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!

<table>
<thead>
<tr>
<th>ACORN SQUASH</th>
<th>ARTICHOKE</th>
<th>ARUGULA</th>
<th>ASPARAGUS</th>
<th>BEETS</th>
<th>BELL PEPPERS</th>
<th>BOK CHOI</th>
<th>BROCCOLI RABE</th>
<th>BROCCOLI</th>
</tr>
</thead>
<tbody>
<tr>
<td>BRUSSELS SPROUTS</td>
<td>BUTTERNUT SQUASH</td>
<td>CABBAGE</td>
<td>CARROTS</td>
<td>CAULIFLOWER</td>
<td>CELERY</td>
<td>CHARD</td>
<td>COLLARDS</td>
<td>CORN</td>
</tr>
<tr>
<td>CUCUMBER</td>
<td>EGGPLANT</td>
<td>ENDIVE</td>
<td>FENNEL</td>
<td>GREEN BEANS</td>
<td>KALE</td>
<td>LEeks</td>
<td>LETTuce / MIXED GREENS</td>
<td>MUSHROOMS</td>
</tr>
<tr>
<td>MUSTARD GREENS</td>
<td>OKRA</td>
<td>ONIONS</td>
<td>PARSNIPS</td>
<td>POTATOES</td>
<td>NEW / BABY POTATOES</td>
<td>RADICCHIO</td>
<td>RADISHES</td>
<td>RUTABAGAS</td>
</tr>
<tr>
<td>SNOW PEAS</td>
<td>SUGAR SNAP PEAS</td>
<td>SPAGHETTI SQUASH</td>
<td>SPINACH</td>
<td>SWEET POTATOES</td>
<td>TOMATOES</td>
<td>CHERRY / GRAPE TOMATOES</td>
<td>TURNIPS</td>
<td>ZUCCHINI / SUMMER SQUASH</td>
</tr>
</tbody>
</table>

WAYS TO ENJOY
- SAUTÉ
- STEAM
- ROAST
- BOIL
- MICROWAVE
- PURÉED SOUPS
- SALADS
- NOODLES

BEST IN
- WINTER
- SPRING
- SUMMER
- FALL

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