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said Hippocrates, the Father of Medicine. Based on his firm belief that nature is the best pharmacy, he painstakingly compiled a list of hundreds of herbs to be used for healing. Indeed, until not so long ago, herbs and plants were used for medicinal purposes. From herbal tisanes to complex concoctions, for thousands of years civilizations have relied on the healing power of plants. And for a good reason. Fruits and vegetables are an incredibly rich source of vitamins, minerals, and bioactive phytonutrients that have a wide array of beneficial health effects.

"Let your food be your medicine"
The Fruit and Vegetable Bible is a comprehensive examination of fruits and vegetables that will help you discover their healthful benefits and much more.

Each entry is in alphabetical order and provides an in-depth look at one fruit or vegetable. Right below the name you’ll find whether the food is alkalizing or acidifying.

Next, the “About” section briefly gives you historical, cultural, and botanical information.

The “Did You Know?” section relates an interesting factoid about the food item.

The “Be aware!” section contains a warning and is meant to draw your attention to specific qualities of the food. And when applicable, the subtitle ‘Other’ points to a variety of health benefits that don’t fit the previous categories.

The content of vitamins, minerals, and phytonutrients - the latter most often powerful antioxidants - is broken down for you in the “Nutrient Profile” section.

The information applies to fresh or frozen produce, rather than canned. Nutrients are listed in content order - from highest to lowest.

Also, only the nutrients found in relevant quantities are listed here. For example, a fruit or vegetable may contain trace levels of calcium or vitamin A, but the dosage is so minute that it would offer negligible amounts of those nutrients. Also, the first time a specific phytonutrient is listed, its mode of action will be explained.

And in the “Selection”, “Storage”, and “Preparation” sections I’ve given you handy guidelines on the best and easiest ways to finding, keeping, and consuming the food item.

As a whole, The Fruit and Vegetable Bible provides you with information on the most plentiful vitamins, minerals, and phytonutrients found in each food item. So as mentioned earlier, if vitamin C is not listed as a vitamin in one entry, it doesn’t mean that there is no vitamin C in that particular food. It just means that the fruit or vegetable contains other nutrients in larger quantities than vitamin C.

I’ve designed The Fruit and Vegetable Bible to be your partner in natural health, so you can make smart nutritional decisions. Because let’s face it, whatever you do in life, your health is going to form a backdrop against which everything else is felt. If you feel energized and youthful, life can be beautiful and exciting. So it makes perfect sense that keeping your body (and your mind) in tip-top shape using Nature’s bounty should be high on your list of priorities. The Fruit and Vegetable Bible is a valuable resource to help you attain this important goal.

My hope is that thanks to The Fruit and Vegetable Bible, your road to vibrant health and wellness will be a whole lot easier... and more delicious. So use it often... and share it with friends and loved ones.

Affectionately,

Vivian Goldschmidt, MA
Founder of Save Our Bones
http://saveourbones.com
Alfalfa

ALCALIZING

ABOUT:
Alfalfa is a hardy, perennial legume that belongs to the pea family. It is grown in many parts of the world as highly nutritious feed for farm animals. Aside from this, alfalfa sprouts are eaten in a variety of different ways, including salads, sandwiches, and stir-fried dishes.

DID YOU KNOW?
Pollinating a field of blooming alfalfa plants can prove quite tricky because pollinators such as bees are essential. Pollen is transferred to the bee when the keel (a type of petal) hits the bees on the head as they forage for nectar. The alfalfa leafcutter bee is becoming more and more common in the pollination of alfalfa crops.

NUTRIENT PROFILE:
Vitamin K.

SELECT:
Alfalfa is generally consumed as a sprout by humans, typically as a garnish to a variety of dishes, such as salads or sandwiches. Look for sprouts that are brightly colored, either green or yellow, with white roots. Avoid overly dry or brown sprouts.

STORAGE:
Rinse the sprouts with cool water, pat them dry with a paper towel, and store them in a plastic bag or covered container in your refrigerator.

PREPARATION:
Very little preparation is required since alfalfa sprouts are eaten raw.

Almond

ALCALIZING

ABOUT:
The almond is a stone fruit, like cherries, plums, peaches and apricots, and a member of the rose family. Thought to have originated in North Africa and Western Asia, almonds grow on a medium-sized tree, and the edible part - the almond nut - is the innermost part of the pit.

DID YOU KNOW?
Almonds are a concentrated source of protein. One quarter of a cup of almonds contains roughly 25% more protein than one egg.

NUTRIENT PROFILE:
Be aware! Almonds contain measurable amounts of oxalates. These organic compounds can combine with calcium ions in the digestive system and form calcium oxalate, thus inhibiting proper calcium absorption. In susceptible individuals, it may cause an increased risk of kidney stones. In fact, the most common type of kidney stone is made of calcium oxalate. However, most people will not experience problems with foods containing oxalates.

SELECT:
Shelled almonds are more perishable than whole almonds. They should be uniform in color, and not shriveled or moldy. Fresh almonds should smell nutty and a little sweet. A bitter or sharp odor denotes rancidity.

STORAGE:
Since almonds can easily become rancid, it’s best to refrigerate or freeze them.

PREPARATION:
Almonds are most often eaten raw or roasted, alone or sprinkled on desserts and salads. To roast almonds, place in oven at 160 F for about 15 minutes.

NUTRIENT PROFILE:
Vitamin: C.
Phytonutrient: Quercetin, a flavonol that plays a role in the regulation of blood glucose. Other flavonols present in apples are kaempferol and myricetin, chlorogenic acid, and epicatechin. These polyphenols are present mainly on the peel, since they protect the fruit from sun damage.

Other: Scientists have recently discovered that apples have a positive impact on the digestive tract. This is based on the observation that the presence of two digestive bacteria, Clostridiales and Bacteroides is significantly altered after apples are consumed, increasing the energy available to large intestinal cells.

ABOUT:
The ancestors of modern apples are still found growing wild in areas of Central and Eastern Asia. Some historians assert that the apple tree was the first tree species to be cultivated domestically, though it didn’t make it to North America until the 17th century. Today, this crunchy staple fruit is consumed all over the planet, with over 7,500 varieties.

DID YOU KNOW?
In Greek mythology, it was a golden apple awarded to the most beautiful woman in the world that initiating the Trojan war.

SELECTION:
Apples are available in a variety of colors, usually red, green, or yellow, and should be free of browning or soft indentations.

STORAGE:
At cold temperatures apples will keep for a long time, typically up to three to four
months, but they lose some of their crispiness. Don’t store apples together with bruised or damaged apples, as one bad apple can in fact quickly spoil the bunch. This can be used to your advantage, however. To ripen produce faster, place it in a paper bag with one or two ripe apples. The ethylene gas released by the apples will speed up the ripening process. Add more apples if you have a lot of produce you would like to ripen. If you’ve sliced a whole apple into several large pieces, you can keep the flesh from browning by piecing them back together into their original shape and putting a rubber band around the whole fruit.

PREPARATION:
It is a good idea to eat an apple with the peel, as the skin contains lots of valuable nutrients. Should you wish to peel that apple to make apple sauce or other dishes, don’t waste the peel. It can also be used to remove stains from aluminum cookware. Peel an apple and place the peel in whatever pot or pan may be stained. Add water and bring to a boil. Your cookware should look as good as new!

NUTRIENT PROFILE:
Vitamins: A and C
Phytonutrient: Beta-carotene, an antioxidant important in the maintenance of healthy vision.

ABOUT:
The apricot is a small fruit with a fuzzy yellow peel. A stone fruit, it has been cultivated by humans for so long that scholars disagree as to where it was originally domesticated, with ancient China, India, and Armenia being proposed as possible locations. The apricot found its way to North America via Spanish missionaries and English settlers.

DID YOU KNOW?
In Chinese lore, the apricot is associated both with education and with health. It is said that Confucius once taught his students in an apricot orchard. Another apricot fable relates that a physician from the Three Kingdoms period asked to be paid by his patients with an apricot tree planted in his orchard. This latter reference survives in the modern phrase 'Expert of the Apricot Grove', which is used to denote physicians.

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Artichoke

ABOUT:
The artichoke plant is a perennial flower that grows in the Mediterranean region and in North Africa. It is a member of the milk thistle family. The bud of the plant, from which the flower develops, is eaten as a vegetable.

DID YOU KNOW?
Attributed to the plant chemical cyanarin, artichoke leaves are known for their powerful liver and gallbladder cleansing properties. Mainly for that reason, artichokes are made into tea or extract.

NUTRIENT PROFILE:

SELECTION:
Look for artichokes that are green, heavy, and make a squeaking sound when squeezed. This sound is a sign of freshness.

STORAGE:
Though it’s best to use them the day you buy them, artichokes can be stored for about a week, kept unwashed in a plastic bag in the refrigerator.

PREPARATION:
The artichoke is versatile and used in many dishes, but steaming, baking, and boiling are how they are most often cooked. Artichokes can be prepared with the leaves left on or off. Begin by washing the artichoke thoroughly. Then cut the top and bottom of the plant off, and peel all the leaves off if you don’t want them. Boil in hot water for 40 or 50 minutes. If you don’t plan on using them right away, place them in a mixture of water and lemon juice to avoid discoloration.

Arugula

ABOUT:
Classified as a cruciferous vegetable - as are broccoli, cabbage, and cauliflower - this leafy green annual plant is a native to the Mediterranean region, specifically Morocco, Portugal and Lebanon. It is a tasty and healthful addition to salads and other dishes.

DID YOU KNOW?
Arugula was considered an aphrodisiac by the Ancient Egyptians and Romans.

NUTRIENT PROFILE:
Vitamins: K, folate, A, and C. Minerals: magnesium. Phytonutrients: beta-carotene, lutein and zeaxanthin - both of which promote eye health, and a variety of glucosinolates, including isothiocyanates, which have been shown to boost the immune system.
**SELECTION:**
The leaves should be bright green and somewhat crisp, with no slimy matter on the stems.

**STORAGE:**
It's best to wrap arugula in damp paper towels and refrigerate inside a plastic bag.

**PREPARATION:**
Eating raw arugula ensures the highest nutrient availability. However, carotenoids are best absorbed when arugula is slightly cooked in vegetable oil or other healthy fat.

---

**Selection:**

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**Asparagus**

**Alkalizing**

**About:**
Asparagus is a perennial flowering plant that comes into season in the spring. It has been used as food for thousands of years, and various species are found all over the world.

**Did You Know?**
The Roman emperor Augustus reserved an “asparagus fleet” of ships just for the transport of asparagus.

**Nutrient Profile:**
Vitamins: K, A, folate, B1, C, B2, and D.
Minerals: iron, copper, manganese, molybdenum, and potassium.
Other: Inulin, a carbohydrate not broken down in the beginning of digestion. Inulin ends up intact in the large intestine, where it acts as a food source for beneficial bacteria in the gut. In turn, gut bacteria promotes the synthesis of glutathione, also known as the Master Antioxidant. This power-packed compound protects against the damage caused by free radicals and helps to detoxify the liver.

**Selection:**
It’s up to you whether or not you want thick or thin asparagus, but try to choose spears that are even, straight, firm to the touch, and have closed tips.

**Storage:**
Asparagus tends to be more perishable than other vegetables because it continues metabolic activity at a rapid rate even after it has been picked. For that reason it’s best to eat it soon after buying it. Store it in the refrigerator with its ends wrapped in a damp paper towel to slow down respiration.

**Preparation:**
Be sure to wash asparagus thoroughly and trim away the bottom third or so of the stalk, which tends to be tough. Thicker spears can be peeled. You can steam the asparagus, sauté it in olive oil, or add it to any of a dozen different dishes.
Avocado

ALKALIZING

ABOUT:
Avocados are the fruit of a tree that is native to Central and South America. They have a long history of cultivation, dating back in those regions to around 8000 BC. Though there are several varieties, the Haas avocado is the most common one today.

DID YOU KNOW?
The avocado is sometimes known as the “alligator pear” because of its shape and the leathery green appearance of its outer skin.

NUTRIENT PROFILE:
Vitamins: K, folate, C, E, B5, and B6.
Minerals: potassium, copper, magnesium, and manganese.
Phytonutrients: phytosterols, which have potent anti-inflammatory action, carotenoid antioxidants including eye and skin-healthy lutein and zeaxanthin, beta-carotene.
Non-carotenoid antioxidants, mainly epicatechin and epigallocatechin.

OTHER:
Omega 3 fatty acids in the form of alpha linoleic acid.

SELECTION:
Ripe avocados will look fairly wrinkled and dark green or nearly black. Squeeze the avocado, and if it has some give then it is probably ready to eat. Rock hard avocados are a few days away from being ripe.

STORAGE:
Avocados are best eaten fresh as they tend to ripen quickly and don’t store well.

PREPARATION:
Since the highest concentration of beneficial carotenoids is found in the dark flesh just beneath its skin, the way you peel the avocado makes a difference. To retain the valuable nutrients, peel the avocado by cutting it into quarters and peeling the skin back from each quarter with your hands, as you would peel a banana. Start by cutting it in half. And here’s another good tip: to remove the pit, use a pointy knife to pick the pit using the point, gently pressing until you can pull it with the knife’s point. Then remove the peel using your thumb and index finger to grab the edge of the skin, and pull.
Banana

ALKALIZING

ABOUT:
Bananas grow on trees that most likely originated in Malaysia, some 4,000 years ago. They later spread to the Philippines and India and were introduced to Africa by Arabian traders. Portuguese explorers brought them to South America, and surprisingly, bananas were not available in the United States until the end of the 19th century. They now grow in tropical climates all over the world.

DID YOU KNOW?
Banana peels have been used in some parts of the world to remove heavy metals from water supplies.

NUTRIENT PROFILE:
Vitamins: B6 and C.
Minerals: manganese and potassium.

OTHER:
Prebiotics, compounds that nourish probiotics (friendly bacteria) in the intestines, aiding to absorb calcium more efficiently.

SELECTION:
Choose bananas that are firm, bright, and free of bruising. If you want to eat them within a day or so, get them when they are a deep yellow. If you plan on waiting a few days, get them with a slightly green tint as they will ripen on the counter.

STORAGE: Bananas should be left to ripen on the counter at room temperature. Avoid storing them in the refrigerator as this can interfere with ripening.

PREPARATION:
Bananas are a truly portable treat. Just peel and eat! Bananas are almost always eaten raw, and can be enjoyed with a cinnamon or dark cocoa sprinkle, or your favorite healthy spread.

They are also excellent when used in cakes and other desserts. You can save the peel and use it to polish silver. It's easy to make: simply add the banana peels and water to a blender and blend until it turns into a paste. Then use a soft cloth to clean your silverware with the paste, wash, and dry with another soft cloth.
Barley Grass

ABOUT:
Barley grass is the very young barley plant. Even though barley is a grain, at the early growth stage the barley plant contains nutrients resembling vegetables more so than grains.

DID YOU KNOW?
The young grasses of plants such as barley grass are different from the grains the same plants produce at maturity. This explains why barley grass is a gluten-free food.

NUTRIENT PROFILE:
Vitamins: B1, B2, B6, and C.
Minerals: calcium, copper, iron, manganese, phosphorus, and potassium.

OTHER:
Barley grass contains one of the highest natural levels of the powerful antioxidant superoxide dismutase (SOD) and is a concentrated source of alkalizing and detoxifying chlorophyll.

SELECTION:
Barley grass can be grown at home or bought in supplement form, as a powder or juice.

STORAGE:
Follow the instructions on your kit/supplements for storage.

PREPARATION:
Follow the instructions on your kit/supplements for preparation information.

Beet

ABOUT:
Beets have been used as food in North Africa since ancient times, but it is thought that only since the Romans they were cultivated for their roots. Some varieties are also now grown for sugar extraction. In fact, sugar beets provide about half of the sugar consumed in the United States, and almost 95 percent of the seeds are of genetically modified origin (GMO).

DID YOU KNOW?
The use of beet varieties for sugar received a surge during the Napoleonic wars when Napoleon, in response to the British refusing to export cane sugar to France, opened schools for the study of beets and ordered thousands of acres of land be used for beet farming.
**Beet Greens**

**ALKALIZING**

**ABOUT:**
Beet greens are the leafy parts of the beet plant which, in ancient times, was the only part of the beet plant consumed.

**NUTRIENT PROFILE:**
Vitamins: A and C.

Be aware! Beet greens contain measurable amounts of oxalates.

**SELECTION:**
Pick leaves that are deep green and don’t have any sign of slime, mold, or yellowing.

**STORAGE:**
Beet greens are best kept refrigerated in a covered container.

**PREPARATION:**
Beet greens can be eaten raw in salads and can also be cooked in a manner similar to spinach, boiled or steamed and seasoned with your favorite spices.

**Blackberry**

**ALKALIZING**

**ABOUT:**
Blackberries are the fruit of multiple plant species in the Rosaceae family. They have been consumed by humans for thousands of years, and for a good reason. A study published in the July 2006 issue of the American Journal of Clinical Nutrition ranks blackberries as containing the highest levels of antioxidant phytonutrients among fruits and vegetables. As of 2009, the world’s leading producer of blackberries is the state of Oregon.

**DID YOU KNOW?**
Blackberries are not true berries, but like raspberries and boysenberries, they are “aggregate fruits”. What this means is that what we view as one fruit is really many individual small fruits bound together.

**NUTRIENT PROFILE:**

Be aware! Blackberries contain measurable amounts of oxalates.

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**NUTRIENT PROFILE:**
Vitamins: folate and C. Minerals: manganese and potassium. Phytonutrients: betanin and vulgaxanthin. Both aid in reducing inflammation and boost detoxification. The potent antioxidant zeaxanthin and lutein. The latter has been shown to aid in the maintenance of healthy eyes. Betaine, which among many other functions, is involved in the production of bile. And betalains, pigments that support liver detoxification. And beets also contain uridine, a compound that promotes the maintenance of normal dopamine levels.

**SELECTION:**
The best beets are smooth, firm, and either red or yellow.

**STORAGE:**
Store beets unwashed in the refrigerator after removing any leaves.

**PREPARATION:**
There are a variety of ways to eat beets. They can be boiled, steamed, or diced raw. Beets are delicious roasted at about 400 degrees for 45 minutes and flavored with olive oil and your favorite herb. Keep in mind that cooking causes the loss of betalains, so it’s best to eat them lightly steamed.
**SELECTION:**
Blackberries should have a deep, rich color, and be free of visible mold.

**STORAGE:**
Be sure to remove any moldy or damaged blackberries before storing them unwashed in the refrigerator. The best way to store blackberries is to place them in one layer on a plate, and covered loosely with a paper towel. Frozen blackberries are also available in most supermarkets.

**PREPARATION:**
They can be eaten raw or used in baked goods.

---

**Black Currant**

**ALKALIZING**

**ABOUT:**
Black currant berries are the edible fruit of the blackcurrant plant, a perennial native to parts of Europe and Asia.

**DID YOU KNOW?**
During World War II, good sources of vitamin C became hard to obtain in Britain, so due to the rich vitamin C content of black currants, the British government encouraged blackcurrant cultivation.

**NUTRIENT PROFILE:**
Vitamins: C.
Minerals: iron, potassium, and manganese.

**OTHER:**
Gamma Linoleic Acid (GLA), a rare Omega-6 essential fatty acid. Also, Monoamine Oxidase Inhibitors (MAOI), the latter used in therapies against depression.

**Be aware!** Blackcurrant contains measurable amounts of oxalates.

**SELECTION:**
Pick black currants that are dry, firm, and free of mold.

**STORAGE:**
Make sure and discard any moldy blackcurrant berries before storing them unwashed in the refrigerator. You can use a shallow pan or plate, but be sure that the berries are well covered or plastic wrapped.

**PREPARATION:**
Like other berries, they can be eaten raw, in baked goods, or included in salads or added to yogurt.
**Blueberry**

**ACIDIFYING**

**ABOUT:**
Blueberry is the fruit of a flowering perennial plant native to North America. Related to cranberries and bilberries, Native Americans cultivated blueberries and introduced them to the American settlers.

**DID YOU KNOW?**
Blueberries are second only to strawberries as the most commonly eaten fruit in the U.S. They are not to be confused with their close relatives, the bilberry, which grows mainly in Europe.

**NUTRIENT PROFILE:**
Vitamins: K and C.
Minerals: manganese.
Phytonutrients: Blueberries contain a large number of anti-inflammatory antioxidants that can be grouped as follows. The flavonoids anthocyanins, several polyphenols of the hydroxycinnamic acids family, hydroxybenzoic acids, flavonols, and resveratrol.

Be aware! Blueberries contain measurable amounts of oxalates.

**SELECTION:**
Blueberries should be firm and should move freely in their container when shaken. If they don’t, they might be moldy or overripe.

**STORAGE:**
Remove any moldy or damaged blueberries and store unwashed in the refrigerator in a covered container. Blueberries can also be frozen without any loss of antioxidants.

**PREPARATION:**
Wash carefully as blueberries are delicate. They can be eaten raw or incorporated into recipes as other berries.

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**Broccoli**

**ALKALIZING**

**ABOUT:**
Broccoli is a cruciferous vegetable first grown in Italy and developed from wild cabbage. It later spread to the Near East. Broccoli was prized by the Romans and introduced in America during colonial times by Italian immigrants.

**DID YOU KNOW?**
The name “broccoli” comes for the Latin word brachium, which means “branch” or “arm”.

**NUTRIENT PROFILE:**
Vitamins: C, K, folate, and A.
Phytonutrients: The glucosinolates glucoraphanin, gluconasturtiian, and glucobrassicin, which aid in the detoxification of the body. And kaempferol, a beneficial flavonol.

**SELECTION:**
Pick green, unbruised broccoli florets. There should be no yellowing, and if there are leaves attached, they shouldn’t be wilted or yellowing either.
STORAGE:
Store in the refrigerator in a bag which has had as much air as possible removed from it.

PREPARATION:
Broccoli can be eaten raw or cooked. Steaming it best protects its antioxidant properties.

Selection:
Choose Brussels sprouts that are vivid green in color, compact and firm to the touch. Avoid yellow or wilted sprouts and those with perforated leaves, since it might denote the presence of certain pests.

Storage:
It is best to store Brussels sprouts unwashed and untrimmed in the vegetable compartment of the refrigerator inside a plastic bag. If you wish to freeze them, steam them lightly first for about 4 minutes.

Preparation:
Remove discolored or yellow leaves before washing or soaking in cold water. For best nutrient retention, steam them whole for 5 minutes, and serve hot or cold.

Nutrient Profile:
Vitamins: K and C.
Minerals: Manganese.
Phytonutrients: Several sulfur-containing compounds and a wide variety of detoxifying and anti-inflammatory glucosinolates, of which glucobrassicin is the most studied one proven to effectively prevent unwanted inflammation.

ABOUT:
As their name denotes, Brussels sprouts are thought to have originated in Belgium, in an area near to its capital, Brussels. They spread to Europe during World War I. Thereafter, brussels sprouts were and still are cultivated throughout Europe and the United States. Brussels sprouts belong to the Brassica family, and as such, are related to broccoli, cauliflower, and cabbage. In fact, they resemble miniature cabbages.
Cabbage

ALKALIZING

ABOUT:
The cabbage we eat today bears little resemblance to the wild cabbage from which it descended, as wild cabbage doesn’t form a head. A cruciferous plant, it was cultivated by the Greeks and Romans and used as treatment for many illnesses. Over the centuries it spread to the rest of Europe and parts of Asia.

DID YOU KNOW?
Sauerkraut, the famous German dish made from finely shredded fermented cabbage, is a good source of beneficial probiotic intestinal bacteria.

NUTRIENT PROFILE:

SELECTION:
Cabbage heads should be firm with crisp, crack-free leaves.

STORAGE:
Store cabbage in a plastic bag in the refrigerator.

PREPARATION:
To clean cabbage, remove the outer leaves, cut the head into pieces, and then rinse with cold water. Cabbage is often steamed, but can also be sauteed or combined shredded with other vegetables as part of a healthy salad or cole slaw.

Cantaloupe

ALKALIZING

ABOUT:
Ancient civilizations of India, Africa, and Persia, as well as the more recent Greek and Roman Empires have enjoyed cantaloupe for thousands of years. It is a relative to the cucumber and pumpkin and, like them, grows in a vine along the ground. It is sometimes known as rock melon.

DID YOU KNOW?
The name for cantaloupe comes from the Italian village of Cantalup, Italy.

NUTRIENT PROFILE:
SELECTION:
If the cantaloupe has a hollow sound when you tap on it and if it feels somewhat firm, it is probably ripe. Also, a ripe cantaloupe typically has a sweet smell, even when uncut. Be sure to check that the melon is free from bruising and dark stains.

STORAGE:
Only leave a cantaloupe at room temperature if it is a whole melon. If you’ve cut up the fruit already, store it in the refrigerator in a closed container or tightly wrapped.

PREPARATION:
Wash the outside of the melon first, then slice the cantaloupe into quarters and spoon out the seeds. Cut pieces as desired and serve.

Carrot
ALKALIZING

ABOUT:
The carrot was originally cultivated in parts of Europe, the Middle East, and Asia as a medicine. Carrot cultivation became more widespread during the 15th and 16th century, at which time they were introduced to the New World.

SELECTION:
Select carrots that are smooth, straight, and brightly colored. If the green tops are still attached, be sure that they are bright and green and not wilted.

STORAGE:
Cut the tops off before storing in the refrigerator. Keep carrots in the refrigerator by wrapping them in paper towels.

PREPARATION:
Carrots can be eaten raw and are delicious steamed. It is a good idea to wash and peel carrots if they aren’t organically grown. If only steamed for five minutes, little nutrition is lost, and the beta-carotene in carrots actually becomes more bioavailable.

DID YOU KNOW?
Carrots weren’t always all orange. There were once red, yellow, and purple varieties as well.

NUTRIENT PROFILE:
Vitamins: A, K, and C
Minerals: potassium and molybdenum.
Phytonutrients: beta-carotene (carrots contain the highest amount of betacarotene of all vegetables), falcarinol and falcarindiol, two polyacetylenes thought to inhibit oxidative damage to cells, especially in the colon.
Cassava (Yuca)

ACIDIFYING

ABOUT:
Often confused with yucca, cassava refers to the edible root native to South and Central America. It is also named manioc root, and it is similar in aspect to potatoes. Tapioca is made of dried cassava root, a starchy carbohydrate typically used as a food thickener, cereal, or gluten-free wheat alternative.

DID YOU KNOW?
Cassava ranks third as the largest food source of carbohydrates in the tropics. As of the year 2010, Nigeria is the world’s top producer of cassava. It was introduced to the African population by Portuguese traders who brought it from Brazil.

NUTRIENT PROFILE:
Vitamins: C
Minerals: zinc
Phytonutrients: beta-carotene

Be aware! Cassava should never be consumed raw, because it contains cyanogenic glucosides that can get converted into hydrogen cyanide, a poisonous residue. Additionally, if consumed often even in relatively small doses, it has been associated with the development of goiter, because of its effect on thyroid function. In extreme doses, it can cause paralysis.

SELECTION:
When buying yucca, try to find tubers that are firm and have unblemished skin.

STORAGE:
Yucca should be stored in a cool, dry place. If peeled, they should be refrigerated in a covered container with some water in it.

PREPARATION:
Peeling a yucca root can be difficult, so you might want to use a peeler. Place the yucca in boiling water for approximately 25 minutes or until tender. The roots can then be sliced, coated with olive oil, and baked 15 minutes per side for an alternative to potato fries. Yucca root can also be boiled and sprinkled with your favorite herbs. However, due to the potentially toxic nature of this food, it might be best to avoid it altogether.

Cauliflower

ALKALIZING

ABOUT:
Cauliflower is an annual plant and a descendant of the wild cabbage. It was cultivated in areas around the Mediterranean, particularly in Turkey and Italy, and underwent many variations until it became the vegetable we know today.

DID YOU KNOW?
Though it is most often white, cauliflower also comes in orange, green, and purple varieties.

NUTRIENT PROFILE:
Vitamins: C, K, folate, and B6
Minerals: potassium, manganese, and molybdenum
Phytonutrients: glucobrassicin, glucoraphanin, and gluconasturtiin - all known to aid with detoxification.

SELECTION:
Cauliflower should be clean and white, without grey or moldy looking spots.

STORAGE:
Store raw cauliflower in the
refrigerator in a plastic bag. Frozen cauliflower is widely available.

PREPARATION:
You can eat the florets, the stem, and the leaves. Cauliflower can be eaten raw, steamed, or sauteed.

DID YOU KNOW?
Celery leaves were used as laurels to decorate the heads of famous Greek athletes.

NUTRIENT PROFILE:
Vitamins: K, folate, and A. Minerals: potassium and molybdenum. Phytonutrients: phthalides, compounds that help arterial walls expand, thus helping lower blood pressure. Also coumarins and acetylenics, which are mainly potent antioxidants and anti-mutagenic compounds.

Be aware! Celery contains measurable amounts of oxalates.

SELECTION:
Celery should be crisp, tightly packed, and have a light- to dark-green color.

STORAGE:
Store whole celery in a closed container or wrapped in a damp paper towel in the refrigerator. Cut celery should be stored dry and in a closed container. Celery wilts quickly and should not be kept at room temperature for too long.

PREPARATION:
Be sure to thoroughly wash celery before use, then chop off the very bottom. Removing the leaves is optional, though the leaves are edible and nutritious. You can eat celery raw, as part of a stew or soup, or in a salad.

Chard Greens
ALKALIZING

ABOUT:
Chard, often called Swiss chard, is a highly nutritious leafy vegetable somewhat similar to beet greens. The stems vary widely in color. Chard is an ingredient used in many Mediterranean dishes.

NUTRIENT PROFILE:

Be aware! Chard greens contain measurable amounts of oxalates.

SELECTION:
Chard leaves should be bright green, with no signs of yellowing or wilting.

STORAGE:
Chard greens are very perishable, and should be refrigerated in a bag or container that has had all the air let out of it. It’s best to store unwashed.

PREPARATION:
Rinse chard greens before use. It is generally recommended to only use the leaves and not the stems, as these are tough in most varieties. Chard greens are often boiled before adding to salads, omelets, and the like, and can be used in most recipes where spinach is called for.

**DID YOU KNOW?**
The name for cherry comes from the Latin name for a town in North Turkey, Cerasus, from which the cherry was brought to Europe. The city today is called Giresun.

**NUTRIENT PROFILE:**
Vitamins: A and C.

**OTHER:**
Melatonin, which helps the circadian rhythm of sleep.

**SELECTION:**
Cherries should be red, firm, and still have their stems attached.

**STORAGE:**
Cherries are best kept in a covered container in the refrigerator for no more than a week or so.

**PREPARATION:**
Wash cherries first and then remove the stem. Cherries are generally consumed raw and are difficult to pit effectively.

**DID YOU KNOW?**
Chlorella is one of the most heavily researched algae in the world.

**NUTRIENT PROFILE:**
Vitamins: A, C, B2, B12, B3, B6, and folate.
Minerals: calcium, iron, magnesium and phosphorus.
Phytonutrients: chlorophyll.

**SELECTION:**
Chlorella usually comes in powder form, so research the company from which you are buying and be sure that it is reputable.
**Coconut**

**ALKALIZING**

**ABOUT:**
The coconut is the fruit of a palm tree. Its origins are unclear, with some asserting that it originated in Melanesia and others believing it originated in South America.

**DID YOU KNOW?**
Virtually every part of the coconut plant can be used for something. In Sanskrit, it is known as ‘the tree which provides the necessities of life’. And early Spanish explorers named it coco, meaning ‘monkey face’, because the three indentations at the top resemble the eyes of a monkey.

**STORAGE:**
Follow storage instructions on package/container.

**PREPARATION:**
Follow preparation instructions on package/container.

**NUTRIENT PROFILE:**
Vitamins: C, B1, B2, and B3.
Minerals: iron, phosphorus, copper, manganese, and selenium. Other: Coconut oil contains healthy medium-chain fatty acids (MCFA), also known as medium-chain triglycerides (MCT). And coconut water, the liquid found inside young coconuts, is known for its high electrolyte content, especially potassium and magnesium.

**Collard Greens**

**ALKALIZING**

**ABOUT:**
Collard greens are leafy plants related to broccoli and cabbage. They are grown the world over for both food and as ornamentation.

**NUTRIENT PROFILE:**
Minerals: manganese, calcium, iron, vitamin, and magnesium.
Phytonutrients: glucosinolates - organic compounds that contain sulfur and nitrogen - including glucoraphanin, sinigrin, glucotropaeolin, and glucosturtiian.

**Be aware!** Collard greens contain measurable amounts of oxalates.

**SELECTION:**
Select collard greens that are deep green and have unwilted leaves.
**Corn**

**ACIDIFYING**

**ABOUT:**
Corn, also called maize, is thought to have been cultivated in the Americas as far back as 8000 BC. It was a staple for Native American civilizations for thousands of years, playing an important part in both their diets and their culture.

**DID YOU KNOW?**
As of 2009, around 85% of the corn grown in the United States qualified as “genetically modified” (GM).

**NUTRIENT PROFILE:**
Vitamins: C, B3, and B5.

**SELECTION:**
Select corn whose husks aren’t dried out and whose kernels are full, firm, and packed in tightly.

**STORAGE:**
Corn is best consumed shortly after purchase, but it can be stored in a closed container in the refrigerator for several days.

**PREPARATION:**
Corn can be cooked in many different ways, including steaming, broiling, and grilling. Season cobs lightly with salt and olive oil, or add cooked kernels to salads.

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**Cranberry**

**ACIDIFYING**

**ABOUT:**
Though cranberries are native to many parts of the world, they are thought to have been first cultivated in the Americas. Cranberries were used by Native Americans as food, a source of dyes, and as medicine.

**NUTRIENT PROFILE:**
Vitamins: C.
Phytonutrients: proanthocyanidins, compounds that stop bacteria from entering the urinary tract, contributing to the capacity of cranberries to prevent urinary tract infections.

**SELECTION:**
Cranberries should be very firm and deep red.

**STORAGE:**
As with other berries, be sure and discard moldy or damaged cranberries before storing in the refrigerator.

**PREPARATION:**
Cranberries, both fresh and dried, are excellent on salads and in a variety of other dishes. Be sure to wash fresh cranberries gently just before use.

**STORAGE:**
Keep collard greens in a bag with as much air removed as possible, and store them in a refrigerator.

**PREPARATION:**
Collard greens are typically eaten raw, but can also be steamed. They should be washed thoroughly and cut into small pieces, as this will ensure they cook more evenly.
Cucumber

ABOUT:
Cucumbers are native to many parts of the world because they flourish in a wide variety of climates. Made of 90% water, they belong to the gourd family and are related to the muskmelon and squash.

DID YOU KNOW?
Cucumbers come fourth behind tomatoes, cabbage, and onions as the most widely cultivated vegetable on earth.

NUTRIENT PROFILE:
Vitamin: K.
Minerals: molybdenum and silica.
Phytonutrients: the lignans lariciresinol, pinoresinol, and secoisolariciresinol that function as phytoestrogens, thus binding estrogen in the body. Also caffeic acid, which decreases water retention and has anti-inflammatory properties, plus triterpenes.

SELECTION:
Cucumbers should be firm and bright or dark green. Avoid cucumbers that show bruising or are squishy.

STORAGE:
Store whole cucumbers in the refrigerator and partial cucumbers in closed containers. It is ill-advised to leave cucumbers at room temperature for very long.

PREPARATION:
Cucumbers should be washed before eating, and can be enjoyed peeled or with the skin intact. The skin is packed with nutrients, so consider eating your cucumbers with the skin on.
Daikon

ABOUT:
The name “daikon” literally means “large root” in Japanese, a fitting name for this large, white radish from East Asia. It tends to have a milder flavor than radishes, and is used in a variety of soups, cakes, and dishes from Asia and the Middle East.

NUTRIENT PROFILE:
Vitamins: C.
Minerals: magnesium and potassium.

SELECTION:
Choose daikon that are firm, free of cracks and bruises, and shiny.

PREPARATION:
Daikon are used in many dishes, so preparation varies. They can be sautéed, added to salads, or steamed.

Dandelion Greens

ABOUT:
Dandelions are hardy perennial flowering plants native to many parts of the world. Both the flower and leaves have been used for medicinal purposes.

DID YOU KNOW?
The name for the dandelion comes from the French phrase Dent de Lion, which means “tooth of the lion” and refers to the tooth-like jagged edges of its flower.

NUTRIENT PROFILE:
Vitamins: K, A, and C.
Minerals: calcium.

SELECTION:
Try choosing dandelion greens that are dark green and don’t have any yellow blossoms yet.

PREPARATION:
Dandelions can be eaten raw, but may taste a little too bitter. Boiling the greens once or twice is usually enough to get rid of the bitterness.

STORAGE:
Daikon are best stored wrapped in plastic and refrigerated.

STORAGE:
Rinse dandelion greens thoroughly, wrap in a damp cloth or paper towel, and store in a plastic bag in the refrigerator.
**Dandelion root**

**ALKALIZING**

**ABOUT:**
Dandelion root is the root of the common dandelion flower that has a long history of medicinal use. It was used in parts of the Middle East in the 10th century as a treatment for inflammation and it has also been used as a coffee substitute.

**NUTRIENT PROFILE:**
Phytonutrients: flavonols.

**SELECTION:**
Dandelion root can be bought as an herb, a supplement, or a tea.

**STORAGE:**
Follow the instructions which accompany the dandelion root extract you purchase.

**PREPARATION:**
Follow the instructions which accompany the dandelion root extract you purchase.

**Date**

**ALKALIZING**

**ABOUT:**
The date is a fruit produced by a palm tree thought to be native to areas near the Persian Gulf. Dates have been cultivated by humans for thousands of years all over the Middle East and North Africa. They spread through trade to Asia, Southern Europe, and eventually to the Americas.

**DID YOU KNOW?**
Among dried fruits, dates have the highest concentrations of phytonutrients.

**NUTRIENT PROFILE:**
Vitamins: A, B-6, B2, B3, and B5.
Minerals: potassium, manganese, copper, and magnesium. Phytonutrients: various flavonoid polyphenolic antioxidants known as tannins. These compounds protect against infections and have anti-inflammatory properties. Also, dates contain beta-carotene, lutein, and zeaxanthin.

**SELECTION:**
Try to pick dates that are evenly colored, have a shiny gloss, and are unblemished and free of cracks.

**STORAGE:**
Dried dates store pretty well. Store in a covered container at room temperature for a few months or refrigerator for about a year. Fresh dates will probably keep for two weeks or so.

**PREPARATION:**
To remove the pit, slice the date open on one side and simply pull it. Dates can be eaten as is or used in most recipes that call for similar fruits like raisins.
Elderberry

ABOUT:
The elderberry is the fruit of a group of bushes collectively named Sambucus nigra which is native to many temperate regions of the world. The fruit grows in clusters and is a favorite of wildlife. The white flowers of the elderberry bush are used in brewed wine, champagne, and in baked goods, thanks to its light and sweet flavor.

DID YOU KNOW?
Elderberry has important medicinal properties as shown by multiple studies conducted from the mid 1990’s. Among them, is its ability to help treat influenza symptoms by cutting in less than half the recovery time from the flu virus H1N1 and influenza A and B. What’s more, researchers have found that the H1N1 inhibitory properties of the flavonoids contained in elderberries are comparable to the anti-influenza activity of drugs such as Tamiflu.

NUTRIENT PROFILE:
Minerals: iron and potassium.
Phytonutrients: various tannins, flavonoids, anthocyanins, and carotenoids.

Be Aware! All parts of the tree, including the roots (and except the fruit), contain a compound that gets converted into cyanide.

SELECTION:
Quality elderberries have a rich color and should be firm. Avoid moldy or damaged elderberries.

STORAGE:
Refrigerate after removing any damaged or moldy berries.

PREPARATION:
Elderberries should be cooked before eaten since raw elderberries are toxic. Elderberries are very commonly boiled in water that has a little sugar in it (though adding sugar is optional). Alternatively, they may be baked into pies.
**Eggplant**

**ALKALIZING**

**ABOUT:**
A member of the nightshade family, eggplant is a perennial native to India. It is related to the potato and tomato, and bears a fruit which technically is a type of berry.

**NUTRIENT PROFILE:**
Vitamins: B6.
Minerals: manganese and molybdenum.
Phytonutrients: Chlorogenic acid, one of the most powerful antioxidants found in plants. It also has antiviral properties and is credited with the ability to lower cholesterol.

**Be aware!** Eggplants contain lectin, a type of proteins that bind to carbohydrates in the cells. When consumed in large quantities, they can be toxic, resulting in symptoms similar to food poisoning. Cooking foods that contain lectins inactivates the harmful proteins.

**SELECTION:**
Eggplants should be firm, heavy, and have shiny, smooth skin. There are green, white, and purple varieties. A healthy eggplant will always have bright colors. Check for bruising or discoloration, as this may mean that the fruit itself is damaged.

**STORAGE:**
Eggplants are delicate and should be stored at around 50 degrees Fahrenheit. Always store whole, as cut eggplant perishes quickly.

**PREPARATION:**
Be sure to wash eggplant thoroughly before use. Peeling is optional, as the skin is edible though sometimes tough. Eggplants are usually baked, steamed, or roasted. When baking whole eggplants, poke holes in the skin with a knife or fork in order to allow steam to escape.
FIG

ALKALIZING

ABOUT:
The fig tree is a member of the mulberry family. Originally cultivated in Egypt, mentions of figs appear in a variety of ancient texts. Figs gradually made their way into the rest of Europe, and were brought to the Americas by the Spanish in the 1500s.

DID YOU KNOW?
Figs were introduced to ancient Greece at around the 9th century BC where they became a staple food. An unusual law was passed by the Greek government, forbidding the export of the best quality figs. The Romans considered figs as a sacred fruit.

NUTRIENT PROFILE:
Minerals: potassium and manganese.

Be aware! Figs contain measurable amounts of oxalates.

SELECTION:
Figs are highly perishable, and should be bought close to the time that you plan to eat them. They should be plump and have a rich deep color. If they have a sour smell, they might be spoiled.

STORAGE:
Figs can be stored in the refrigerator for a day or so. Place them in a single layer in a closed container to prevent bruising and preserve freshness. Figs will ripen if stored at room temperature away from direct sunlight.

PREPARATION:
Be gentle with figs as you wash and dry them. Remove the stem and eat raw or simmer in water to make them juicier.
Garlic

ABOUT:
Garlic is a relative of the onion and one of the oldest known cultivated plants. Native to Asia, it has been used as both food and medicine throughout history in many areas of the world. It is a "seleniferous" plant because it is especially effective at gleaning selenium from the soil. China, South Korea, India, Spain and the United States are among the largest commercial producers of garlic.

DID YOU KNOW?
Ancient Egyptians thought garlic had sacred qualities and used to place it on the Pharaoh's tombs. Also, Greek and Roman athletes consumed garlic before competitive events.

NUTRIENT PROFILE:
- Vitamins: B6 and C
- Minerals: selenium and manganese
- Phytonutrients: a variety of sulfur-containing compounds, including allicin, known for its wide variety of health benefits and especially for its antioxidant and anti-inflammatory properties.

SELECTION:
Select garlic that is firm to the touch and has unbroken, blemish-free skin. Avoid sprouted garlic.

STORAGE:
It is not necessary to refrigerate garlic.

PREPARATION:
Garlic can be peeled with a knife or with your fingers. Check for green sprouts in the center of the clove. They are hard to digest and should be removed. Chopping helps begin the enzymatic process which creates allicin from its chemical precursors. It is best to let garlic sit for a little while right after cutting it and before applying any heat to it. Immediate application of heat has been shown to slow the creation of allicin in newly chopped garlic.

Ginger

ABOUT:
Ginger is the rhizome or horizontal underground stem of a plant whose cultivation is thought to originate in South Asia. It is known for its multiple health benefits, in particular for its beneficial gastrointestinal effects.

NUTRIENT PROFILE:
- Minerals: magnesium
- Phytonutrients: powerful antioxidant compounds called gingerols, implicated in reducing inflammation and joint pain.

SELECTION:
Ginger should be firm and smooth. Young ginger usually doesn’t have to be peeled while mature ginger does.
**STORAGE:**
Whole ginger with the peel on will keep for several weeks in the refrigerator.

**PREPARATION:**
Peel ginger with a knife or peeler. It can be added to many recipes, steeped to make tea, or grated onto salads and stir-fried dishes.

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**Grape**

**ALKALIZING**

**ABOUT:**
Grapes are berry fruits that have been used as food and to make wine for thousands of years. They are cultivated all over the world, but have also spread through trade, commerce, and travel. Today, trillions of pounds of grapes are grown annually. Contrary to belief, seedless grapes are not genetically modified.

**DID YOU KNOW?**
Studies have shown that adding grapes to the diet turns on glutathione-regulating genes in the heart, increasing the levels of this important and protective antioxidant.

**NUTRIENT PROFILE:**
Vitamins: K and C.
Minerals: manganese.
Phytonutrients: resveratrol, implicated in the activation of genes related to longevity and to the hormone melatonin. Also a large number of flavonols such as quercetin, flavanols, including catechin and procyanidins, phenolic acids, and carotenoids. Grapes also contain the hormone and antioxidant melatonin.

**Be aware!** The purple-colored Concord grapes contain measurable amounts of oxalates.

**SELECTION:**
Pick grapes that are free of wrinkles and firm and wash them just before consuming and gently dry them using a paper towel.

**STORAGE:**
Do not store grapes at room temperature. Always refrigerate them in a closed container. Nutritionally, raisins are similar to grapes, but some phenols are lost in the drying process. Raisins well keep longer if stored in the refrigerator.

**PREPARATION:**
Some recipes incorporate grapes, but they are usually enjoyed raw. Dried grapes or raisins are widely used in baked goods.
Grapefruit

ALKALIZING

ABOUT:
Grapefruit does not have a history stretching back thousands of years, at least not one that anyone is aware of. A hybrid between a pomelo and an orange and a member of the citrus family, the grapefruit was discovered growing in Barbados in the 1700s. It became a popular fruit in North America and becoming an important crop towards the later part of the 1800s. The United States is the world's top grapefruit producer.

Did you know?
A study conducted in 2007 correlated eating a quarter of a grapefruit daily with a 30% risk increase of breast cancer. The increase was blamed on the inhibition of an enzyme that metabolizes estrogen. However one year later, the study was disproven and actually found a breast cancer risk decrease in women who ate grapefruit.

NUTRIENT PROFILE:
Vitamins: C and A.
Minerals: calcium and magnesium.
Phytonutrients: pink grapefruit contains lycopene, a powerful antioxidant that makes fruits red. Limonin, thought to have tumor-inhibiting properties, is present in all grapefruits.

Be aware! Grapefruit can interact with certain prescription drugs, so if you're taking medications for high blood pressure, heart arrhythmia, or high cholesterol, consult with your physician.

_SELECTION:
Don't be concerned about surface blemishes on grapefruit. A few scratches or a little discoloration is not a bad sign. Grapefruit should be firm and absent of any especially mushy spots, as this can indicate decay.

STORAGE:
Grapefruit keeps pretty well in the refrigerator or at room temperature, but will be juicier if stored at room temperature.

PREPARATION:
Grapefruits can be peeled and eaten like oranges, or they can be sliced into quarters or halves and scooped out with a spoon. Wash the outside skin in water before cutting the fruit open.
**Honeydew**

**ALKALIZING**

**ABOUT:**
The honeydew is a type of muskmelon with light green flesh originally from Southern France and Algeria.

**DID YOU KNOW?**
Honeydew seeds were first introduced to China in the ’40s by an American vice president, Henry Wallace, who gave them to the locals. For that reason, in that country the honeydew is sometimes referred to as the “Wallace”.

**NUTRIENT PROFILE:**
Vitamins: C, B6, and folate.
Minerals: potassium.

**SELECTION:**
Good honeydews should be almost exactly spherical without any noticeable blemishes, bruising, or fuzziness on the rind. They should be firm with a slight softness at the stem and a sweet aroma when ripe. The seeds of a ripe honeydew may sometimes rattle when the melon is shaken.

**STORAGE:**
Honeydew will keep in the refrigerator for several weeks. If the melon has been cut, store in a covered container.

**PREPARATION:**
To enjoy a honeydew melon, simply use a sharp knife to cut it in half, remove the seeds with a spoon, and separate the rind from the flesh.
Kale
ALKALIZING

ABOUT:
Kale is a descendant of wild cabbage and as such, is related to broccoli, brussels sprouts, and cauliflower. It is thought to have been introduced to Europe around 600 BCE, after which point it became one of the most common vegetables in Europe, until the end of the Middle Ages.

DID YOU KNOW?
Thanks to isothiocyanates (ITCs) derived from the glucosinolates present in the plant and to its high sulfur content, kale supports the body’s detoxification process. Also, scientists have identified more than 45 different flavonoids in kale.

NUTRIENT PROFILE:
Vitamins: K, A, and C.
Minerals: manganese.
Phytonutrients: lutein, beta-carotene, kaempferol, and quercetin.

SELECTION:
Kale should be brightly colored and have firm leaves. Avoid yellowing or wilted kale.

STORAGE:
Store kale unwashed in a plastic bag with as much air removed as possible in the refrigerator.

PREPARATION:
Kale can be eaten raw or cooked. Steaming it for about five minutes is also a popular option.

Kiwi
ALKALIZING

ABOUT:
Kiwis, also known as Yang Tao and Chinese Gooseberries, are native to China. In the 1960’s the kiwi caught the attention of a produce distributor in the United States, who changed its name to ‘kiwifruit’. This was due to the resemblance between the fuzzy brown skin of the fruit and that of the kiwi, a brown bird native to New Zealand.

NUTRIENT PROFILE:
Vitamins: C and E.
Minerals: potassium.
Phytonutrients: beta-carotene, lutein, and zeaxanthin.

Be aware! Kiwi contain measurable amounts of oxalates.
**SELECTION:**
Better tasting kiwis will usually give a little when squeezed softly.

**STORAGE:**
Kiwis can be stored in the refrigerator or at room temperature. If they aren’t ripe yet, leave them at room temperature for a few days.

**PREPARATION:**
Kiwis can be peeled and should be eaten right away, so as to avoid the effect of enzymes that soften the fruit. For the same reason, kiwi should be added to fruit salad or any other dish just before consuming. You can store it peeled and sliced in a separate container until ready to use.

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**Kohlrabi**

**ALKALIZING**

**ABOUT:**
Kohlrabi, also known as “German turnip,” is a hardy type of cabbage. It has been developed artificially to become more fleshy and spherical than its cousins broccoli and cauliflower, and it tastes a little sweeter.

**NUTRIENT PROFILE:**
Vitamins: C and B6.
Minerals: potassium, copper, and manganese.

**SELECTION:**
A good Kohlrabi should be tennis-balled sized, with thin, wrinkle-free skin.

**STORAGE:**
Kohlrabi will keep fresh longer if stored in a bag in the refrigerator.

**PREPARATION:**
Kohlrabi can be eaten raw, but some prefer the earthy flavor when it is roasted. It can be used in most recipes as a less starchy substitute for potatoes.

The greens of the plant can also be eaten, and are good when steamed or boiled briefly to tenderize them.
Lettuce (Romaine)

ALKALIZING

ABOUT:
Lettuce is thought to have been cultivated as far back as 4500 BCE, possibly even later. It was used in ancient Greece and Rome as both food and medicine, and is considered good luck in Chinese culture. Romaine lettuce has a higher nutrient content than iceberg lettuce.

DID YOU KNOW?
Lettuce was first brought to North America on the second voyage of Columbus in 1493.

NUTRIENT PROFILE:

SELECTION:
Lettuce should be crisp with leaves that are not wilted and free of browning.

STORAGE:
Wash lettuce before storing it in the refrigerator. Keep away from other fruits like apples or pears which produce ethylene, as this may accelerate browning.

PREPARATION:
Wash thoroughly and cut the top and bottoms off the leaves, since they are often bitter tasting. Serve raw in salads and sandwiches.

Lemon

ALKALIZING

ABOUT:
Lemons are a cross between limes and citrons. They are presumed to have originated in East Asia or India, and were brought to Spain by Arab traders in the 11th century.

DID YOU KNOW?
In the mid-19th century, gold miners in California ate lemons to ward off scurvy.

NUTRIENT PROFILE:
Vitamins: C. Phytonutrients: flavonol glycosides, a family of DNA-protective and antimicrobial compounds, and limonin. The latter, not to be confused with limonene, which is present in lemon rind.
SELECTION:
Choose heavy lemons with skin that has a grainy texture, as this can indicate that the skin is thin and thus, there is more meat in the fruit. Lemons should be a vibrant yellow and with few - if any - wrinkles on the skin.

STORAGE:
Lemons can be stored at room temperature or in the refrigerator. It is best to keep them out of direct sunlight.

PREPARATION:
Lemon juice can be used in just about any dish. Lemon zest, the grated peel, is a common ingredient in baking.

Lime

 ABOUT:
The lime is a fruit grown on tropical trees native to Southeast Asia. They were introduced in Spain during the 13th century by the Moors. Limes made their way to the New World on one of Columbus’s voyages and thrived in many tropical climates.

DID YOU KNOW?
“Limey” is a term that refers to people of British descent, and was first applied to British traders who ate limes to ward off scurvy.

NUTRIENT PROFILE:
Vitamins: C. Phytonutrients: flavonol glycosides, limonin, and limonene.

SELECTION:
Look for limes that are bright green and don’t have any blemishes or brown spots.

STORAGE:
Like lemons, limes will store well either at room temperature or in the refrigerator. Keep them out of direct sunlight.
Loquat

ABOUT:
Also known as the Japanese medlar, Japanese plum or Chinese plum, the loquat is a member of the Rosaceae family and relative of the apple. The rather small tree produces oval or round fruits that grow in clusters and are either yellow or orange. Originally from Southeastern China, it was introduced to Japan and India, Pakistan, and the Mediterranean basin, where they have cultivated for over 1,000 years.

DID YOU KNOW?
Unlike most fruit trees, loquat trees flower in late autumn or early winter, so the fruits ripen in late winter or early spring. Also, the tree’s flowers have a sweet aroma that can be detected from far.

NUTRIENT PROFILE:
Vitamins: vitamin A and C.
Minerals: potassium and manganese.
Phytonutrients: carotenoids, chlorogenic, coumaric and ferulic acids, and epicatechin.

SELECTION:
Ripe loquat are the sweetest, and feel soft to the touch with a bright orange color.

STORAGE:
It’s best to store ripe loquats in the refrigerator.

PREPARATION:
Loquats have a large seed, so they require patience to use in recipes. However, the peel of the ripe fruit peels off easily with the fingers. If not eaten raw, it can be used in baking recipes, to make jam, jelly, and chutney.
Mango

ABOUT:
The mango is a fruit produced by tropical trees believed to have been first cultivated in South Asia. Mango trees have been known to bear fruit for thousands of years, and the mango is the national fruit of the Philippines, Pakistan, and India.

DID YOU KNOW?
Due to a lack of refrigeration, mangoes imported into the American colonies were pickled. Other foods also had to be pickled, and by the 18th century the word "mango" was used as a verb meaning "to pickle".

NUTRIENT PROFILE:
Minerals: potassium and copper
Phytonutrients: beta-carotene, lutein, quercetin, kaempferol, caffeic acid, and mangiferin. The latter is only found in mangoes. Besides its role as an antioxidant (like all phytonutrients have), it has antimicrobial properties.

PREPARATION:
There are many ways to peel a mango. One easy way is to cut the fruit in half, remove the core, and peel the skin from each half.

Be aware! The peel and sap of mango, as well as the leaves and stems, contain urushiol, a chemical also found in poison ivy. In those susceptible, allergic reactions have been observed.

SELECTION:
Mangos are considered ripe when they are a little soft and have a sweet aroma.

STORAGE:
Mangos ripen well at room temperature but should be stored in the refrigerator thereafter. You can accelerate ripening by placing mangos in a bag with an apple, as apples produce a good amount of fruit-ripening ethylene gas.
ABOUT:
While there is a wide array of mushroom varieties, the name “mushroom” currently denotes the cultivated button mushroom, Agaricus bisporus. The most popular varieties grown for commercial purposes are whites, crimini, portobello, shiitake, and maitake. The difference between the first three is their age, with noticeable darkening as the mushrooms age. White mushrooms are the youngest, while portobello mushrooms are the oldest.

DID YOU KNOW?
Since mushrooms produce vitamin D2 when exposed to ultraviolet light, the food industry use mushrooms to produce vitamin D2 to fortify foods with it.

NUTRIENT PROFILE:
Vitamins: B2, B3, B5, and folate.
Minerals: selenium, copper, potassium, and phosphorus.
Phytonutrients: a large variety of immune-boosting compounds, such as beta-D-glucans, fructooligosaccharides, and others. Antioxidants, of which ergothioneine is the best studied. Besides its normal antioxidant functions, ergothioneine has shown the ability to help prevent oxidative damage to DNA (genetic material) and proteins.

OTHER:
Mushrooms contain a unique form of fatty acid known as conjugated linoleic acid (CLA), which can bind to aromatase enzymes, thus reducing estrogen production.

Be Aware! Mushrooms contain purines, a substance that can increase the amount of uric acid and could therefore have an effect on people with gout or who have a tendency to form kidney stones.

SELECTION:
Choose mushrooms that are plump, firm, and as clean as possible. Avoid those with wrinkled or slimy spots.

STORAGE:
To best preserve the phytonutrients, keep mushrooms refrigerated in a glass dish covered with a moist cloth or inside a paper bag that is loosely closed so as not to push the mushrooms together. Or if you won’t use them within 48 hours of purchasing, stack mushrooms on a glass dish alternating a layer of mushrooms with a damp paper towel and store in the refrigerator.

PREPARATION:
Mushrooms should not be soaked or washed under the faucet, since they absorb water and become soggy. Instead, briefly run cold water on them and wipe with a damp paper towel or clean kitchen cloth. Mushrooms can be sautéed and used in a variety of dishes, soups, and are delicious raw in salads and sandwiches.
Muskmelon
(see: Cantaloupe, Honeydew)
ALKALIZING

Mustard Greens
ALKALIZING

ABOUT: Mustard greens are the leaves of the mustard plant native to the Himalayan region in India. It is an important part of Chinese, African, and South American cuisines.

NUTRIENT PROFILE:
Vitamins: K, A, C, and folate.
Minerals: manganese and calcium.
Phytonutrients: sinigrin, glucotropaeolin.
All three help activate and regulate the activity of detoxification enzymes.

SELECTION:
Mustard greens should be crisp, displaying a healthy deep green color, and have no blemishes or browning.

STORAGE:
Mustard greens store well when they are placed in a bag with the air removed and refrigerated.

PREPARATION:
Mustard greens can be eaten raw, added to various dishes, or sautéed.
Nectarine

ALKALIZING

ABOUT:
The nectarine is essentially a peach with a smoother skin, though many mistakenly believe that it is a cross between a peach and a plum. Like peaches, nectarines most likely originated in China approximately 2000 years ago, and were later cultivated in ancient Persia, Greece, and Rome. They were introduced to America by the Spanish explorers, and currently, California produces 95% of the nectarines sold in the United States.

DID YOU KNOW?
Legend has it that a Chinese emperor was so enamored of nectarines that he referred to them as the nectar of the gods.

NUTRIENT PROFILE:
Vitamins: C.
Minerals: potassium.
Phytonutrients: beta-carotene, lutein, zeaxanthin, and cryptoxanthin.

SELECTION:
The lack of fuzz makes nectarines look more orangish-red than peaches. It's best to pick nectarines with smooth, blemish-free skin and vibrant colors.

STORAGE:
Nectarines are delicate fruits and bruise easily. Until ripe, store them at room temperature out of direct sunlight or in the refrigerator.

PREPARATION:
Nectarines need to be cored. Simply slice the fruit open, remove the pit, cut it into quarters, and remove the nectarine flesh from the core. Nectarines can also be grilled, made into jams, or added to salads.

Noni

ABOUT:
The noni plant, also known as Indian mulberry, is an evergreen shrub or tree native of Polynesia that bears small yellow fruits. Once ripe, the fruit has a rather unpleasant odor and taste.

DID YOU KNOW?
Due to its botanical name, Morinda citrifolia, it is easy to think that the noni fruit belongs to the citrus family. However, it doesn’t. It belongs to the Morinda plant genus, which is part of the Rubiaceae family, as coffee is.

NUTRIENT PROFILE:
Minerals: potassium.
Phytonutrients: octanoic acid (antibacterial), scopoletin (anti-edematous), damnancanthal (affecting cell division), terpenoids
(aromatic lipids), anthraquinones (which may cause liver toxicity in people with impaired liver function), ursolic acid (controls pathways for cell multiplication), rutin (a flavonoid).

OTHER:
acubin, L-asperuloside, and alizarin, which are antibacterial compounds in the fruit.

SELECTION:
The whitest fruit has the most juice, so select those as opposed to light green fruits, which contain little juice and are bitter.

STORAGE:
Refrigerate in coldest section of refrigerator in a covered container.

PREPARATION:
The best way to consume noni is as a juice. Slice the fruit in the middle and press the pulp through a mesh sifter. Repeat until the desired consistency is reached. Generally it will be more of a sauce than a juice, so you can dilute it with water or your favorite fruit juice.

Nori

ABOUT:
Nori refers to several species of edible seaweed. It is usually made into a paperlike product which is used to wrap sushi. It is also sometimes used as a spice or a garnish.

NUTRIENT PROFILE:

SELECTION:
Nori is usually packaged in prepared sheets.

STORAGE:
Store the unopened package in a cool, dry place. After opening, squeeze all the air out of the bag and refrigerate.

PREPARATION:
Use to make sushi or crumple over various dishes for flavoring.
Olive

ABOUT:
The olive is a fruit produced by a small tree which native primarily to the Mediterranean region. It has a prominent place in classical and ancient literature. Nowadays, the olive tree is used for its fruit and to make oil. With more than 25 million acres of land devoted to olive trees, olives are one of the world’s largest crops.

DID YOU KNOW?
All varieties of olive trees - and there are hundreds - can live for many years. One tree was carbon-dated to have lived for around 2,000 years, setting a world record for tree longevity.

NUTRIENT PROFILE:
Minerals: iron and copper.
Phytonutrients: Olives contain a large number of beneficial phytonutrients. Among the most prominent are hydroxytyrosol and oleuropein found both in olives and in the olive leaf. They are powerful antioxidants also shown in laboratory studies to be associated with a decrease in the loss of bone mass in animals. Olives also contain luteolin, apigenin, cinnamic acid, caffeic acid, and quercetin.

SELECTION:
Olives come whole, pitted, or stuffed with a variety of other foods like peppers. They also come in many colors and textures, including green, yellow, purple, and black. A good rule of thumb is to select olives that are somewhat firm.

STORAGE:
Olives are often bought in cans or jars and, once opened, can be stored in the refrigerator in a new, sealed container.

ONION

ABOUT:
Onions have been a staple food in their native regions of the Middle East and Asia for thousands of years. Like garlic, the onion is a member of the Allium family, and offer innumerable health benefits thanks to their rich phytonutrient content.
DID YOU KNOW?
Onions were placed in the tombs of Egyptian kings and used by people too poor to afford spices in order to improve the quality of their own otherwise bland meals.

NUTRIENT PROFILE:
Vitamins: C and B6.
Minerals: molybdenum and manganese.
Phytonutrients: onions are rich in sulfur-containing compounds responsible for their pungent aroma and their beneficial effect on connective tissue. Anthocyanins, quercetin and tannins are among other phytonutrients found in onions.

SELECTION:
Select onions that have no signs of mold and are crisp on the outside.

STORAGE:
Onions should be stored at room temperature. However, refrigerate if you don’t utilize the whole onion. Store onions away from potatoes to avoid overexposure to ethylene gas, which can cause spoilage. Cooked onions can be stored in a covered container in the refrigerator.

PREPARATION:
Onions aren’t usually eaten on their own, but are a tasty and common addition to soups, salads, sandwiches, stews, and stir-fried dishes.

DID YOU KNOW?
Orange peel, like other citrus peel, contain polymethoxylated flavones (PMFs) shown in a study published in the Journal of Agricultural and Food Chemistry to lower cholesterol as efficiently as statin drugs and without their undesirable side effects. To take advantage of this benefit, simply grate approximately one tablespoon of orange peel, after washing it well. For this, it is preferable to use organic oranges.

ORANGE
ALKALIZING

ABOUT:
Orange trees are thought to be native to Southeast Asia. Oranges are one of the most popular fruits, and for that reason, the orange tree is the most abundantly tree grown in the world.

NUTRIENT PROFILE:
Vitamins: C and folate.
Minerals: potassium and calcium.
Phytonutrients: hesperetin, hesperidin, and naringen (three citrus flavanones), anthocyanins, hydroxycinnamic acids, and limonin. As is the case with all citrus peel, the orange rind contains limonene.

OTHER:
Orange oil, which contains more than 90% limonene, is used as an environmentally friendly pest control product both for home use and in organic farms.

SELECTION:
Oranges do not have to be solid orange to be good. They can significantly vary in color, and have green or brown tinting on their skin. They should be pretty firm, however, and free of mold.

STORAGE:
Oranges can be either refrigerated or stored at room temperature. Minimize their exposure to moisture (and thus their chances of molding) by taking them out of packaging bags.

PREPARATION:
Oranges are usually eaten raw or added to salad. Peeling them is easy. Cut them into quarters, remove the seeds, and peel the skin away.
Parsnip

ALKALIZING

ABOUT:
The parsnip is a cousin to the carrot and native to Eurasia. It is slightly sweeter and paler than the carrot, and grows best in cool or cold climates.

NUTRIENT PROFILE:
Vitamins: C, folate.
Minerals: manganese, sodium, potassium.

SELECTION:
Parsnips can grow to be very large, but some flavor is sacrificed with size. It's best to choose a parsnip that is medium or even small and that is firm with an even coloring.

STORAGE:
Parsnips are best stored in a cool place and away from direct sunlight. Before storing parsnips in the refrigerator, snip the greens from the top, otherwise, the greens will draw moisture and nutrients from the root itself. If cooked, store in a covered plastic container in the refrigerator.

PREPARATION:
Parsnips can be eaten raw but are more often boiled or incorporated into a soup or baked dish.

Papaya

ABOUT:
Papaya is the fruit of a tree indigenous to the American tropics. The trees produce fruit year round, and papaya has been used as both food and as a folk remedy for a variety of ailments. This is most likely due to its exceptionally high content of vitamin C.

NUTRIENT PROFILE:
Vitamins: C, A, Folate, and E.
Minerals: potassium.
Phytonutrients: beta-carotene.
Other: papaya contains unique digestive enzymes, such as papain and chymopapain that help breakdown protein in the digestive system. These enzymes also help lower inflammation and decrease the healing time from burns.
**SELECTION:**
Choose papaya that is mostly or completely orange and only slightly soft. Do not select if it has yellow spots, bruising, and/or excessive softness.

**STORAGE:**
If not ripe yet, keep it for a few days at room temperature. If ripe, store in the refrigerator.

**PREPARATION:**
Papaya can be eaten raw or diced, and are delicious as a salad topping. Seeds can be removed by cutting the papaya in half and scooping them out with a spoon. Completely green papayas are sometimes used in cooking recipes or salads.

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**Peach**

**ALKALIZING**

**ABOUT:**
The peach is the fruit of a tree native to China. Like apricots, cherries and plums, peaches it is a stone fruit. The peach traveled West thanks to the silk trade and arrived to Europe via Alexander the Great after his conquest of the Persian empire, where peaches were widely grown. Nowadays, China is the largest peach producer, followed by Italy.

**DID YOU KNOW?**
True wild peaches are only found in China. Unlike the cultivated varieties, the wild peach is small, sour, and very fuzzy.

**NUTRIENT PROFILE:**

**SELECTION:**
Peaches should have an even yellowish color, slightly firm but not rock hard, and be free of wrinkles or greenish tinting.

**STORAGE:**
Avoid refrigerating peaches, so store them at room temperature instead. You can ripen peaches by placing them in a brown paper bag for two to three days.

**PREPARATION:**
Peaches are delicious raw. Coring is easy, simply cut the peach in half scoop the core out with a spoon. Peaches are often added to dessert recipes, made into jams, and cooked alongside meats to add a touch of sweetness.

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**Pear**

**ALKALIZING**

**ABOUT:**
Pears, which are a member of the rose family and related to apples, have been cultivated for thousands of years and all over Europe, Asia, and Africa. However, it wasn’t until the 18th century that attention devoted to pear cultivation gave us the modern varieties we appreciate nowadays. Even though the season for pears is from August to October, thanks to the seasonal variations among the different types of pears, they are available year-round.

**DID YOU KNOW?**
The Greek poet Homer called pears the ‘gift of the gods’.

**NUTRIENT PROFILE:**

**SELECTION:**
Pears will rarely be ripe at the supermarket as they perish quickly, so plan on ripening...
them at home. They should be firm but not rock hard, have skin free of blemishes and large dark spots. Some brown spotting is okay.

**STORAGE:**
Pears ripen best at room temperature. You can tell when they are ripe because they will be just a little soft.

**PREPARATION:**
Much of the fiber in pears is located in the skin, so eat this fruit whole. You can remove the core by quartering the pear and gently cutting the core fragments out with a knife. Pears are usually eaten raw.

**Pea (Green)**

**ALKALIZING**

**ABOUT:**
Peas are the edible seed of the herbaceous annual vine, the *Pisum sativum*, and are a member of the legume family. They are thought to have originated from the field pea, native of the Middle East and Asia. Currently Canada is the largest green pea producer.

**DID YOU KNOW?**
The green pea is one of the first known cultivated food crops, dating back to thousands of years.

**NUTRIENT PROFILE:**
Minerals: manganese, phosphorus, magnesium, copper, iron, zinc.
Phytonutrients: coumestral, a polyphenol which is studied for it’s reputed ability to protect the stomach lining from damage. Saponins, a class of compounds which, in combination with other phytonutrients in peas, are associated with a reduced risk of type 2 diabetes. Ferulic acid and beta-carotene.

**OTHER:**
Even though green peas contain practically no fat, they are a good source of omega-3 fats in the form of alpha-linoleic acid (ALA). One cup of green peas contains approximately 30 milligrams of ALA.

**SELECTION:**
Only 5% are sold fresh. Peas are usually bought frozen, canned, or dried, and may contain high levels of sodium even if labeled “low sodium”. Rinse thoroughly before eating to reduce sodium levels. When buying fresh, try to find peas with smooth, firm pods and an even green color. If the pod rattles when shook, it may not contain many peas and might need to be avoided. The peas themselves should also be firm and bright green.

**STORAGE:**
Refrigerate fresh peas until ready to use, preferably within a few days of purchasing. Store frozen peas in freezer for no more than 30 months.

**PREPARATION:**
Wash pea pods gently before opening. Be careful when you cut the seam so as not to damage peas on the inside. Sometimes a thread lines the seam and peas can be removed by pulling on it. Peas are often cooked in boiling water or sautéed. They make a great addition to stews, salads, and stir-fried dishes.
Pepper
ALKALIZING

ABOUT:
Peppers belong to the nightshade family and are available in multiple bright colors and types, such as bell peppers, chili peppers, jalapeno peppers, and cayenne peppers. The name Capsicum annuum refers to all varieties. Cultivated as far back as 9000 years ago, the pepper originated in Central and South America. Spanish explorers introduced it to Europe in the 1500s.

DID YOU KNOW?
Green bell peppers sold in supermarkets are often unripe versions of colored varieties. Also, in spite of the minimal fat content in peppers, they contain vitamin E, albeit in small quantities.

NUTRIENT PROFILE:
Vitamins: C and A.
Phytonutrients: more than 30 different carotenoids, of which beta-carotene and zeaxanthin are the most prominent. Also the flavonoids luteolin, quercetin, and hesperidin, as well as cinnamic and ferulic acid.

Be aware! Peppers contain lectin, a type of proteins that bind to carbohydrates in the cells. When consumed in large quantities, they can be toxic, resulting in symptoms similar to food poisoning. Cooking foods that contain lectins inactivates the harmful proteins.

SELECTION:
Peppers should be brightly colored, whether red, yellow, green or orange. Avoid selecting peppers that have soft spots, darkened areas, or blemishes. Instead, pick the firmest ones.

STORAGE:
Refrigerate peppers in the vegetable compartment with a damp cloth or paper towel, so they’ll retain the moisture they need to stay fresh. Not cutting the stem also helps retain moisture.

PREPARATION:
Wash peppers with cold water to retain maximum nutrients. Gently remove the stem, cut open lengthwise, and remove the seeds. Then cut into desired shape. The inner white pulp contains flavonoids and is perfectly edible. Peppers can be eaten raw or cooked. They are often used in stir-fried dishes, salads, and more.

Pineapple
ALKALIZING

ABOUT:
Pineapple is a “multiple fruit” formed when berries fuse together. A native of South America, it was introduced to Europe by Christopher Columbus, where it quickly became a coveted delicacy.

DID YOU KNOW?
Pineapple juice can be used as a meat tenderizer because of the presence of bromelain, a complex enzyme system that breaks down protein.

NUTRIENT PROFILE:
Vitamins: C.
Minerals: manganese.
Phytonutrients: ferulic acid, chlorogenic acid, and hydroxycinnamic acid.

SELECTION:
Select a heavy pineapple that has some yellow color and with a sweet aroma around the stem.
**Storage:**
Pineapple is fairly perishable if fully ripened, so it should only be left at room temperature for a day or so. Refrigeration slows the ripening process and thus refrigerated pineapples will keep for several days. Cut pineapple should be stored in the refrigerator in an airtight container.

**Preparation:**
Remove the top and bottom of the fruit with a sharp knife. Then you can either cut the skin off with a knife, or quarter the pineapple and then cut the skin off. Pineapple peelers exist but they end up wasting a lot of fruit. Pineapple is often eaten raw as part of a fruit salad, in a spicy sweet salsa, or stir-fried dishes.

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**Plum**

**Acidifying**

**About:**
A relative of the almond, cherry, nectarine, and peach, the plum - also a stone fruit - exists in hundreds of varieties, most of which originated in Central Asia.

**Did you know?**
In spite of their name, Japanese plums originated in China.

**Nutrient Profile:**
- Vitamins: C.
- Phytonutrients: chlorogenic acid and neochlorogenic acid.

**Be aware!** Plums contain measurable amounts of oxalates.

**Selection:**
Good plums should be a little soft when squeezed but not mushy. Don’t worry if there is a white coating on them. This is a naturally occurring substance called a wax bloom and comes off easily with a little rubbing and washing under cold water.

**Storage:**
Plums can be stored at room temperature but should be checked frequently as they mature rapidly. Once ripe they can be refrigerated.

**Preparation:**
Plums are usually eaten raw. The pit of the plum fruit comes out easily. Just cut the fruit in half and remove the pit. Dried plums are sold as prunes.

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**Pomegranate**

**Alkalizing**

**About:**
Pomegranates are the fruit of the Punica granatum plant. It is native to the area that is now Iran, but nowadays it is grown all over the Middle East, Asia, Southern Europe and tropical regions of Africa.
NUTRIENT PROFILE:
Minerals: phosphorus, potassium, copper, and manganese.
Phytonutrients: punicalagins, a type of tannin and catechins, the latter potent antioxidants known as flavonols.

SELECTION:
Good pomegranates should have skin free of breaks, blemishes, or mold, rich red color, and heaviness.

STORAGE:
Pomegranates, even when ripe, can be kept for a week or two if stored in a dry place with no exposure to direct sunlight.

PREPARATION:
Deseeding a pomegranate doesn’t have to be a difficult task. Begin by cutting the top or “crown” off the fruit. Make several vertical cuts in the rind and soak the whole fruit upside down in water for 5 or ten minutes. Break the pomegranate apart and remove the seeds, which will sink in the water. Then fish the rind and membrane out of the water and remove the seeds.

ABOUT:
The potato is a starchy vegetable that belongs to the nightshade family and is a relative of the tomato. It originated in the Andean region of South America before migrating to Europe via the Spanish explorers. There are approximately 5,000 known potato varieties.

DID YOU KNOW?
Potato plants are the first food ever grown in space. They traveled aboard the space shuttle Colombia in 1995.

NUTRIENT PROFILE:
Vitamins: C and B6.
Minerals: potassium and manganese.
Phytonutrients: chlorogenic and caffeic acids, patatin, and kukoamines, the latter thought to help lower blood pressure.

Be aware! Potatoes contain lectin, a group of proteins that bind to carbohydrates in the cells. When consumed in large quantities, they can be toxic, resulting in symptoms similar to food poisoning. Cooking foods that contain lectins inactivates the harmful proteins.

SELECTION:
Look for potatoes that are smooth, firm, and free of signs of decay. Don’t buy potatoes that have green sprouts.

STORAGE:
Keep potatoes in a cool spot, as even room temperatures can encourage sprouting. But don’t refrigerate them, as this can make them more sugary. Store them in a perforated bag away from light.

PREPARATION:
Potatoes are included in hundreds of different dishes, and can be mashed, baked, and fried, among other things. Because of their glycoalkaloid content (mainly solanine and chaconine), which are toxic compounds the plant produces to protect itself from its predators, it is best to cook potatoes at high temperatures, preferably at or above 170 °C or 340 °F.
Prune
(See: Plum)

ABOUT:
The prune is related to the plum. It has a thick, creased shell of either orange or yellow color. Prunes are native to the Orient and range wildly in size, from around a pound to almost a thousand pounds.

DID YOU KNOW?
In early colonial times, prunes were used as an ingredient to make pie crust, not the filling as is the case nowadays.

NUTRIENT PROFILE:
Vitamins: A and C.
Minerals: potassium.
Phytonutrients: alpha-carotene, which is the second most common carotene after beta-carotene, secoisolariciresinol, zeaxan-

Pumpkin

ABOUT:
The pumpkin is related to the squash. It has a thick, creased shells of either orange or yellow color. Pumpkins are native to North America and range wildly in size, from around a pound to almost a thousand pounds.

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Minerals: potassium.
Phytonutrients: alpha-carotene, which is the second most common carotene after beta-carotene, secoisolariciresinol, zeaxan-

SELECTION:
Pumpkins should be heavy and have dull colored, blemish-free skin.

STORAGE:
Pumpkins can be refrigerated or stored in a cool, dry place.

PREPARATION:
Pumpkins are often baked. To prepare a pumpkin for baking, begin by washing it, then cut the top off, slice the pumpkin in half, and remove the seeds.
Radish

ABOUT:
Radishes are cruciferous vegetables related to turnips. They were cultivated thousands of years ago, first in China, then in Egypt and Greece.

DID YOU KNOW?
The name radish comes from the Latin word 'radix', which means root.

NUTRIENT PROFILE:
Vitamins: C.
Minerals: potassium.
Phytonutrients: Radishes contain lipoic acid, an effective antioxidant that protects vitamin E and vitamin C and boosts glutathione levels. Glutathione is known as the 'Master Antioxidant'.

SELECTION:
Radishes should have vivid colors, green and healthy looking tops, and be smooth.

STORAGE:
Remove the greens, and refrigerate inside a bag. Stored this way, radishes should keep for about a week.

PREPARATION:
Cut off the top and bottom before washing. Radishes are typically used raw in salads and sandwiches.

Raspberry

ABOUT:
Raspberries are the aggregate fruit of a wide variety of plants in the Rubus genus. They grow wild in many parts of the world and have been consumed by humans for thousands of years. However, it is thought that deliberate cultivation didn’t begin until relatively recently, perhaps the last thousand years or so.

DID YOU KNOW?
There are over 200 different known raspberry species, but only two are currently cultivated on a large scale.

NUTRIENT PROFILE:
Vitamins: C and K.
Minerals: manganese and magnesium.

Raisin

(see: grapes)

ALKALIZING

DID YOU KNOW?
There are over 200 different known raspberry species, but only two are currently cultivated on a large scale.

NUTRIENT PROFILE:
Vitamins: C and K.
Minerals: manganese and magnesium.
Phytonutrients: ellagic acid, a tannin known for its powerful antioxidant capabilities, quercetin, kaempferol, and various anthocyanins.

**Be aware!** Raspberries contain measurable amounts of oxalates.

**SELECTION:**
Raspberries spoil quickly, so buy them close to the time you intend to eat them or get them frozen. They should have a deep, even coloring and be firm.

**STORAGE:**
Be sure to remove any spoiled or moldy berries, then store them in a covered container in the refrigerator. Don’t keep them at room temperature. Raspberries freeze better than some fruits, so feel free to go that route as well.

**PREPARATION:**
Raspberries should be washed and dried gently. They can be eaten raw by themselves, as part of a fruit salad, in yogurt, or added to your favorite dessert.

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**Rhubarb**

**ALKALIZING**

**ABOUT:**
Rhubarb is a perennial plant which bears a resemblance to celery. The leaves are toxic, but other parts of the plant are used as food and medicine.

**DID YOU KNOW?**
Even though rhubarb has been and still is considered a vegetable, in 1947 a New York court ruled that since it is used as a fruit, it should be regulated as such.

**NUTRIENT PROFILE**
Vitamins: C and K.

**SELECTION:**
Rhubarb should be firm and have flat stalks that aren’t limp or curled.

**STORAGE:**
Rhubarb keeps best when refrigerated and it can be stored in a plastic bag.

**PREPARATION:**
Rhubarb is often cooked and added to pies but can also be eaten raw.
Rutabaga

ALKALIZING

ABOUT:
Thought to have originated in Russia or Scandinavia, the rutabaga is a root vegetable cross between cabbage and the turnip. Its name comes from a Swedish word meaning “root bag”.

NUTRIENT PROFILE:
Vitamins: C and B1.
Minerals: potassium and manganese.
Phytonutrients: a variety of glucosinolates.

Be aware! Rutabaga contains measurable amounts of oxalates.

SELECTION:
Rutabagas tend to be sweeter when smaller, and should be firm, heavy, and free of blemishes. Rutabaga skins are often somewhat rough, so be aware of this when deciding whether or not a rutabaga is “blemished”.

STORAGE:
Rutabagas will store well at room temperature but it is better to keep refrigerated.

PREPARATION:
Peeling a rutabaga can be similar to peeling anything with a tough outer skin. It might be easiest to quarter the rutabaga and then remove the peel.
Spinach

ABOUT:
Thought to have originated in ancient Persia, spinach made its way to Europe in the 11th century, brought in to Spain by the Moors. It is related to beets, chard, and quinoa, and grows best in temperate climates.

DID YOU KNOW?
In England, Spinach was first known as the “Spanish vegetable.”

NUTRIENT PROFILE:
Vitamins: K, A, folate, C, B2 and E
Minerals: manganese, magnesium, iron, calcium, potassium and copper.
Phytonutrients: carotenoids, including epoxyxanthophylls and betalains. Also lutein, zeaxanthin, and beta-carotene.

Be Aware! Spinach contains measurable amounts of oxalates.

SELECTION:
Avoid spinach leaves that show signs of yellowing, wilting, or bruising as well as a slimy coating. Look for deep green leaves and stems.

STORAGE:
Keep refrigerated in a closed plastic bag.

PREPARATION:
If not pre-washed, soak for one or two minutes in lukewarm water, rinsing a few times to remove any soil residue. Pat dry and enjoy in raw in salads and sandwiches, or cooked in a large variety of dishes.

Spirulina

ABOUT:
Spirulina is a type of cyanobacteria that has been used as food by humans as far back as the ancient Aztecs, possibly even longer in parts of Africa. Today it is sold primarily in supplement form.

NUTRIENT PROFILE:
Minerals: copper, iron, calcium, manganese, magnesium, phosphorus, potassium, zinc and selenium.
Phytonutrients: beta-carotene and zeaxanthin,
SELECTION: Spirulina is usually sold by supplement companies.

STORAGE: Store according to the instructions on the bottle or container.

PREPARATION: Prepare according to the instructions on the bottle or container.

SELECTION:
Choose strawberries that are bright red and don’t have any trace of spoilage or mold.

STORAGE:
Store in the refrigerator in a covered container.

PREPARATION:
Wash and eat raw or use in baked goods. Strawberries are incorporated into a variety of desserts and other dishes. They are especially delicious in salads, smoothies, or as a yogurt topping.

Squash (See Winter Squash)

ACIDIFYING

ABOUT:
Strawberries grow naturally in temperate regions all over the planet. Deliberate cultivation of strawberries was not undertaken until the 18th century, when a Frenchman brought a new variety back from South America.

DID YOU KNOW?
By a lucky accident, the strawberry plant crossbred naturally with another variety planted nearby and produced a large, sweet strawberry which became a favorite fruit in Europe.

NUTRIENT PROFILE:
Vitamins: C.
Minerals: manganese, folate, iodine and potassium.
Phytonutrients: various ellagitannins, anthocyanins, terpenoids, and flavonols.

Be aware! Strawberries contain measurable amounts of oxalates.
ABOUT:
Sweet potatoes are native to Central America and were brought to Europe by Christopher Columbus.

DID YOU KNOW?
The darker-skin variety of sweet potatoes are erroneously confused with yams, even though the latter is not even distantly related to the sweet potato.

NUTRIENT PROFILE:
Vitamins: A, C, B6, B5, and B3. 
Minerals: manganese, potassium, and copper. 
Phytonutrients: beta-carotene, peonidins and cyanidins, which are anthocyanins with potent antioxidant and anti-inflammatory capabilities. Also, sporamins, storage proteins unique to sweet potatoes that have unique antioxidant capabilities.

SELECTION:
Sweet potatoes should be firm and not have any noticeable bruising.

STORAGE:
Keep sweet potatoes in a cool and dark spot.

PREPARATION:
Steaming or boiling makes the phytonutrients in sweet potatoes more bioavailable. The entire vegetable is edible, though it is preferable to peel it if not organically grown.
Tangerine

ABOUT:
Tangerines are thought to be native to China and have been actively cultivated there for thousands of years. Florida is the top producer of tangerines in the United States.

DID YOU KNOW?
The name “tangerine” comes from “Tangier,” the name of a town in Morocco where large crops of tangerines are grown.

NUTRIENT PROFILE:
Vitamins: A and C.
Minerals: potassium.
Phytonutrients: nobiletin, a flavonoid found in highest concentrations in the white pith of tangerines. It helps maintain stable glucose levels and increases insulin sensitivity as well as prevents excessive fat accumulation and plaque build-up.

Be aware! Tangerines contain measurable amounts of oxalates.

SELECTION:
Tangerines are best when brightly orange, firm but just a little on the soft side, and with a rough texture that has no noticeable bruising.

STORAGE:
Tangerines can be stored at room temperature or refrigerated.

PREPARATION:
Tangy and slightly sweet, tangerines are generally eaten raw. Peel them like you would an orange, by first quartering them, and removing the seeds, unless you get the seedless kind. They are delicious in salads, in smoothies, or as a standalone snack.

Tomato

ABOUT:
The tomato is the fruit of the Solanum lycopersicum plant and is native to South America, most likely from Peru. It is a fruit and not a vegetable, since it is the edible part of the plant containing the seeds, while a vegetable is defined by the edible stems, leaves, or plant roots. A member of the nightshade family, the tomato began to spread after the Spanish came to the Americas.

DID YOU KNOW?
The name “tomato” is thought to derive from the Aztec word “xitomatl”, which means “plump thing with a navel.”
**NUTRIENT PROFILE:**
Minerals: potassium, molybdenum, manganese, and copper.
Phytonutrients: lycopene, a carotenoid with potent antioxidant capabilities, esculeoside A and chalconaringen, a glycoside and flavonoid, respectively, believed to be partly responsible for the ability of tomatoes to contribute to a healthy heart.

**Be aware!** Tomatoes contain lectin, a type of proteins that bind to carbohydrates in the cells. When consumed in large quantities, they can be toxic, resulting in symptoms similar to food poisoning. Cooking foods that contain lectins inactivates the proteins.

**SELECTION:**
Tomatoes are not only red. They are also available in yellow, orange, and purple varieties. Choose brightly colored tomatoes with no bruising and no cracking of the skin. When ripe, they will have a sweet fragrance.

**STORAGE:**
It’s best to store tomatoes at room temperature in areas away from sunlight.

**PREPARATION:**
Tomatoes are used in thousands of dishes and can be also eaten raw. Seed them by cutting them in half and lightly squeezing the fruit until the seeds fall out. As they are fairly acid, avoid using aluminum cookware to cook tomatoes. Some of the aluminum might find its way into your food, negatively impacting flavor and possibly health.
ABOUT:
Sometimes referred to as the “Chinese Plum” or “Japanese Apricot”, the ume is the fruit of the Prunus mume tree. It is often thought of as a plum, but is actually related to both plums and apricots, more closely related to an apricot. Ume is used to make juice, liquor, and is sometimes pickled to create Umeboshi, a sour food enjoyed widely in Japan.

NUTRIENT PROFILE:
Minerals: calcium, iron, phosphorus, magnesium, manganese, and potassium.
Phytonutrients: catechin, a type of flavonoid that has been shown to reduce the brain-damaging effects of strokes in animal studies.

Be aware! Umeboshi contains very high levels of sodium.

SELECTION:
Selecting ume is difficult, since most are available pickled, in cans or jars.

STORAGE:
Refrigeration is recommended.

PREPARATION:
Often consumed pickled and dried, seasoned with sea salt and shiso leaves.
The watercress is native of Europe. A perennial aquatic plant, it is related to the cabbage and mustard family. Watercress is known for its peppery bite.

DID YOU KNOW? 
In all plants of the mustard family, the pungent and spicy flavor is caused by a defense mechanism known as the glucosinolate-myrosinase system. When damage occurs, the plant tissue breaks down resulting in the production of mustard oils. This process is known as the "myrosinase-glucosinolate bomb", which is activated against any organism, be it an herbivore, a fungus, a bacteria, or a nematode and against other plants as well.

**NUTRIENT PROFILE:**
Vitamins: K, A, and C.
Minerals: iron and calcium.
Phytonutrients: glucosinolates, and in particular gluconasturtiin and isothiocyanates.

**Be Aware!** Wild watercress should be carefully washed because of possible contamination with Giardia, a microscopic parasite that may be present in untreated water.

**SELECTION:**
Watercress should be an even green color, with no signs of yellowing and slime.

**STORAGE:**
Store in a plastic bag in the refrigerator.

**PREPARATION:**
Watercress is typically eaten raw, but it can be added to any recipe where similar greens like lettuce or spinach would be used.

A native to the South African region, the watermelon is a berry which grows from a vine on the ground. It was cultivated at least as far back as Ancient Egypt, and today it is enjoyed all over the world. The watermelon is related to the squash, pumpkin, and cantaloupe, among other vines.

**DID YOU KNOW:**
In Asia, farmers have figured out how to grow cubic watermelons by placing them when young in glass receptacles. As they grow, the watermelons take on the shape of the glass.
**Wakame**

**ABOUT:**
Wakame is an edible seaweed that has been cultivated for centuries in East Asia. It didn’t become popular in the west until the 60’s, when trends in diet and an increase in the number of sushi restaurants created a demand for it. Thin and stringy, its color is dark green.

**NUTRIENT PROFILE:**
Vitamins B5.  
Minerals manganese.  
Phytonutrients: fucoxanthin, a compound that helps burn fat.

**SELECTION:**
Look for wakame that has a deep, rich color and is free of any molding.

**STORAGE:**
If cooked, wakame should be stored in the refrigerator. If bought dried, keep in an airtight container.

**PREPARATION:**
Wakame is typically used on salads, in soups, or as part of a vegetable stir-fry. To reduce the amount of salt, it is best to soak fresh wakame in water for around 30 minutes before using it.

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**Wheatgrass**

**ABOUT:**
Wheatgrass is the very young green shoots of the wheat plant.

**DID YOU KNOW?**
Wheatgrass came to the attention of the public following experiments conducted by Charles Schnabel in the 1930’s. He found that sick hens fed very young grasses returned to health and laid more eggs than before. When fed juice from the same types of grasses, his friends and family also experienced health benefits.

**NUTRIENT PROFILE:**
Vitamins E, C, and B12.  
Minerals: phosphorus and potassium.  
Other: wheatgrass contains all eight essential amino acids, making it a source of complete protein. It is also a rich source of chlorophyll.

**SELECTION:**
Wheatgrass can be grown from a small kit at home or purchased in juice or powder form.

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**Nutrient Profile:**
Vitamins: A and C.  
Phytonutrients: lycopene, beta-carotene, and citrulline, the latter a compound that dilates blood vessels.

**Selection:**
If the melon is sold cut, carefully inspect its flesh. It should be a deep red and have no white streaking. If you buy the whole fruit, the rind should be smooth and have one area that is noticeably colored differently from the rest of the rind. This is where the rind rested on the ground, and if it lacks this feature, it may not have ripened fully. Also, the ends should be brown. Green denotes that it still needs ripening. And what about the “sound test”? There is some discrepancy on that, so it’s best not to rely on it.

**Storage:**
Once cut, watermelon should be stored in the refrigerator in a covered container.

**Preparation:**
Wash the watermelon’s rind with a paper towel or hand towel, as it will likely be too big to fit in the sink. Once opened, it’s pretty much up to you how you want to cut the flesh. The rind and the seeds are both edible. Toss sliced watermelon in a fruit salad or enjoy as is on a hot day.
**STORAGE:**
Wheatgrass is often juiced right after harvesting, but will keep under refrigeration for about a week. Don’t wash before storage, and put them in a plastic bag.

**PREPARATION:**
Wheatgrass is generally juiced before eating. Use a juicer as per the instructions and juice like you would any other fruit or vegetable.

**Winter Squash**

**ABOUT:**
Winter squash actually refers to a variety of different squashes which are harvested when mature, such as acorn and butternut squash. Early squash bore only a slight resemblance to the squash we eat nowadays, as it generally had small quantities of unpalatable flesh. It was grown primarily for its seeds. Squash cultivation spread gradually to most of the world from its native Central Mexico.

**NUTRIENT PROFILE:**
- Minerals: manganese, potassium, folate, and copper.
- Phytonutrients: lutein, beta-carotene, zeaxanthin, cryptoxanthin, and alphacarotene.

**SELECTION:**
Squash are best when they are firm and have hard rinds. Make sure a piece of the vine is still attached.

**STORAGE:**
Squash will keep for a long time if kept out of direct sunlight and stored in cool temperatures.

**PREPARATION:**
Preparation differs slightly depending on the variety of winter squash with which you are working. Generally, squash can be steamed or baked. With the exception of Kabocha and butternut squash, you should peel winter squash with a knife before steaming. If baking, leave the rind on, but be sure and poke the squash with a fork so steam doesn’t build up and the squash doesn’t explode. Removing seeds is easily accomplished with a knife or spoon after cutting the squash open.
**Wolfberry**

**ALKALIZING**

**ABOUT:**
Also known as the goji berry, the wolfberry has been cultivated in East Asia for thousands of years for its medicinal properties. Along with the tomato and the eggplant, the wolfberry is a member of the Solanaceae or nightshade family.

**DID YOU KNOW?**
Most likely because of the plant’s thorny stem, another name for the wolfberry is Chinese boxthorn.

**NUTRIENT PROFILE:**
Vitamins: C and B2.
Minerals: calcium, selenium and iron.
Phytonutrients: beta-carotene, zeaxanthin, lutein, cyptoxanthin, sesquiterpenoids, beta-sis-tosterol, and lycopene.

**SELECTION:**
Wolfberries may be a little hard to come by in a raw form, though they are fairly common as ingredients in juices, teas, supplements, etc. They are small red berries, and like most other berries, it is best to select those with vibrant color and free of any signs of molding. In their more common dried form, it is best to purchase organic wolfberries.

**STORAGE:**
When dried, wolfberries should be stored somewhere cool and dry. If fresh, refrigerate in a closed container.

**PREPARATION:**
Wolfberries can be eaten as is, on a salad, or as a cereal topping. If dry, they can be rehydrated by pouring boiling water over them and letting them sit until plump again.
Yam

ABOUT:
Often confused with the sweet potato yet often sweeter, the yam is the tuber of a tropical vine. It originated in Africa and belongs to the Dioscoreaceae family.

DID YOU KNOW?
The word yam is thought to be derived from the African words njam, nyami, or djambi, which mean ‘to eat.’

NUTRIENT PROFILE:

OTHER:
diosgenin, nowadays used to make progesterone.

SELECTION:
Choose yams with even coloration and a deep orange color.

STORAGE:
Keep in a basket or well-ventilated container away from heat and bright light. Do not refrigerate.

PREPARATION:
Often baked whole, they can also be boiled, grilled, or grated raw on salads.

Yucca

ABOUT:
A member of the Agavaceae family, the yucca plant grows wild in desert areas of the United States and Central America, as well as in parts of the West Indies. Often confused with the yuca (see cassava), this hardy plant has spear-like leaves, hence one of its alternate names is Spanish Dagger. It is known for its medicinal properties, and the flowers and fruits of certain species are edible.

DID YOU KNOW?
Native Americans used the root of two species of yucca, Yucca baccata and Yucca glauca, to make soap. Hence yet another alternate name for yucca: soap root. And the yucca fruit has a proven strong laxative effect.

NUTRIENT PROFILE:
Vitamins: C. Minerals: manganese. Phytonutrients: saponin, thought to play a role in the arthritis-alleviating effects of yucca. Yucca fruit is currently not available in commercial quantities.
Zucchini

ABOUT:
The zucchini is a relative of the cucumber and a type of summer squash. Its ancestors originated in Central America, but the zucchini was bred in Italy in the latter part of the 1800s.

DID YOU KNOW?
A zucchini has more potassium than a banana.

NUTRIENT PROFILE:
Minerals: manganese and potassium.
Phytonutrients: lutein, zeaxanthin, secoisolariciresinol, isoflavones and cucurbitacin E.

Be aware! Zucchini contains measurable amounts of oxalates.

SELECTION:
Look for blemish-free, shiny skin with just a little bit of prickliness.

STORAGE:
Keep zucchini in a bag in the refrigerator, unwashed.

PREPARATION:
Zucchini is featured in a wide variety of dishes and can be prepared in many different ways. It can be grilled, stir-fried, stuffed with meats and vegetables, made into stews like Ratatouille, eaten raw on salads, and many other dishes.
Feel free to share The Fruit and Vegetable Bible with friends and family!

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