



Superfoods for Fall

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They're the perfect excuse to get cooking on cool nights!

Apples – Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin—it contains hearty-healthy flavonoids. Health benefits include:

- Full of antioxidants
- 4 grams of dietary fiber per serving

Harvest season: August–November

Brussel Sprouts – Made the correct way, these veggies taste divine. They have a mild, somewhat bitter taste, so combine them with tangy or savory sauces, like balsamic vinegar. Health benefits include:

- 1/2 cup contains more than your DRI of vitamin K
- Very good source of folate
- Good source of iron

Harvest season: September–March.

Cauliflower – The sweet, slightly nutty flavor of cauliflower is perfect for winter side dishes. It's wonderful steamed, but it can also be blended to create a mashed potato-like texture or pureed into soup. Health benefits include:

- Compounds that may help to prevent cancer
- Phytonutrients may lower cholesterol "Excellent source of vitamin C"

Harvest season: September–June

Squash – Unlike summer squash, winter squash has a fine texture and a slightly sweet flavor. Because of its thick skin, it can be stored for months. It tastes best with other fall flavorings, like cinnamon and ginger. Health benefits include:

- Contains omega-3 fatty acids
- Excellent source of vitamin A

Harvest season: October–February

Pumpkin – A type of winter squash, pumpkin can be used for much more than jack-o'-lanterns. Its sweet taste and moist texture make it ideal for pies, cakes, and even pudding! Health benefits include:

- Rich in potassium
- More than 20% of your DRI of fiber
- Good source of B vitamins

Harvest season: October–February

Sweet potatoes – These veggies are for much more than Thanksgiving casseroles. More nutritionally dense than their white-potato counterparts, try roasting them—they'll taste delicious, and you may maintain more vitamins than boiling. Health benefits include:

- Excellent source of vitamin A
- Good source of iron
- Anti-inflammatory benefits

Harvest season: September–December

Turnips – Tender and mild, these root vegetables are a great alternative to radishes and cabbage. To flavor these veggies, use fennel, bread crumbs, or even brown sugar. Turnip leaves, which taste like mustard leaves, are easy to cook and dense in nutrients. Health benefits include:

- The roots are a good source of vitamin C
- Turnip leaves are an excellent source of vitamins A, K, and folate

Harvest season: September–April

Kiwi – Use this sweet fruit to add a tropical flavor to your recipes. It's great mixed with strawberries, cantaloupe, or oranges and can be combined with pineapple to make a tangy chutney. Health benefits include:

- More vitamin C than an orange
- Good source of potassium and copper

Harvest season: September–March

Source: *Health.com*. Some content has been adapted for space. Full article at: <http://www.health.com/health/package/0,,20663974,00.html>

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