



Reaping the Benefits of your Winter Garden

One cup of green peas is:

An excellent source of vitamin A, C, K, thiamin, folate & fiber

A source of protein, iron, vitamin B6, riboflavin & niacin

Sauté peas with garlic and mushrooms; add lightly cooked peas to rice or pasta dishes.

Store peas unwashed &

unshelled in a perforated bag in the fridge for several days.



One cup of romanesco is:

An excellent source of vitamin C & K

A source of folate, vitamin B6 & fiber

Blanch the florets, shock in an ice bath to lock in that vibrant color, and add to salads, veggie trays, or even cold noodle dishes; roast or sauté romanesco in olive oil with onions and garlic.

Keep unwashed romanesco in a plastic bag in the fridge for a few days.



One cup of cooked Swiss chard is:

An excellent source of vitamin A, C, K, iron & magnesium

A source of fiber, vitamin E & calcium

Add young leaves to salads; add chopped chard to soups; or sauté with garlic and olive oil.

Store chard unwashed in a plastic bag in the fridge

for up to three days.



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