

Baby Orange Cauliflower



A variety of cauliflower developed in 2004 at Cornell University. The brightly colored cauliflower is actually higher in vitamins A and C than regular white cauliflower.

All cauliflower—including the snowy white variety—is low in calories and rich in Vitamins C and K, folate, fiber, potassium, riboflavin, and thiamine.

1 cup of cauliflower has 25 calories!

Nectarines, like peaches, probably originated in China over 2,000 years ago and were cultivated in ancient Persia, Greece and Rome.

The word ‘nectarine’ means sweet as nectar, and this is very likely the obvious origin of the name.

Today, California grow over 95% of the nectarines produced in the United States.

One nectarine has approximately 60 calories!

Nectarines



Sugar Snap Peas



Sugar snap peas add color, texture and variety to meals.

They can be used in a variety of ways including: steaming or stir-frying or enjoy them raw.

Sugar snap peas are high in calcium, dietary fiber, iron and Vitamin C

1 cup of sugar snap peas has 45 calories.

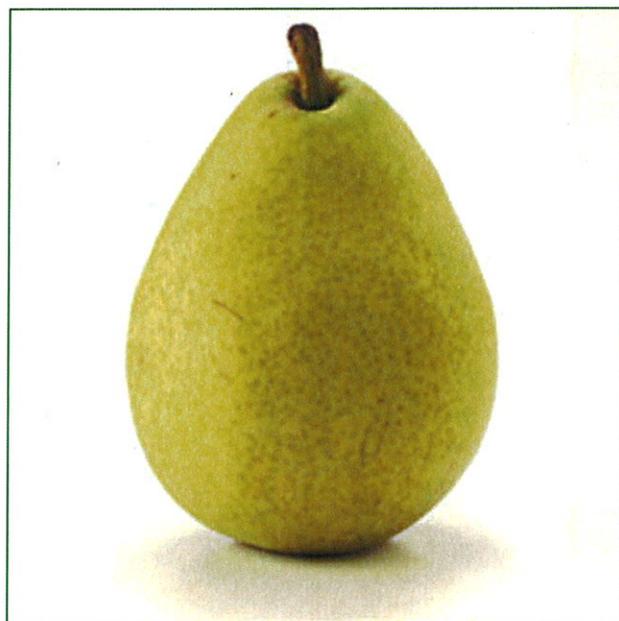
The California Bartlett pear is the nation's leading pear variety. California as a whole produces 60% of the nation's total Bartlett pear crop.

Bartlett pears generally have very high sugar levels, making it the sweetest, juiciest pear around!

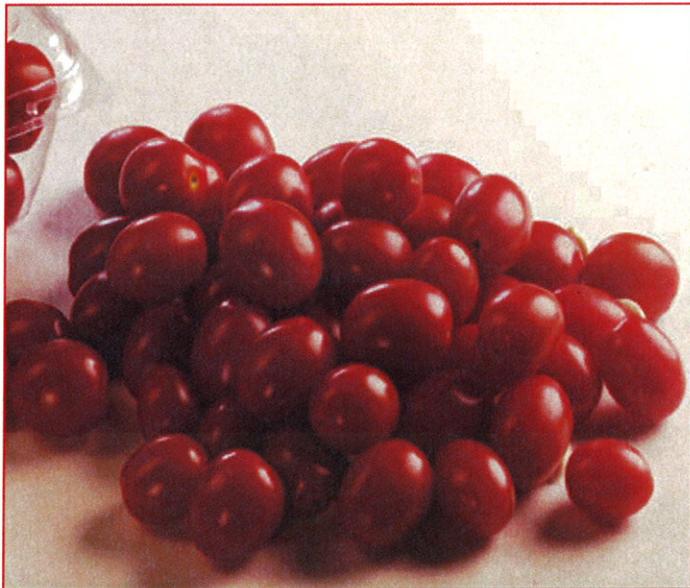
Bartlett pears provide 30% more potassium than an apple and are a good source of Vitamin C and dietary fiber.

1 pear has approximately 100 calories.

Bartlett Pears



Grape Tomatoes



Grape tomatoes are very sweet and firm textured and average about 1/2 –3/4 inches in length.

Grape tomatoes are not only delicious but are also a wonderful source of antioxidants Vitamins A and C and lycopene.

3 ounces of grape tomatoes have 25 calories.

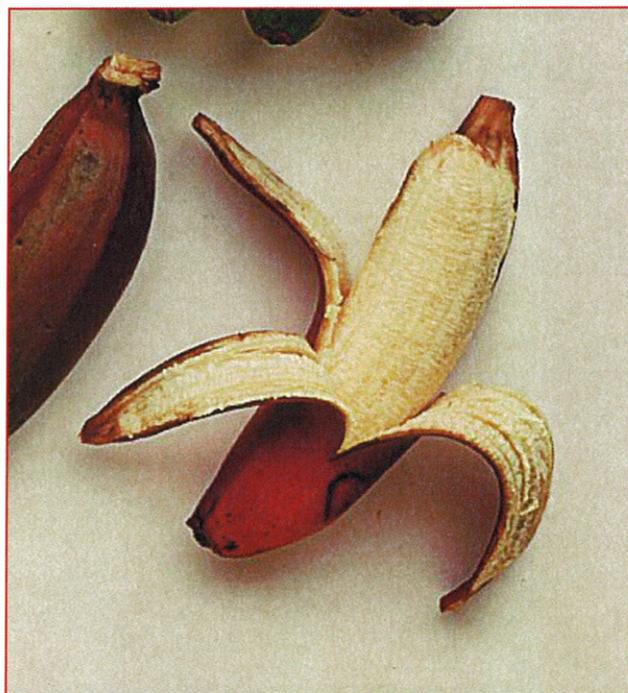
Bananas don't grow on trees! They grow on compacted, water-filled leaf stalks that grow up to 25 feet high. They are the world's largest herb.

Bananas are a good source of Vitamin C, potassium and dietary fiber, Vitamin B6 and iron.

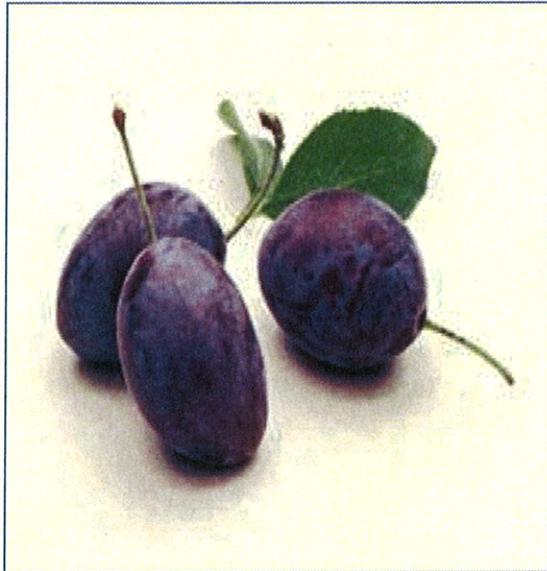
The average American consumes over 28 pounds of bananas each year.

One medium red banana has approximately 110 calories.

Red Bananas



Prune Plums



Prune plums are fruits of ancient heritage. They were first grown in Western Asia near the Caspian Sea. California now produces practically all of the Prune Plums in the United States and an average of 70% of the worlds supply.

Plums taste best when consumed fresh from the tree but also provide a fine nutritional snack in its dried form.

Prune Plums are a good source of Vitamins A and C and dietary fiber.

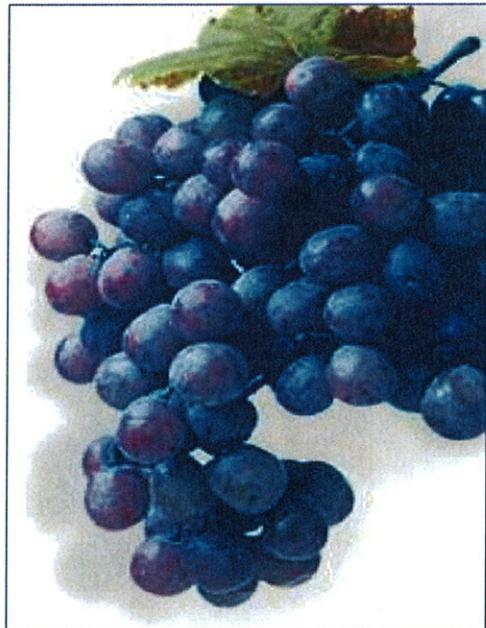
Two medium prune plums has 70 calories.

Concord Grapes are native to North America and are of the slip-skin variety. The Concord Grape is a robust and aromatic grape whose ancestors were wild native species found growing in the rugged New England soil.

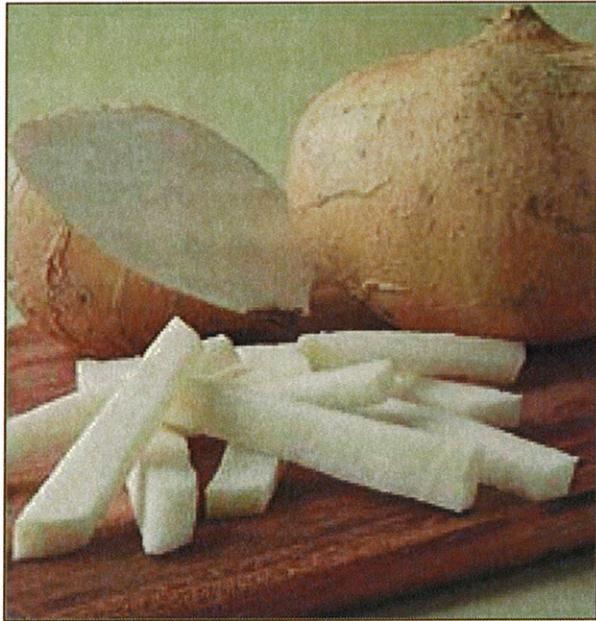
Eating Concord Grapes is good for your heart as they contain Vitamins A, B1, B2, C, iron, potassium, and niacin. They are also a good source of dietary fiber and Vitamin E—if you eat the seeds!

One cup of Concord Grapes has 62 calories.

Concord Grapes



Jicama



Jicama belongs to the legume or bean family. It is a popular dietary staple in many Latin American countries.

Jicama is usually peeled and eaten raw. It has a taste similar to a potato or an apple making it a great addition to a raw vegetable platter.

Jicama is a good source of Vitamin C, folic acid, and dietary fiber.

One cup of Jicama has 45 calories.

Asian Pears are cousins to the pears typically seen in grocery stores.

These pears are usually round, firm to touch when ripe, crispy and juicy.

Asian Pears are a good source of Vitamins C and K, and dietary fiber.

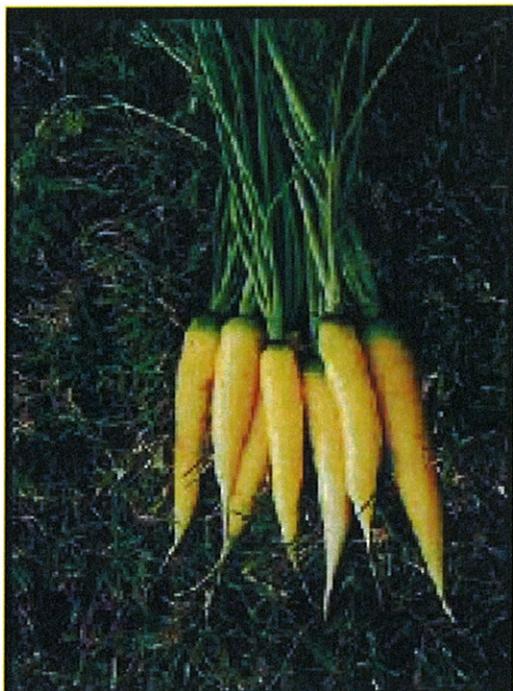
Ninety-eight percent of all pears grown in the United States are grown in California, Oregon and Washington.

One Asian Pear has 50 calories.

Asian Pears



Yellow Carrots



Shredded in salads, steamed, or dunked in veggie dip, carrots are a versatile veggie.

Yellow carrots were eaten more than 1,000 years ago in Afghanistan and more than 700 years ago in Western Europe.

Yellow carrots are typically sweeter and more delicate than their orange cousins.

Yellow carrots are an excellent source of Vitamins A, C, and K and dietary fiber and potassium.

Eight baby carrots has about 26 calories.

Pineapple is one of the world's favorite tropical fruits.

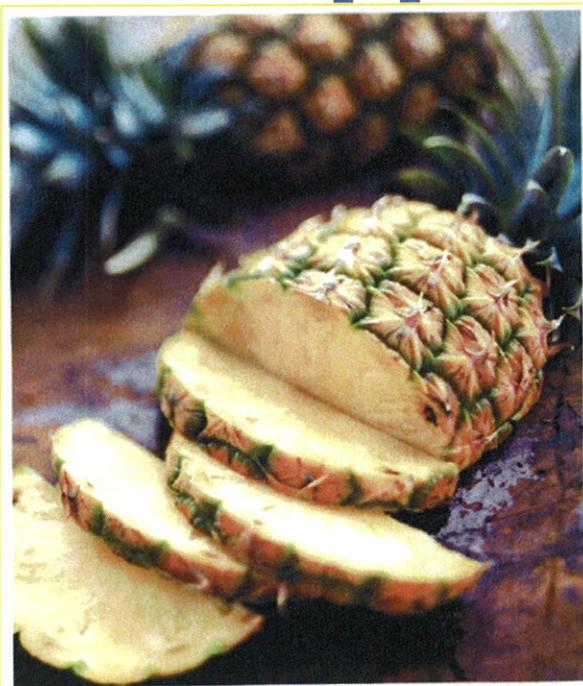
Pineapples are grown from the tops or crowns of other pineapples and take 18 months to fully mature.

Pineapples must be picked when they are fully ripe as they do not continue to ripen after picking.

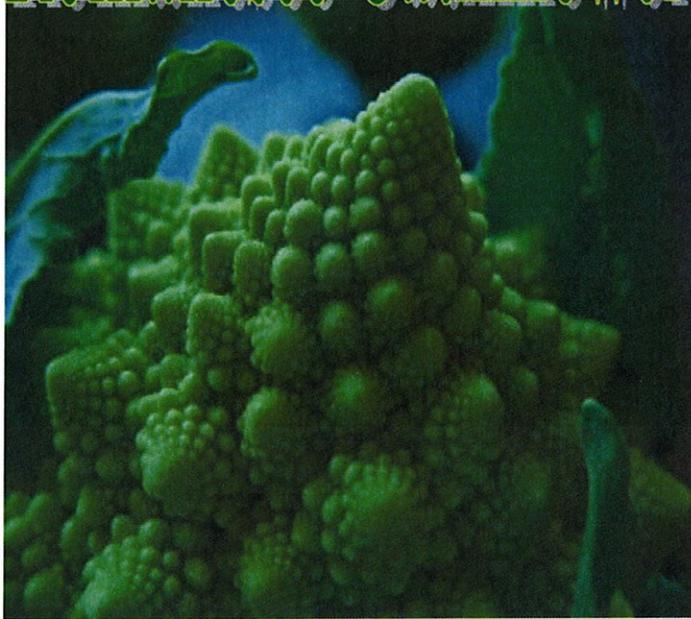
Fresh Pineapple is packed with Vitamin C.

One cup of fresh pineapple has 74 calories.

Pineapple



Romanesco Cauliflower



Romanesco Cauliflower originated in Northern Italy. It is a beautiful lime green color, with mounds of pointed, spiraling cones.

Romanesco Cauliflower is only available from September to November each year.

Romanesco Cauliflower is low in calories and a good source of Vitamin C, potassium and riboflavin. It also contains folic acid, Vitamin B6, and niacin.

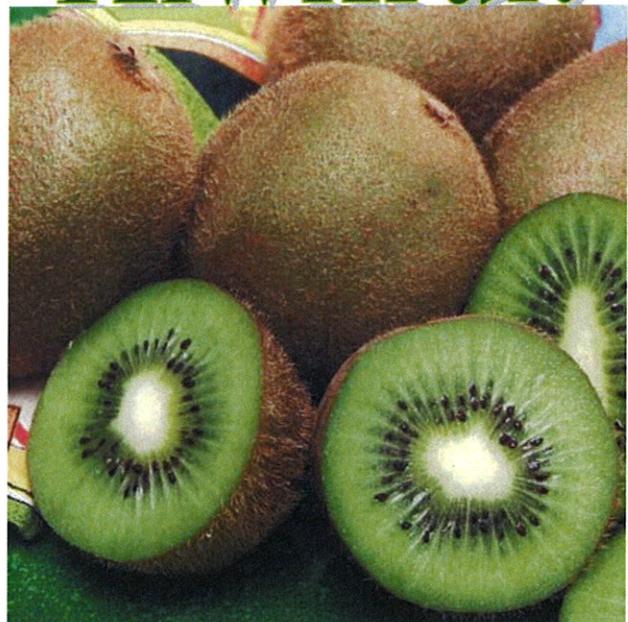
One cup of Romanesco Cauliflower has 25 calories.

Kiwifruit is native to the Chang Kiang Valley of China. It was considered a delicacy by the great Khans who relished the fruit's brilliant flavor and emerald green color.

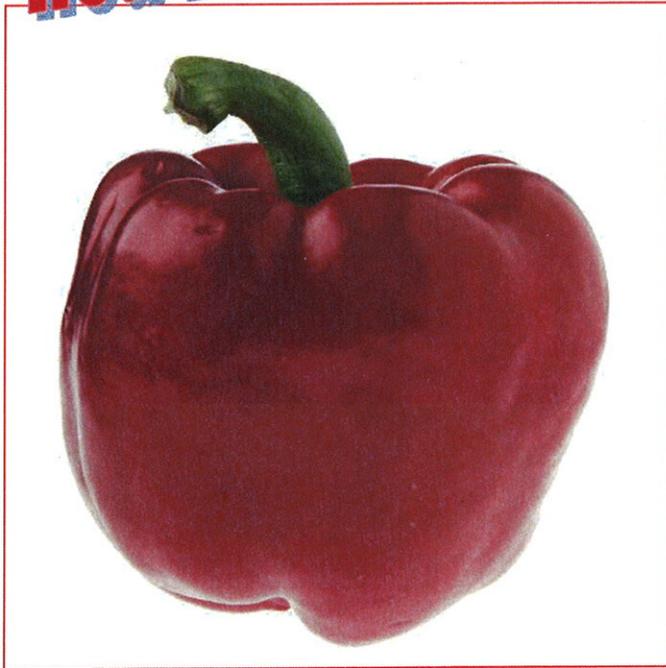
Kiwifruit has the highest level of Vitamin C of any fruit—almost twice that of an orange! It also contains potassium, magnesium, and dietary fiber.

One medium kiwifruit have approximately 50 calories.

Kiwifruit



Red Bell Pepper



Bell peppers originated in South America from the seeds of a wild variety dating back to 5000 BC. Bell peppers, also known as sweet peppers, are like the Christmas ornaments of the vegetable world! They are beautifully shaped, glossy in appearance and come in a variety of colors.

Red bell peppers have 3 times more Vitamin C than citrus fruits and are a great source of Vitamin A too!

One cup of bell pepper strips contains 24 calories.

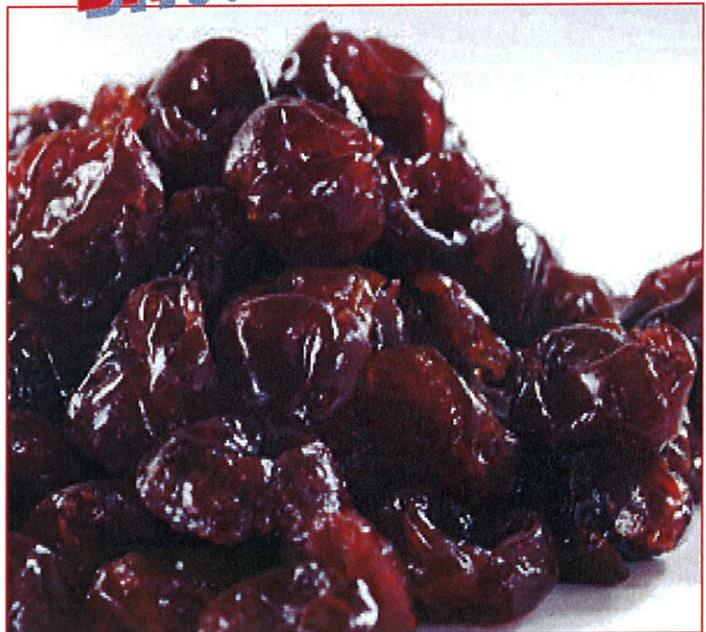
Dried Tart Cherries are ripened to the peak of sweetness and immediately dried and packaged to preserve their fresh and natural flavor.

Dried tart cherries are low in fat, and sodium and are a good source of potassium.

It takes 6-8 pounds of fresh tart cherries to make one pound of dried cherries.

1/3 cup serving of dried tart cherries has 140 calories!

Dried Tart Cherries



Purple Carrots



Carrots are native to Afghanistan and were originally red, black, yellow, white and purple—not orange at all!

Carrots were brought to North America by the colonists.

Carrots provide 30% of the Vitamin A in the American diet. Vitamin A is made in the human body from carotenes—the orange color in carrots.

Carrots are also a great source of Vitamins C and K, dietary fiber and potassium.

One cup of carrots has 52 calories!

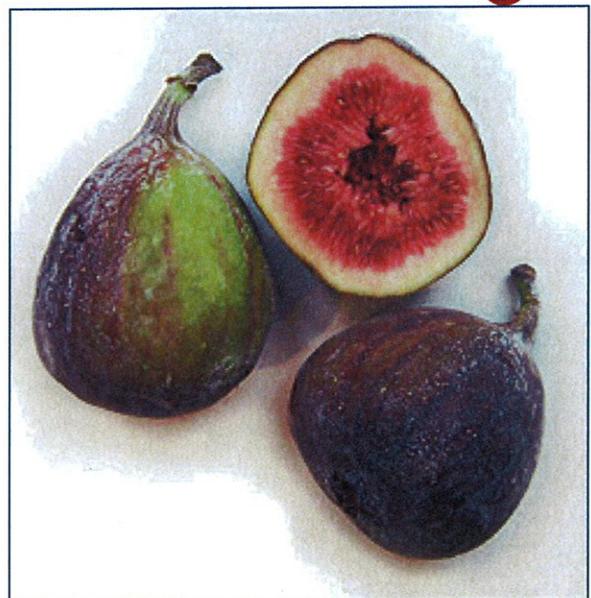
Figs are nature's candy! They are incredibly sweet and come in a convenient single serving case that locks in the juice until you're ready to enjoy.

Mission figs have thin black-purple skin and are deep pink inside. Monks brought these figs to California where this crop spread to other missions, hence the name.

Figs are rich in Vitamin C, calcium, iron, phosphorus, potassium and fiber.

1 small mission fig has 30 calories!

Mission Figs



Sunchokes



The sunchoke is a vegetable that is a member of the sunflower family.

The sunchoke is also known as the Jerusalem artichoke and is native to the United States. It is commonly grown in Texas and tastes like a cross between a potato and an artichoke. It can be eaten raw or cooked.

Sunchokes are a highly nutritious vegetable containing iron, calcium, potassium and Vitamin C and are a moderate source of fiber.

One cup of sunchokes has 115 calories!

Some baby bananas are simply smaller versions of the bananas we see in the stores. Others, however, are among the more than 1,000 varieties grown world-wide.

Chiquita minis are a naturally smaller variety of banana.

Because mini bananas have a thinner skin than the larger variety of banana it is easiest to peel them from the bottom.

Chiquita brand mini bananas are high in potassium and Vitamin B2. Other varieties of banana do not have Vitamin B2!

One mini banana has 80 calories!

Mini Banana



Baby Carrots



Carrots originated 3000 years ago in Central Asia and the Near East. The first use was medicinal rather than as a food product

Mini-peeled carrots, or baby carrots, were first introduced in 1989.

Contrary to popular belief, baby carrots are not grown bite-size. They are bred to be long and slender, and then cut into 2 inch pieces and lathed to a uniform width.

Today they are the most popular “variety” of carrots in the marketplace.

8 medium baby carrots have 32 calories!

Bonsai Fuji apples offer the same great, juicy, crisp taste as the larger Fuji apples—they are merely picked at a smaller size.

The Bonsai Fuji apple is rich in Vitamins A and C, riboflavin, niacin and thiamine. It is also a good source of dietary fiber.

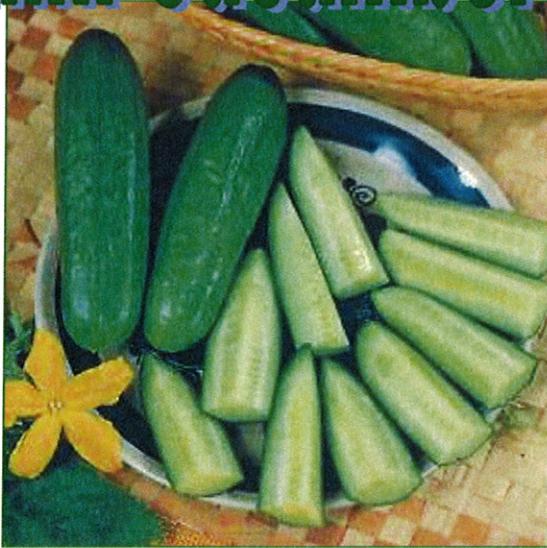
The Fuji apples were developed in Japan in 1939. They are aromatic, sweet, juicy and crisp with a firm texture. They have developed a loyal following here in the United States.

One Bonsai Fuji apple contains 50 calories!

Bonsai Fuji Apples



Mini Cucumbers



English cucumbers are longer and thinner than regular cucumbers. They have a thinner, sweeter skin and very few seeds.

Although cucumbers are less nutritious than other vegetables they are still a very good source of Vitamins C, K and A, potassium, folate, and thiamine.

Mini cucumbers are the smaller version of the long English cucumber. The texture is slightly more crunchy with a sweet flavor that makes them a hit with kids.

One mini cucumber has 10 calories!

Thompson grapes are named after William Thompson who immigrated from England in 1863. He worked on various graftings for four years until finally producing the seedless grapes we know today

Thompson seedless grapes are the most popular table grapes as well as the most versatile.

Thompson seedless grapes are high in Vitamin C and a good source of Vitamin A, calcium and iron.

One cup of Thompson grapes has 100 calories!

Thompson Grapes

