

Veggie Research Data

Veggie or herb	Where it is from originally	Where it's produced	Nutrients and other benefits	Fun facts	Nutrient amount DV = daily value	Edible parts	Edible colors	Season
Bell pepper	Central and South America	California, Florida	<p>Contains antioxidants, which reduce the risk of disease.</p> <p>Vitamin B6 helps our bodies get energy from the food we eat.</p> <p>Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.</p>	<p>Bell pepper is a fruit. There are over 2,000 varieties of bell pepper.</p>	<p>Serving size: ½ cup</p> <p>Raw: Vitamin B6: 10% DV Vitamin C: 100% DV</p>	Fruit	Orange, red, purple, yellow, green	Warm
Bok choy	China	California	<p>Vitamin A helps keep our eyes, skin, and immune system healthy.</p> <p>Vitamin B6 helps our bodies get energy from the food we eat.</p> <p>Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.</p> <p>Vitamin K helps keep our blood healthy.</p>	<p>This vegetable is classified as a cabbage. It has been grown in China for more than 6,000 years. More than 20 varieties have been grown in China since ancient times.</p>	<p>Serving size: 1 cup</p> <p>Raw: Vitamin A: 80% DV Vitamin B6: 10% DV Vitamin C: 60% DV Vitamin K: 48% DV</p>	Leaves, stems	Green, white	Cool
Broccoli	Asia Minor and Mediterranean	Arizona, California, Oregon, Texas	<p>Excellent source of folate and vitamin C; also a source of fiber</p> <p>Vitamin K helps keep our blood healthy.</p>	<p>The name <i>broccoli</i> comes from an Italian word <i>brachium</i>, which means <i>branch</i> or <i>arm</i>. To get rid of broccoli smell, add a slice of bread to the cooking pot.</p>	<p>Serving size: ½ cup</p> <p>Raw: Vitamin C: 70% DV Vitamin K: 58% DV</p>	Flower stems	Green	Cool
Carrots	Afghanistan	California, Michigan, Minnesota, Texas, Washington, Wisconsin	<p>Excellent source of beta carotene, which is an orange pigment that the body uses to make vitamin A.</p> <p>Vitamin A helps keep our eyes, skin, and immune system healthy.</p>	<p>Member of the parsley family. The average person in the United States eats nearly 10 pounds of carrots each year.</p> <p>The deeper the orange color, the higher the beta carotene content. Beta carotene changes to vitamin A in your body and this is important for healthy skin, vision, and bone development.</p>	<p>Serving size: 1 medium carrot</p> <p>Raw: Vitamin A: 200% DV</p>	Roots	Orange, maroon, yellow	Cool

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Cauliflower	Mediterranean and Asia Minor	Arizona, California, Florida, Michigan, New York, Oregon, Texas, Washington	Vitamin C helps heal cuts and wounds and keep teeth and gums healthy. Fiber helps your body digest food. Diets rich in fiber have been shown to decrease heart disease.	Member of the cabbage family*; has been in existence for more than 2,000 years. Nearly all of the cauliflower grown in the United States comes from California.	Serving size: ½ cup Raw: Vitamin C: 45% DV	Flower, stems	White, green, orange, purple	Cool
Corn	Central America, Mexico	Illinois, Iowa, Minnesota, Nebraska	Provides fiber and small amounts of folate, thiamin, phosphorus, vitamin C, and magnesium. Fiber helps your body digest food. Diets rich in fiber have been shown to decrease heart disease.	Corn is grown on every continent except Antarctica. One bushel of corn will sweeten more than 400 cans of soda. Before you bite into that cob, take a closer look: The average ear has 800 kernels, arranged in 16 rows, with one strand of silk for each kernel.	Serving size: ½ cup Cooked: Contains less than 10% Daily Value of Vitamins A, B6, C, and K and fiber	Seeds	Yellow, red, white	Warm
Green beans	Peru	Wisconsin, New York, Oregon	Green beans contain small amounts of calcium. Vitamin K helps keep our blood healthy.	The French were the first to put green beans on their menu. In the past, all green beans had a string running along the curve of the pod. But in 1894, scientists learned how to grow them without the string.	Serving size: ½ cup Cooked: Vitamin K: 10% DV	Fruit, seeds	Green	Warm
Leaf lettuce	Turkey, Iran	Arizona, California, Colorado, New Jersey	Although there are many different varieties of lettuce, the best ones are dark green. The darker the color, the better the source of nutrients. Vitamin A helps keep our eyes, skin, and immune system healthy. Vitamin K helps keep our blood healthy.	One of the first vegetables brought to America by Christopher Columbus. Iceberg lettuce got its name because in the early 1900s growers shipped lettuce by train. The cars were filled with heaps of crushed ice and lettuce and looked like icebergs rolling into town!	Serving size: 1 cup Raw: Vitamin A: 40% DV Vitamin K: 49% DV	Leaves	Green, red	Cool

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Potatoes	Peru, Bolivia	Colorado, Idaho, Washington	<p>Potatoes contain small amounts of iron and calcium. Vitamin B6 helps our bodies get energy from the food we eat.</p> <p>Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.</p> <p>Fiber helps your body digest food. Diets rich in fiber have been shown to decrease heart disease.</p>	<p>Potatoes are the leading produced vegetable crop and the most commonly eaten vegetable in the US.</p> <p>Although most people think of the potato as a root, it's actually a stem! The sprouts or "eyes" of potatoes are nodes. Nodes are not found on roots!</p> <p>Although the potato can be good for you, it is too often eaten with added salt and fat as French fries or chips. A more healthful meal could include stir-frying potatoes in a very small amount of oil.</p>	<p>Serving size: 1 medium potato baked: Vitamin B6: 32% DV Vitamin C: 70% DV Fiber: 20% DV</p>	Stem	Flesh color: White, yellow, purple	Cool
Spinach	Iran	AK, CA, CT, KS, ME, MA, NH, NJ, NY, NC, OH, OR, PA, RI, SC, TX, UT, VA, WA	<p>A good source of the folate, which is a vitamin. Folate is needed for the cells in our bodies to grow and multiply. An excellent source of beta carotene. Beta carotene changes to vitamin A in your body and this is important for healthy skin, vision, and bone development.</p> <p>Vitamin A helps keep our eyes, skin, and immune system healthy.</p> <p>Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.</p> <p>Vitamin K helps keep our blood healthy.</p>	<p>The name <i>spinach</i> comes from the Persian word <i>ispanai</i>, which means green hand. In medieval times, artists used the green pigments (chlorophylls) in spinach for ink and paint.</p>	<p>Serving size: 1 cup Raw: Vitamin A: 60% DV Vitamin C: 15% DV Vitamin K: 181% DV</p>	Leaves	Green	Cool
Squash	Mexico	California, Florida, Kentucky, New Jersey, North Carolina	<p>A tasty source of complex carbohydrate (natural sugar and starch).</p> <p>Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.</p> <p>Vitamin K helps keep our blood healthy.</p>	<p>The skin is loaded with nutrients. Squash is one of the most important vegetable crops in New Jersey.</p>	<p>Serving size: ½ cup Yellow squash, baked: Vitamin C: 15% DV Vitamin K: 161% DV</p>	Fruit	Yellow, white, green, orange, tan	Warm

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Sugar snap peas	Thailand, Burma, the Middle East, Ethiopia	California, Connecticut, Florida, Illinois, Kansas, Louisiana	Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	Archaeologists found peas in Egyptian tombs.	Serving size: ½ cup Raw: Vitamin C: 10% DV	Fruit, seeds	Green	Cool
Sweet potato	Mexico, Peru	California, Georgia, Louisiana, New Jersey, North Carolina	Excellent source of beta carotene, which is an orange pigment that the body uses to make vitamin A. Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C helps heal cuts and wounds and keep teeth and gums healthy. Diets rich in fiber have been shown to decrease heart disease.	American Indians were growing sweet potatoes when Columbus arrived in 1492. Revolutionary War soldiers relied on sweet potatoes as a main food supply. It is not related to the yam, though in the marketplace the two names are often used interchangeably. A very important food crops in tropical countries, where both the roots and shoots are eaten as a vital source of nutrients. The deeper the orange color, the higher the beta carotene content.	Serving size: 1 medium potato Baked: Vitamin A: 370% DV Vitamin B6: 14% DV Fiber: 16% DV	Root	Orange	Warm
Swiss chard*	Mediterranean	South Dakota	Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C helps heal cuts and wounds and keep teeth and gums healthy. Vitamin K helps keep our blood healthy.	It is thought to have originated in Italy but was named by a Swiss botanist.	Serving size: 1 cup Raw: Vitamin A: 45% DV Vitamin C: 20% DV Vitamin K: 374% DV	Leaves, stems	Green, orange, red, white, yellow	Cool
Tomato	Bolivia, Ecuador, Peru	California, Florida, Indiana, Ohio	Choose tomatoes that are deep red. This indicates that the tomato is rich in lycopene—which is what gives tomatoes their red color. Lycopene is an antioxidant that may help protect cells from damage. Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.	It is a fruit and vegetable-fruit because it has the ovary and seeds of a flowering plant; the US Supreme Court declared it a vegetable in 1883, allowing the government to charge a 10% tax on imported vegetables. (There was no tax on imported fruit). Tomatoes were generally thought to be poisonous until 1820, when someone ate one in public.	Serving size: ½ cup Raw: Vitamin C: 20% DV	Fruit	Red, orange, purple, yellow	Warm

*Other members of the cabbage family include cabbage, broccoli, bok choy, kale, and Brussels sprouts. These vegetables are often called cruciferous vegetables and contain unique compounds that may help prevent certain types of diseases including some forms of cancer.

Source information can be found on page 200.