eggplant	Papaya
Endive	Pears	Green beans
Persimmons	Green papaya	Pineapples
Hyacinth beans	Plums	Hearts of palm
Pomegranates	Kamis	Pomelo
Leaf fern	Rambutan	Leeks
Rhubarb	Lettuce	Star fruit
Long green beans	Strawberries	
Tamarind	Watermelon	

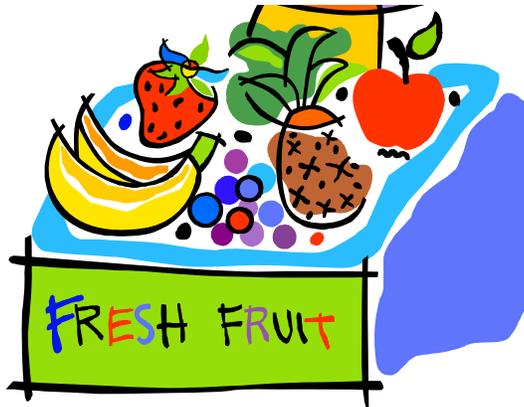


Cuba and Puerto Rico

Caribbean food habits are very similar, although each island has its specialties. The Indians, the Spanish, French, British, Dutch, Danes, Africans, Asian Indians, and Chinese have all had an impact on the cuisine.

Traditional Cuban and Puerto Rican Foods

Yuca	Avocados	Manioc
Bananas	Plantains	Cashew apples
Malanga [taniel]	Coconuts	Chocho [christophene]
Guava	Chayote	Papayas
Sweet potatoes	Pineapples	Tomatoes
Soursop	Chili peppers	Limes
Okra	Breadfruit	Taro
Mangoes	Black beans	Oranges
Kidney beans	Acerola cherries	Black-eyed peas
Akee	Arracacha	Caimito [star fruit]
Broccoli	Citron	Cabbage
Cocoplum	Calabaza [green pumpkin]	Custard apple
Callaloo [malanga or taro leaves]	Gooseberries	Chiles
Grapefruit	Granadilla [passion fruit]	Corn
Eggplant	Cucumbers	Kumquats
Mamey	Lemons	Green beans
Palm hearts	Malangas	Pomegranates
Sapodilla	Raisins	Radishes
	Spinach	Tamarind



Fruit and Vegetable Websites

Consumer Group	Web Site	Nutrition Education	Information Specifically for Schools	Recipes	Free Posters & More
National Fruit and Vegetable Program	www.fruitsandveggiesmatter.gov	Yes	No	Yes	Yes
Produce for Better Health	www.fruitsandveggiesmorematters.org	No	No	Yes	Yes
California Cling Peaches	www.calclingpeach.com	Yes	Yes	Yes	Yes
California Kiwifruit	www.kiwifruit.org	Yes	Yes	Yes	No
California Strawberry Commission	www.calstrawberry.com	Yes	Yes	Yes	Yes
California Tomato Commission	www.tomato.org	Yes	No	Yes	Yes
Cherry Marketing Institute	www.cherrymkt.org	Yes	Yes	Yes	Yes
Idaho Potato Commission	www.idahopotato.com	Yes	No	Yes	Yes
Michigan Apple Committee	www.michiganapples.com	Yes	No	Yes	Yes
North American Blueberry Council	www.blueberry.org	Yes	No	Yes	Yes

Publication	Web Site
Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture.	www.fns.usda.gov/tn/Resources/fv_galore.html
National Action Plan To Promote Health Through Increased Fruit and Vegetable Consumption. Produce for Better Health Foundation. Team Nutrition	http://www.pbhfoundation.org/pulser/action/ http://healthymeals.nal.usda.gov
Fruits & Veggies- More Matters Resource Manual	http://www.floridawic.org/Documents/fruits_and_veggies--more_matters/index.html