

WILDLY NOURISHING VEGETABLES

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+ LET'S DIG IN....

- Greens & Lettuces
- Alliums: onions & garlic
- Tomatoes
- Crucifers: broccoli, cauliflower, cabbage, kale
- Legumes: beans, peas, lentils
- Artichokes, Asparagus, Avocados
- Root Crops: carrots, beets & sweet potatoes



+ GREENS & LETTUCES



- Choose
 - intensely colored lettuces: red, purple, reddish brown > dark green > green
 - those with a loose leaf arrangement for increased antioxidants
 - whole heads; fresher vs bagged
 - lettuce with crisp leaves and no signs of wilting or yellowing, it should also feel heavy for its size
- Store
 - by separating leaves, 10 min ice-cold soak, towel or spin dry, store in microperforated re-sealable bag, squeeze out excess air and store in crisper drawer (within 1-2 d use; tear up leaves)

+ GREENS & LETTUCES



- Choose
 - colorful packaged greens, avoid limp or yellow leaves
 - those with the furthest out 'use-by' date
 - extra nutritious non-lettuce varieties: Arugula (peppery), Radicchio (bitter bite), Endive, Spinach (mild and soft) in creating salad blends
- Enjoy
 - with a healthy fat to increase bioavailability of fat-soluble nutrients. Unfiltered olive oil = less oxidation = good
 - with antioxidant rich lemon juice and vinegars: apple cider, red wine, balsamic
 - oil and vinegar dressings, particularly a honey mustard vinaigrette can tone down the bitterness of greens.

+ ALLIUMS: ONIONS & GARLIC



- Choose
 - garlic with plump, firm cloves enclosed in a tight intact outer wrapper
 - strongly flavored onions like red and yellow, the smaller the better
 - nutritiously superior shallots for their milder flavor
 - scallions/green onions as they are closest to wild in appearance and nutrients
 - onions and garlic that have not begun to sprout

+ ALLIUMS: ONIONS & GARLIC



- Prep
 - garlic wisely: to get maximum allicin, slice, mince or press the garlic at least 10 minutes before exposing it to heat
- Store
 - onion and garlic chives and scallions in microperforated bags
- Enjoy
 - the green parts of leeks and scallions = greatest concentration of nutrients
 - onions cooked to tame their fire, bring out sweetness and increase nutrition content
 - leeks soon after purchase, they lose their antioxidants very rapidly

+ ROOT VEGETABLES



- Choose
 - whole, fresh carrots rather than “baby carrots”, tops still attached ideal. Purple and purple-orange varieties are most nutritious
 - beets for betalins, bionutrients that may reduce the risk of cancer, their greens are more nutritious than the root!
 - sweets potatoes instead of common potatoes for their higher antioxidant content and lower glycemic index, the most nutritious have red, dark orange, purple or deep yellow flesh
- Store
 - sweet potatoes in a cool, dry, well ventilated location; ~2 wks.
 - beet greens separated from the root, in a microperforated bag
 - beet root unwrapped in the crisper drawer

+ ROOT VEGETABLES



- Enjoy
 - cooked carrots; they are more nutritious than their raw form. Include some fat or oil with the meal. Steam, bake or roast them whole and cut after they have cooked for added flavor and nutrition
 - beets roasted, steamed or microwaved for increased antioxidant properties. If needed, serve with mustard, horseradish or vinegar to disguise the geosmin or earthy flavor of beets

+ TOMATOES



- Choose
 - deep red tomatoes; they have more lycopene than yellow, gold or green
 - processed tomato products; unlike fresh, those grown for canning ripen in the field and are processed shortly after harvest. The heat involved in canning increases the absorption of lycopene
 - smaller tomatoes, as they are the higher in sugar and lycopene
- Store tomatoes at room temperature to preserve flavor, chilling breaks down flavor and aroma compounds
- Cook tomatoes to convert lycopene into a form that is easier to absorb. Cooking for 30 minutes more than doubles it!

+ CRUCIFERS



- Choose
 - the freshest broccoli at the market, whole heads > precut, look for firm stalks, non yellow florets and a clean cut end. Fresh > frozen
 - brussels sprouts in season, with bright green heads
 - white cauliflower for its higher cancer fighting compounds, but green/purple for their superior antioxidant content; Fresh > frozen
 - kale, as it is the most bitter and beneficial of all the crucifers
- Store
 - broccoli and Brussels sprouts in a microperforated bag in the crisper drawer, but eat it as soon as possible, <2 days ideally
 - cabbage longer than those above without losing its nutrients
 - cauliflower for up to a week in your refrigerator; kale— a few days

+ CRUCIFERS



- Cook
 - steam broccoli for 5 minutes or less. Boiling or microwaving drastically destroys nutrients—BUT best eaten raw broccoli for the most sulforaphane, a potent cancer-fighting nutrient
 - brussels sprouts similarly—a 6-8 minute steam
 - steam cabbage briefly to reduce odor and increase nutritional value
 - cauliflower is best steamed or sautéed in healthy fat to increase nutrition; avoid boiling
 - kale by steaming briefly, sauté it in oil, or making roasted kale chips. Raw; however, is most nutritious

+ LEGUMES: BEANS, PEAS, LENTILS



- Choose
 - fresh peas and beans, frozen as not as nutritious
 - those is highest antioxidant activity: lentils, black beans, small dark red beans, dark red kidney beans, and pintos
 - (BPA-free) Canned beans as the heat processing increases the nutrients, even relative to home cooked beans!
 - those lower in oligosaccharides to incr digestibility: lentils & pintos
- Cook
 - dried beans by steaming or pressure cooking to retain their antioxidant value; if simmering, let them soak in cooking liquid for a hour to reabsorb some nutrients lost
 - discard soaking liquid before cooking to increase digestibility

+ ARTICHOKES, AVOCADOS, ASPARAGUS,

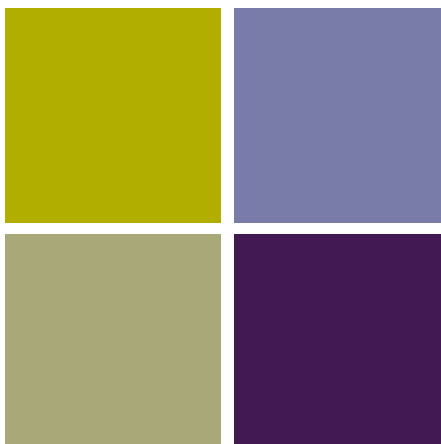


■ Choose

- fresh artichokes and consume within 1-2 days; canned artichokes are highly nutritious, as well
- the freshest asparagus you can find, Look for short, straight spears with tightly closed tips and moist ends
- avocados for their soluble fiber and “good” fats, the Hass is common and one of the most nutritious. Ripe when they are soft at the stem end, but have only a slight “give” in the middle

■ Store

- unripe avocados in a brown paper bag to speed ripening; + banana to accelerate it
- whole ripe avocados in the refrigerator for up to 2 days
- cut sections stay fresh for 2 days if you drizzle them with lemon/lime juice or store on a bed of chopped onions in refrigerator



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THANK YOU!

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