

Beets

Store in the refrigerator and use within 2 weeks.

Ways to eat more

Roast beets with sweet potatoes or grate raw beets on a green salad.

Make an easy salad with cooked beets, salad greens, feta cheese, and a light salad dressing.



Berries

Store in the refrigerator in an open container and use within 1 week.

Ways to eat more

Add berries to a spinach salad, yogurt, or pancakes.

Top frozen yogurt with cooked and cooled berries for a refreshing summer treat.



Greens

Store in the refrigerator in sealed containers OR wrap in a damp paper towel in a plastic bag. Use within 1 week.

Ways to eat more

Add greens to pasta, rice, soups, or stir-fry.

Add greens to eggs or potatoes for breakfast.



Garlic and Onions

Store in a cool, dry place for use within 2 weeks.

Scallions

Store in the refrigerator and use within 1 week.

Ways to eat more

Use onions and garlic as a base for sautéed vegetables or added to pasta.

Roast whole bulbs of garlic in the oven and spread on whole grain bread for garlic bread without added fat or salt.

Scallions and onions add great flavor to salads, eggs, or stir-fry.



Choose firm, smooth produce without bruises, soft spots, or cracks. Wash fresh fruits and veggies right before using.

The Family Corner

Let's go to the farmers' market or grocery store together!

The whole family can enjoy in-season fruits and vegetables. Try a new leafy green vegetable each week as a family. Let your children pick out their favorite leafy green at the market this spring!

Let's Get Cooking!

Kids can help with meals and snacks.

Let them help:

- Tear lettuce for salad.
- Make a fruit plate with fresh berries for a snack.
- Decorate a homemade pizza with fresh greens like spinach and arugula.
- Wash fresh kale, spinach and berries.
- Make a fruit and yogurt parfait with fresh berries.
- Wash and tear kale leaves. Drizzle with olive oil and bake in the oven to make kale chips!

For healthy recipes that use spring fruits and vegetables and information about making healthy food choices visit our recipe section at www.eatsmart.umd.edu

To find a farmers' market near you visit our "Locally Grown" section at www.eatsmart.umd.edu



MARKET TO MEALTIME!

Springtime at the Market

- Eat a rainbow this spring! Berries, beets, and leafy greens are in-season and can add extra color and nutrition to your meals.
- Herbs, onions, garlic, and scallions add fresh flavors to food without adding salt or fat.
- It's easy to make half your plate fruits and vegetables when springtime salad veggies are in-season.

Look inside for ways to spice up your meals and snacks with spring fruits and vegetables!

