

# Produce Grown on Heart and Spade Farms



heart &  
spade  
farms

Produce	Nutrient Content	Use	Fun Facts	Crop Harvest Time
<b>Bush Beans</b> 	Good source of Vitamin A, C, and Dietary Fiber.	Eat it raw, boiled, and steamed!	Bush beans are a great low-calorie crunchy snack!	July-September
<b>Beets</b> 	Good source of Dietary Fiber and Folic Acid.	Eat it roasted and in salads!	Beets contain phytonutrients which may help to reduce inflammation in the body.	May-November
<b>Bok Choy</b> 	High in Folate, Calcium, Vitamin B6, and is an excellent source of Dietary Fiber.	Eat it in soups, stir-fry's, and salads!	Bok choy is sometimes called the 'soup spoon' vegetable because of the shape of its leaves.	May-June
<b>Broccoli</b> 	Excellent source of <i>plant-based</i> Calcium and Vitamins A, B, C, and K.	Eat it steamed, roasted, and in salads!	It's best to not overcook your broccoli and let it become soft and mushy as that is an indicator that it has lost both flavor and nutrients.	May-June, September-October
<b>Cabbage</b> 	Excellent source of Vitamin C, K, and Dietary Fiber.	Eat it in salads, soups, stews, and stir-fry's!	Cabbage can be purple, white or green in color!	July-October
<b>Carrots</b> 	Excellent source of Vitamin A and a good source of Dietary Fiber.	Eat it raw, in soups, stews, and roasted!	Carrot seeds are so <i>small</i> that nearly 2,000 seeds can fit in a single teaspoon.	June-October
<b>Radicchio</b> 	Rich in Vitamin K.	Eat it grilled, in soups, stews, or use the leaves as a shell for wrap!	<i>Not</i> to get confused with red cabbage – radicchio leaves are thinner and more tender.	October-December
<b>Cilantro</b> 	Composed mainly of water (92%, if fresh), therefore has low levels of minerals.	Eat it in dressings, as garnish, and in rice. Flavor enhancer!	The leaves of this plant are known as cilantro and the seeds are known as coriander.	May-October

<b>Collard Greens</b> 	Excellent source of Vitamin K (858% DRI in 1 cup!) Vitamin A and C.	Eat it in stir-fry's, sautéed, salads, slaws, stews, and soups!	This leafy green is packed full of vitamins and minerals. Very nutritious.	June-October
<b>Cucumbers</b> 	Good source of Vitamin C and Dietary Fiber – with the skin on!	Eat it raw and in salads! Add to drinking water for additional flavoring.	Helps keep the body hydrated as it is 96% water!	June-August
<b>Eggplant</b> 	Good source of Dietary Fiber, Vitamin K, Phytonutrients and Anthocyanins.	Eat it roasted, grilled, stuffed with other veggies, in chip form, and in stir-fry's!	Eggplants are a fat-free vegetable!	July-September
<b>Fennel</b> 	Good source of Dietary Fiber and Phytonutrients.	Eat it grilled, sautéed, and use the stalks in soups and stews!	Fennel is a popular anti-flatulent!	May-June, September-October
<b>Garlic</b> 	Not particularly <i>rich</i> in nutrients, contains a little bit of 'everything', low in calories, good source of flavoring in vegetable dishes.	Eat it raw – just kidding. Only if you're brave as it has a strong flavor!	Garlic has no fat and very little calories – great addition to any meal for extra flavoring.	September-December
<b>Kale</b> 	Excellent source of Vitamin A, C, K, Magnesium and little protein.	Eat it raw, sautéed, roasted, in salads, soups, stews, and in smoothies!	All hail to kale! A very popular and vital vegetable. Rightly so as it is one of the most nutrient dense foods!	May-July, September-December
<b>Kohlrabi</b> 	High in B-vitamins, Potassium, and Vitamin C.	Eat it raw, mixed in with salad, roasted, steamed, stews, and in soups!	A very odd-looking plant and grows above ground!	June-July, September-October
<b>Leeks</b> 	Excellent source of Vitamin K, good source of Folate and Vitamins A and C.	Eat it raw, cooked, and sautéed for flavor!	Leeks have a sweet flavor to them, like onions!	September-December
<b>Lettuce</b> 	Not as rich as dark leafy greens, still provides small amount of Vitamin A, Iron, and Dietary Fiber.	Eat it in salads, as a topping and as wraps!	Lettuce is the second most popular fresh vegetable in the US – behind potatoes!	May-July, September-November
<b>Loose Leaf Lettuce</b> 	A mixture of different types of lettuce provides an excellent source of Vitamin A, K, and C.	Eat it in salads and sandwiches!	This is also known as salad mix or mini greens!	May-October

<b>Melon</b> 	Excellent source of Vitamin A and C.	Eat it raw or in salads!	Has a 92% water content, another good food for hydration!	July-August
<b>Onion</b> 	Rich in Antioxidants, Vitamin C, and healthy Oligosaccharides called Fructans.	Eat it roasted, sautéed, and in stir - fry's! A great use of additional flavor.	Onions are closely related to chives, garlic, scallions, leeks, and shallots.	Spring Onions June-August, Storage Onions September- December
<b>Parsley</b> 	Rich in Vitamins A, C, and K.	Eat it mixed in with salads, use as garnish, and stir into sauces!	Just two tablespoons of parsley supply you with 100% of your Vitamin K RDA.	June-September
<b>Parsnips</b> 	Good source of Vitamin C, Folate, and Manganese.	Eat it roasted, sautéed, grilled, baked, mashed or in soups and stews! Very versatile.	Parsnips are a great source of both soluble and insoluble fiber!	September- December
<b>Hot Peppers</b> 	Excellent source of Vitamin C and A.	Eat it alone, grilled, as a topping, in soups and stews!	Try grilling and adding to salads for an extra crunch and kick!	July-October
<b>Sweet Peppers</b> 	Rich in antioxidants, Vitamin C, and Vitamin B6.	Eat it raw, cooked, grilled and stuffed with other foods!	Packages of 3 bell peppers -- green, yellow, and red pepper are known and sold as 'Traffic Light Peppers'.	July-October
<b>Potatoes</b> 	Rich in Carbohydrates and energy, low in calories, good source of Vitamin B6 and Vitamin C.	Eat it mashed, baked, and roasted!	Potatoes are sometimes called spuds!	June-October
<b>Radish</b> 	Good source of Vitamin C, and adequate levels of Folate, Vitamin B6, and Iron.	Eat it in raw salads and in cooked meals!	Radish are one of few very low-calorie root vegetables!	May-June, September- October
<b>Summer Squash</b> 	Good source of Vitamin C, Dietary Fiber, Vitamin B6, Riboflavin, and Manganese.	Eat it in baked goods, stir-fry's, roasted and grilled!	Squash is rarely processed and primarily used for fresh markets!	July-September
<b>Swish Chard</b> 	Excellent source of Iron, Vitamins A, C, K and good source of Dietary Fiber.	Eat it raw, sautéed, and mixed in salads!	Another name for this produce is silverbeet! It is also bitter eaten raw due to high amounts of oxalic acid.	May-July, September- November
<b>Tomatoes</b> 	Rich in Vitamin C and Lycopene. Good source of Potassium and Dietary Fiber.	Eat it raw, sautéed, in soups, stews, and sauces!	Tomatoes have a very high-water content – 95% The other 5% is mainly carbohydrates and fiber.	July-October

<p><b>Turnips</b></p> 	<p>Good source of Vitamin C, Dietary Fiber, Potassium, and Calcium.</p>	<p>Eat it raw, cooked, in soups, stews, and roasted for the <i>best</i> flavor!</p>	<p>You want your turnips to be small, the larger the turnip the 'spicier' the flavor!</p>	<p>May-June, September-November</p>
<p><b>Winter Squash</b></p> 	<p>Excellent source of Vitamin A and C, Alpha-carotene, Potassium, Carbohydrates, and high in Dietary Fiber.</p>	<p>Eat it roasted, mashed, in soup, and stews!</p>	<p>Though all squashed are a great nutritional food – Acorn squash is packed with the most nutrients!</p>	<p>September-December</p>