

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>	Bell pepper is a fruit. There are over 2,000 varieties of bell pepper.	<p>Serving size: ½ cup</p> <p>Raw:</p> <p>Vitamin B6: 10% DV</p> <p>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>	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>Serving size: 1 cup</p> <p>Raw:</p> <p>Vitamin A: 80% DV</p> <p>Vitamin B6: 10% DV</p> <p>Vitamin C: 60% DV</p> <p>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>	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>Serving size: ½ cup</p> <p>Raw:</p> <p>Vitamin C: 70% DV</p> <p>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:</p> <p>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