

# Buying, Using and Storing Vegetables

Vegetable	One serving	Servings per pound	Best time to buy	Cooking
asparagus <sup>1</sup>	1/2 cup, chopped	4-5	February-July	steam or boil 3-5 minutes
beans, green or wax	1/2 cup, cut-up	4-5	May-September	steam or boil 4-7 minutes
beans, lima	1/2 cup	4	July-October	boil 10-15 minutes
beets	1/2 cup, slices	4	year round, peak October-May	boil whole beets 40 minutes, or bake 1 1/2 - 2 hours
broccoli <sup>*1</sup>	1/2 cup	4	year round, peak October-May	steam or boil 3-7 minutes, chopped, or 5-10 minutes, spears
Brussels sprouts <sup>1</sup>	5-6 sprouts	4	September-March	boil 7-10 minutes
cabbage <sup>1</sup>	1/2 cup, cooked	4-6	year round, peak September-March	steam or boil 5-7 minutes, shredded, or 10-15 minutes, quarters
carrots <sup>*</sup>	1/2 cup	6	year round	boil 5-15 minutes
cauliflower <sup>1</sup>	1/2 cup	4	year round, peak October-January	boil 5-8 minutes, chopped or 15-20 minutes whole
celery	1/2 cup	6	year round	boil 10-15 minutes, or sauté 2-3 minutes
corn	1/2 cup	6	May-September	boil 3-5 minutes
cucumbers	1/2 cup, sliced	4	year round, peak May-July	usually served raw
eggplant	1/2 cup	6	year round, peak July-October	sauté 6-8 minutes, bake 30-40 minutes
greens (beet, chard, collard, turnip) <sup>*1</sup>	1/2 cup	3-4	year round	steam or boil 2-15 minutes, if young leaves, older leaves may need to boil up to 1 hour

\* – Vegetable high in Vitamin A

<sup>1</sup> – Vegetable high in Vitamin C

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*Store fresh vegetables carefully to preserve flavor, vitamins and minerals. Store most fresh vegetables in the refrigerator. Store potatoes, dry onions, winter squash and canned vegetables in a dark, cool, dry place.*

Vegetable	One serving is	Servings per pound	Best time to buy	Cooking
mushrooms	1/2 cup	4	year round	sauté 3-5 minutes
okra	1/2 cup	4	year round, peak June-August	boil 10-15 minutes
onions	1/2 cup	4	year round	sauté 10 minutes, chopped boil, 30 minutes, whole
parsnips	1/2 cup	4	August-May	steam or boil 2-15 minutes, cut-up
peas	1/2 cup (shelled)	1 pound in pod, 2 servings	April-July	steam or boil 2-3 minutes, small, new or 4-10 minutes, large, mature
peppers (sweet or hot) <sup>1</sup>	1/2 cup	8	year round, peak July-October	sauté 10-15 minutes
potatoes	1/2 cup	3	year round	boil 15-20 minutes, cut-up or 20-25 minutes, whole, bake 45-60 minutes
salad greens (lettuce, endive, watercress)	1 cup	8	year round	usually served raw
spinach * <sup>1</sup>	1/2 cup	6	year round	steam or boil 5-10 minutes
sprouts (alfalfa, soy bean)	1/2 cup	4	year round	stir-fry 2-3 minutes
summer squash (zucchini, yellow crookneck, chayote, patty pan)	1/2 cup	3	July-September	steam or boil 7-10 minutes, cut-up sauté 3-6 minutes bake 30-35 minutes
sweet potatoes *	1/2 cup	3	year round, peak September-January	boil 20-30 minutes bake 30-60 minutes
tomatoes *	1/2 cup	3-4	year round, peak June-September	stew 10 minutes broil 5 minutes
turnips, rutabagas	1/2 cup	4	year round, peak September-February	boil 7-10 minutes, sliced or 20-35 minutes, whole
winter squash (acorn, hubbard) and pumpkin *	1/2 cup	2	August-January	stew 10-15 minutes bake 40-45 minutes, halves

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
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