

# COOKSMARTS' GUIDE TO ENJOYING VEGETABLES

Here's your guide on how you can fill your diet with a whole variety of vegetables. Enjoy them in season for tastiest (and least expensive) results!

## WAYS TO ENJOY

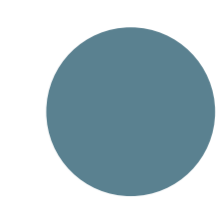
## BEST IN



SAUTÉ



MICROWAVE



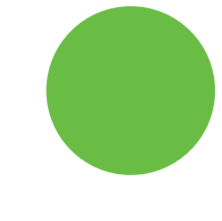
WINTER



STEAM



PURÉED SOUPS



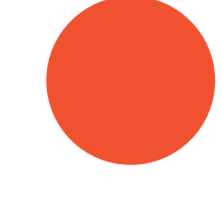
SPRING



ROAST



SALADS



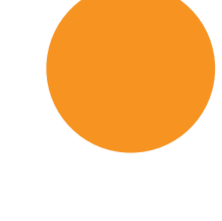
SUMMER



BOIL



NOODLES



FALL

ACORN SQUASH	ARTICHOKES	ARUGULA	ASPARAGUS	BEETS	BELL PEPPERS	BOK CHOY	BROCCOLI RABE	BROCCOLI
BRUSSELS SPROUTS	BUTTERNUT SQUASH	CABBAGE	CARROTS	CAULIFLOWER	CELERY	CHARD	COLLARDS	CORN
CUCUMBER	EGGPLANT	ENDIVE	FENNEL	GREEN BEANS	KALE	LEEKS	LETTUCE / MIXED GREENS	MUSHROOMS
MUSTARD GREENS	OKRA	ONIONS	PARSNIPS	POTATOES	NEW / BABY POTATOES	RADICCHIO	RADISHES	RUTABAGAS
SNOW PEAS	SUGAR SNAP PEAS	SPAGHETTI SQUASH	SPINACH	SWEET POTATOES	TOMATOES	CHERRY / GRAPE TOMATOES	TURNIPS	ZUCCHINI / SUMMER SQUASH