

VEGETABLES



Available all year round

- **FRESH**
- **FROZEN**
- **CANNED**
- **DEHYDRATED**



www.brazademarket.com

Vegetables classified according to the part of the plant eaten.

- **Bulb**
- **Leaves**
- **Flower**
- **Seeds**
- **Fruit**
- **Roots**
- **Stem**
- **Tuber**

BULB VEGETABLES

Garlic



Onions



Leeks



FLOWER VEGETABLES

- **Artichokes**



- **Broccoli**



- **Cauliflower**



FRUIT VEGETABLES



STEM VEGETABLES



LEAF VEGETABLES



SEED VEGETABLES



PHOTOGRAPHERS
DIRECT.COM

ROOT VEGETABLES

- **Beets**



- **Carrots**



- **Parsnips**



- **Radishes**



- **Rutabagas**



- **Sweet Potatoes**

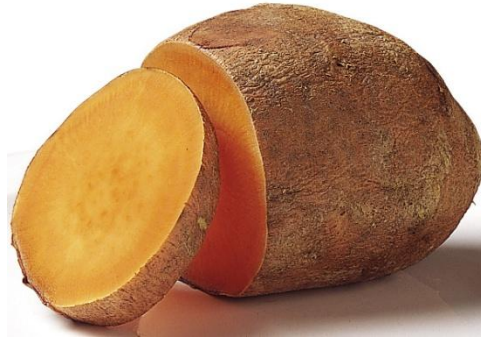


- **Turnips**

- **Turnips**



TUBER VEGETABLES



- **Potatoes**

- **Yams**



- **Jerusalem Artichokes**

- **Jicama**

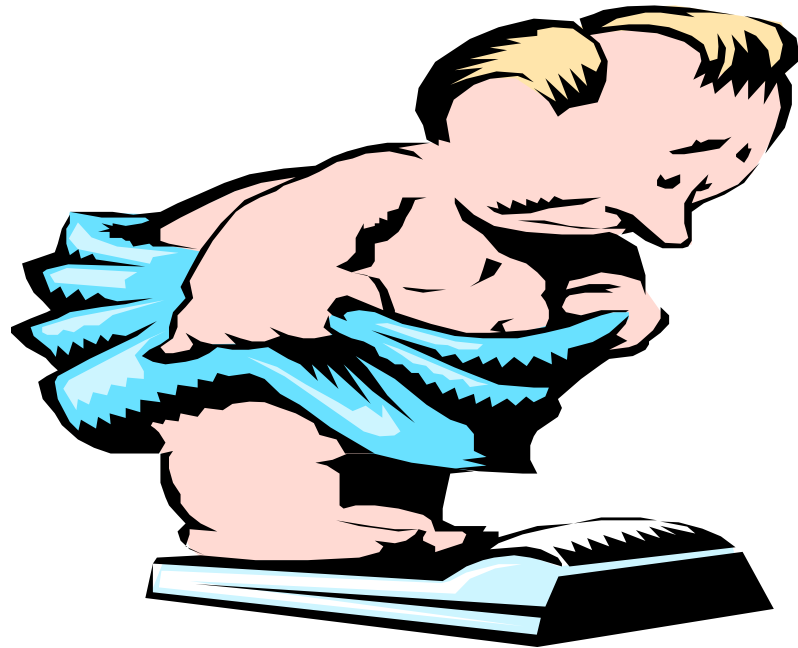


Vegetables 3-5
cups



Vegetables provide:

- **Vitamins**
- **Minerals**
- **Fiber**
- **Low in calories**



GUIDELINES FOR SELECTING

- **Look for good color, firmness, and absence of decay and bruises**
- **Avoid wilted and misshapen**
- **Handle carefully to prevent bruising**
- **Choose medium size, small lack flavor, large are tough**
- **Lose quality quickly, buy to use in short time period**
- **Vegetables in season are high in quality, low in price**

VEGETABLE STORAGE

- **Keep perishable vegetables in refrigerator**
- **Tomatoes—uncovered at room temperature**
- **Onions—open containers room temperature**
- **Potatoes, hard-rind squash, eggplant, rutabagas, and sweet potatoes—cool, dark, dry place**

COST OF VEGETABLES



- **Cost of fresh vegetables depends on the season, supply and demand.**
- **Cost is less during vegetables peak growing season.**
- **Off season vegetable costs include storage, handling, and shipping charges**

Cooking vegetables causes changes:

- **CELLULOSE(fiber)**—softens to make chewing easier
- **STARCH**—absorbs water, swells, and becomes easier to digest
- **FLAVOR**—undergo changes, usually enhanced
- **COLOR**—brightens and deepens, overcooking can bring color loss

Properly cooked vegetables are:

- **Colorful**
- **Flavorful**
- **Nutritious**



- **Tender-crisp...still slightly firm**

Overcooked Vegetables

- **Undesirable color changes**
- **Texture becomes soft and mushy**
- **Flavors become bland**
- **Nutrients may leach into cooking water**

COOKING METHODS



Boiling

Steaming



Fry or Stir-Fry

Pressure Cook



Microwave



Roasting or Baking

Broiling or Grilling



Vegetable Cooking Liquids

- Full of **water-soluble vitamins** and **minerals**
- Save for use in **soups** and **gravies**



Let's prepare a Vegetable Round Robin

Vegetables

