

A RADICAL NEW WAY TO SELECT AND PREPARE FOODS TO  
RECLAIM THE NUTRIENTS AND FLAVOR WE'VE LOST

# EATING

*on the*

# WILD SIDE

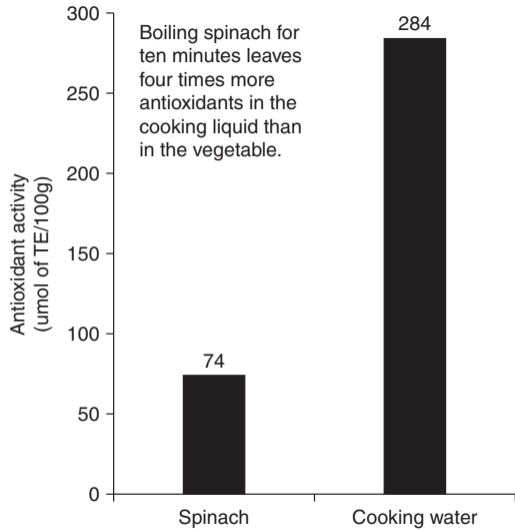


*The Missing  
Link to Optimum  
Health*

“Phenomenal...  
The cure for what  
ails us is right here,  
and it’s delicious.”

—DAN BARBER,  
CHEF AND CO-OWNER OF  
BLUE HILL AND  
BLUE HILL AT STONE BARN

JO ROBINSON



## RECOMMENDED VARIETIES OF SALAD VEGETABLES

IN THE SUPERMARKET	
VARIETY OR TYPE	COMMENTS
Arugula	A member of the cabbage family, arugula has a peppery taste and is often added to other greens in a salad. Arugula is high in lutein and overall antioxidant value.
California salad, or mixed greens	“California salad” is another term for mixed lettuce greens. Typically, it comes in a plastic bag or box. Select mixtures that are the freshest and have the greatest quantity of dark green, purple, or red leaves.
Frisée (also called curly endive)	Frisée, also known as curly endive, is a spiky salad vegetable that is mildly bitter. There are fine and coarse leaf types.

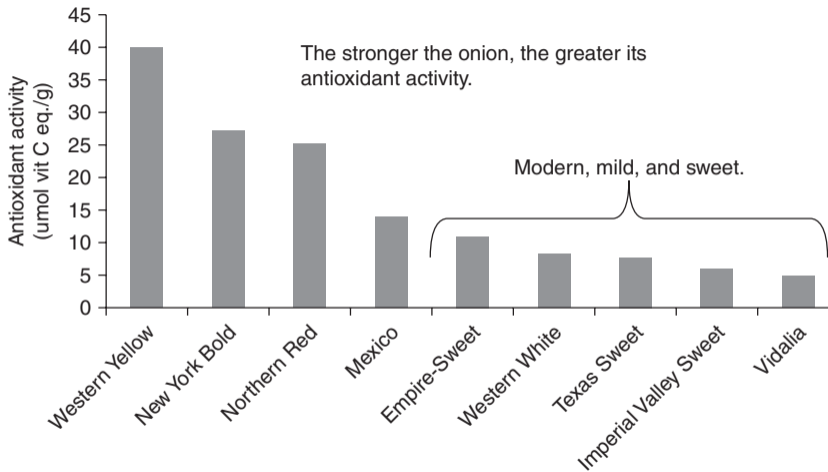
VARIETY OR TYPE	COMMENTS
Looseleaf Lettuce	As a general rule, the most nutritious looseleaf lettuces have red leaves, followed by those with dark green leaves and then those with lighter-colored leaves.
Rosso di Chioggia	Rosso di Chioggia, a variety of radicchio with magenta leaves and white ribs, is compact, resembling a head of cabbage in shape. It is very high in antioxidant value.
Rosso di Treviso	Rosso di Treviso, also a radicchio, is the same color as Rosso di Chioggia, but it does not form a head. It has three times more bionutrients than di Chioggia and ten times more than most salad greens. An antioxidant superstar.

### FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS

VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Blackjack (also called Black Jack)	Looseleaf	Slightly ruffled leaves are dark burgundy at the early, baby-leaf stage. One of the highest in antioxidant value.	Slow to bolt.
Cimarron	Romaine	Mix of green, red, and bronze leaves. More nutritious than green romaine lettuce. Stiff-ribbed, but with a tender heart.	Grows 10–12 inches tall. Does well in hot and cold climates. High-yielding. Slow to bolt.
Cocarde	Oak leaf	Large green leaves edged in red or bronze. Smooth, almost waxy, with a delicate texture. Sweet yet flavorful.	Slow to bolt.
Concept	Batavian	Thick, juicy, medium-green leaves. Flavorful and rarely bitter. (Batavian lettuce has characteristics of romaine and looseleaf.) High in lutein.	Slow to bolt.

VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Dazzle	Romaine	Miniature romaine with burgundy outer leaves and crunchy, sweet, pale green hearts. One small head makes one salad.	Small size makes it suitable for containers and window boxes.
Eruption	Romaine	Intensely red miniature romaine lettuce. Glossy, savoyed (curled and wrinkled) leaves are crisp and mild. Much more nutritious than green varieties of romaine.	Small size makes it suitable for containers and window boxes. Slow to bolt. Resistant to tip burn.
Fire Mountain	Looseleaf	Large, frilled, deep burgundy leaves.	Slow to turn bitter in hot weather.
Flame	Looseleaf	Mild flavor, with intensely red, shiny leaf tips that add great color to salads.	Slow to bolt.
Galactic (also called Red Galactic)	Looseleaf	Glossy, dark red, lightly frilled, slightly bitter leaves; firm but pliable, which makes them ideal for using as a food wrap. Very high in anthocyanins and antioxidants.	Can be harvested when immature and used as baby greens. Slow to bolt.
Lollo Rosso (also called Lolla Rossa)	Looseleaf	Ruffled, fan-shaped, 5–8-inch leaves are dark magenta with a pale green base. Crisp, semisucculent, with a hardy texture and a mild, slightly bitter, nutty taste. Extra-high in antioxidant activity.	Slow-growing. Does best in warm days and cool nights. Harvesting an entire outer layer of leaves encourages regrowth.
Merlot	Looseleaf	A deep maroon lettuce with crisp leaves. Very high in anthocyanins. A bit tart.	Bolt-resistant.
Merveille des Quatre Saisons (also called Marvel of Four Seasons and Continuity)	Butterhead	This tasty French heirloom is one of the most widely grown lettuces in the world but is less well known in the United States. It has thin, magenta-colored outer leaves and a pale green heart.	Early-maturing.

VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Outredgeous	Romaine	One of the reddest romaines on the market. Its upright, slightly ruffled, glossy leaves are bright red on top and light green at the base. Much higher in anthocyanins and other phytonutrients than green romaines.	High-yielding lettuce.
Prizehead	Looseleaf	Bronze-tipped outer leaves over frilled, light green inner leaves. Crisp, sweet, and tender. An heirloom rich in antioxidants.	Fast grower. Early harvest.
Red Iceberg	Crisphead	Copper-colored outer leaves surround green-to-white inner head. Medium-size. Mild flavor. Good for salads or sandwiches. More nutritious than traditional iceberg lettuce.	Requires very fertile, loose soil. Pick outside leaves for a continuous harvest.
Red Oak Leaf	Looseleaf	Oak-shaped leaves mature to a deep burgundy color.	Maintains a mild flavor all season long. Resistant to late-season mildew.
Red Sails	Looseleaf	Heavily savoyed red-bronze leaves. Mild flavor. Higher in lutein and beta-carotene than all other lettuces tested in a recent study.	Resists tip burn. All-American selection.
Red Velvet	Looseleaf	Solid, deep red leaves with green-tinted backs. Pleasant, chewy texture.	Plants form loose heads that are slow to bolt. Makes a stunning border planting.
Revolution	Looseleaf	Deep red leaves are thick and frilly and stay crunchy, even after refrigerating.	Plant is 10–12 inches tall. Bolt-resistant.
Rouge d'Hiver	Romaine	Large, smooth, with outer leaves in shades from medium red to bronze.	Tolerates cold but not hot weather.
Ruby Red	Looseleaf	Delicately frilled, with intense red color that does not fade in hot weather. Sweet and succulent. Works well as a garnish and adds color to salads.	Matures early in the season. Heat-tolerant and bolt-resistant.



# RECOMMENDED VARIETIES OF GARLIC

IN THE SUPERMARKET	
TYPE	COMMENTS
All types	All varieties of garlic available in supermarkets offer important health benefits. Choose the ones that have the most pleasing flavor to you. The most common variety you'll see, the California Silverskin, is a softneck variety that is rich in allicin. It keeps well, but can become quite pungent when stored.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS			
VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Chilean Silver	Softneck	Balanced but spicy flavor. A luminous pure white. High in allicin. Contains 15-18 cloves per bulb. Stores well.	You can plant large quantities because it keeps for up to a year. Good for braiding.

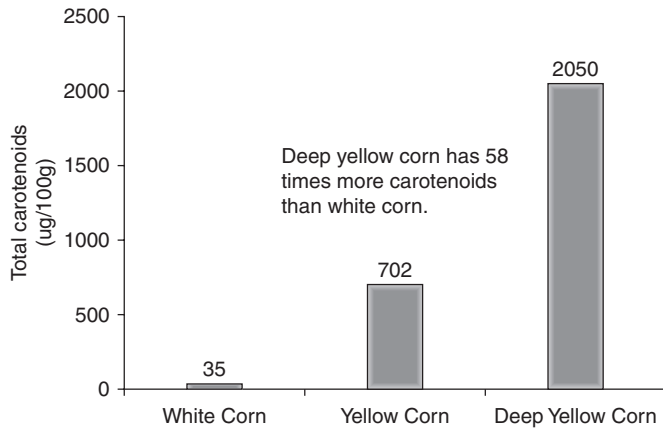
VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Inchelium Red	Softneck	The winner of a number of taste tests. Hot but not overpowering. Large bulbs up to 3 inches across contain 9–20 cloves. Thick skins enable long storage after harvest, up to 7 months.	Ready to harvest in midseason.
Music	Hardneck	Very large cloves, 4–6 per bulb. Rich, pungent flavor. Stores for up to 9 months.	Ready to harvest in midseason. High yields. Vigorous and cold-tolerant. Overwinters without heaving out of the soil.
Persian Star	Hardneck	Magenta-striped skins. Robust flavor. Has 10–12 easy-peel cloves. Stores for up to 6 months.	Winter-hardy.
Pink Music	Hardneck	Similar to Music but has pink-skinned cloves. Rich and pungent flavor. The large cloves, 4–6 per bulb, are easy to peel. Stores for up to 9 months.	Ready to harvest in midseason. High yields. Very cold-tolerant.
Romanian Red	Hardneck	Pungent and hot when eaten raw. Large, plump cloves, only 4–5 to a bulb. Very high in allicin. Stores very well.	Vigorous and cold-tolerant.
Spanish Roja	Hardneck	Taste-test winner. Medium heat. Beautiful, shiny, purple-streaked skin. Good raw or roasted. Has 8–10 large cloves per bulb. Easy to peel. Stores for 2–3 months.	Vigorous grower. Does best in areas with cold winters.

# RECOMMENDED VARIETIES OF ONIONS

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
Red and pungent	All varieties of red, pungent onions are rich in antioxidant value. Their flavor mellows dramatically when cooked.
Yellow and pungent	All varieties of yellow, pungent onions are rich in antioxidant value. Their flavor mellows dramatically when cooked.
Western Yellow	This particular variety of yellow pungent onion is very high in catechins, an important family of phytonutrients. Strong-tasting when raw but mellows when cooked.
Empire-Sweet	Highest in antioxidant value of the common sweet onion varieties, but lower than all the pungent ones. Mild-flavored.
New York Bold	A yellow pungent onion, it is one of the richest in antioxidant activity. Strong-tasting when raw but mellows when cooked.
Scallions, all varieties	One of the most nutritious of all the different species of onions.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Karmen (also called Red Karmen)	Medium-size flattened globes that look as though they've been dipped in red lacquer. Medium-sweet flavor. Good raw or grilled. Lose some of their color when cooked. High in quercetin. Stores well.	Matures in 65–70 days. Northern long-day onion. ("Long-day" onions require a specific number of daylight hours per day to flower and mature, typically more than 12. For this reason, they are best suited for northern states.)

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Purplette	Small bunching onions with purple skins. Bulbs are 1–2 inches in diameter. Mild, delicate flavor.	Matures in 60–65 days. Can be harvested at the scallion stage.
Red Baron	Small, mild-flavored onions with vibrant burgundy bulbs that keep their color throughout the growing cycle. Extra-high in phytonutrients. Stores well.	Matures in 60 days. Northern long-day onion. Can be harvested in midsummer as a green onion or overwintered to form 3–4-inch bulbs the following spring.
Red Wethersfield (also called Dark Red Beauty or Red Beauty)	Mildly pungent. A large flattened bulb with purple-red skin. Red concentric circles. Stores well.	Matures in 100 days. Northern long-day onion.
Red Wing (also called Redwing)	Red-skinned medium-size onion. Pungent. Alternating red and white rings. Good raw, grilled, or sautéed. High in antioxidant activity.	Matures in 100–120 days. Northern long-day onion.



## VEGETABLES

### CRACKING THE CORN CODE

TYPE AND CODE	DESCRIPTION	INFORMATION FOR GARDENERS
Old-fashioned sweet corn Code: su	Sweeter than field corn, but not as sweet as most modern varieties, which can be up to 44 percent sugar. Very creamy, with traditional “corny” flavor. The sugar changes to starch within 1–2 days. Cook within hours of harvest.	Plant at least 250 feet away from sh2 varieties. You can save the seeds of su corn because, unlike the seeds of hybrid corn, they produce corn nearly identical to the original plant. Old-fashioned sweet corn is better suited for cool climates than supersweet varieties.
Sugar-enhanced corn Code: se	Sweeter and more tender than old-fashioned sweet corn, which is 14–25 percent sugar. Stays sweet for 2–3 days after harvest with prompt refrigeration.	Plant at least 250 feet away from sh2 varieties. Less hardy than su corn. Requires extra moisture to germinate.
Supersweet corn Code: sh2	The mutant discovered by geneticist John Laughnan. Some varieties are 10 times sweeter than su corn, and are as high as 28–44 percent sugar. With proper handling, it can be stored up to 10 days without losing its sugar.	Plant 250 feet from all other varieties to prevent cross-pollination, which will turn the corn starchy. Plant when soil temperatures are at least 60–65 degrees and the soil is moist but not saturated. Do not plant as deep as other types. Yields are relatively low.
Augmented sweet corn Code: au	The sh2 type with additional mutations that make the kernels extra-tender. Sugar content varies greatly.	Plant when soil temperatures are at least 60–65 degrees and the soil is moist but not saturated. Do not plant as deep as other types.
Synergistic corn Code: se/sh2 or sy	Synergistic corn is a hybrid of se and sh2 corns. (It is up to 40 percent sugar.) On a single ear of corn, some kernels are se and others are sh2. The tastes and textures blend together when you eat them. Most bicolored corn is synergistic corn.	Isolate from sh2 corn and au corn. Does not need to be isolated from se or su corn. Tolerates cold better than other high-sugar varieties. Sow 7–10 days later than other early varieties.

## CORN ON THE COB

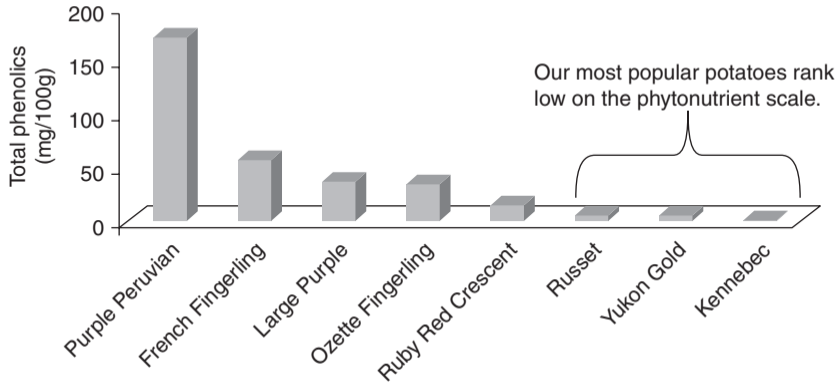
### RECOMMENDED VARIETIES AND TYPES OF CORN

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
Yellow corn	All varieties with yellow or deep yellow kernels are higher in beta-carotene than varieties with white or pale yellow kernels. Most of the varieties of yellow corn in the supermarket are supersweets and very high in sugar, however.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS			
VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Blue Jade	Sugary corn (su)	Old-fashioned sweet corn. Small ears; silvery blue kernels. Seeds may be difficult to find.	Matures in 70–80 days (extra-early). Short stalks, 3–4 feet tall. Good for cool climates.
Double Red Sweet	Sugary corn (su)	Intensely red or purple kernels. Sweet when harvested before fully ripe and cooked within a few hours of picking. Also makes good cornmeal when harvested at maturity. High in anthocyanins. Rare.	Matures in 85–100 days. Grows 6–7 feet tall.
Floriani Red	Flint corn (nonsugary)	Dark red kernels with yellow interior. Makes flavorful cornbread, polenta, and grits. Rare. (Flint corn is also called Indian corn.)	Matures in 100 days. Grows 7–10 feet tall.

## VEGETABLES

VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Golden Bantam	Sugary corn (su)	Old-fashioned sweet corn with deep yellow kernels. Traditional corn flavor. Freezes well on the cob and good for roasting.	Matures in 85 days.
Hopi Blue	Field corn (nonsugary)	Ancient variety. Large (8–10-inch) silvery-blue ears – somewhat sweet when picked young and roasted, but best known for making high-protein corn flour and cornmeal.	Matures in 75–110 days. Grows to 5 feet tall with 2 ears per stalk.
Indian Summer	Supersweet (sh2)	Large ears; yellow, white, red, and purple kernels. Color intensifies when cooked. Good for eating fresh. Steam or microwave to cook (red kernels turn brown when boiled). One of the few supersweet varieties with colorful kernels.	Matures in 79 days. Plant 500 feet away from other varieties, or plant so that it will mature 2 weeks earlier or later than others, to prevent cross-pollination.
Ruby Queen	Sugar-enhanced (se)	Red kernels with old-fashioned flavor. Has decorative red tassels and stalks. Steaming or microwaving enhances color. Pick young for maximum sweetness. Rare.	Matures in 75 days. Does best with another se variety for cross-pollination.
Seneca Red Stalker	Field corn (nonsugary)	Large (8–9-inch) ears; white, yellow, red, blue, and black kernels. Highly ornamental purple-red stalks. Originally grown by the Seneca Nation. Rare.	Matures in 100 days. Ancient variety.
White Eagle (also called Cherokee White Eagle)	Field corn (nonsugary)	Large ears; white and blue (and sometimes all blue) kernels on a red cob. Good for cornmeal, or for roasting when harvested young. Ancient variety grown by the Cherokee Nation.	Matures in 110 days.



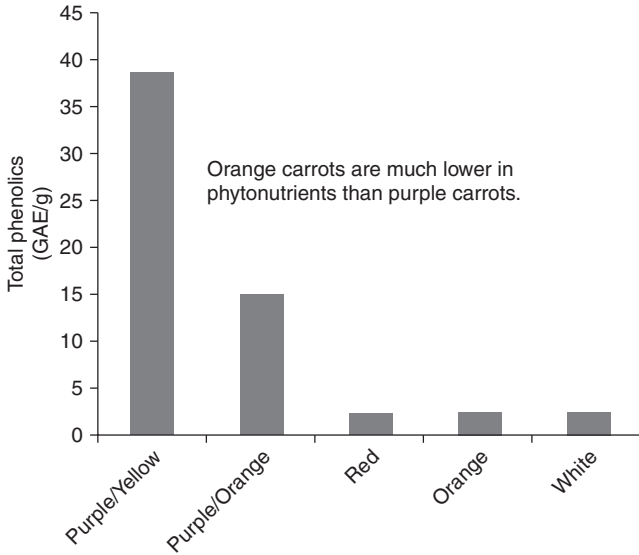
## VEGETABLES

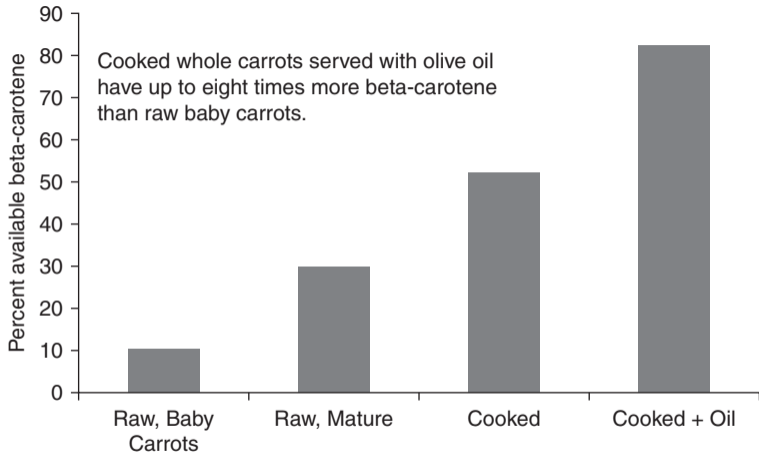
### RECOMMENDED TYPES AND VARIETIES OF POTATOES

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
All varieties of new potatoes	All new potatoes, or “waxy” potatoes, have a lower impact on your blood sugar than old, or “baking,” potatoes.
Russet Burbank	Relatively high in antioxidants. Bake, refrigerate overnight, then reheat to lower the impact on your blood sugar.
Colorful “novelty” potatoes	Potatoes with blue skins <i>and</i> flesh are the most nutritious, followed by potatoes with red skins and flesh. (See descriptions of specific varieties below. They are available in some supermarkets.)

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
All Blue	Very high in anthocyanins. Medium-size oblong tubers with deep blue skin and nearly purple flesh. Good for baking and oven fries.	Matures in 90 days; a midseason variety.
All Red (also called Cranberry Red)	Medium-to-large potatoes with bright red skin and rose-swirled flesh; they keep their color when cooked. Fine, moist texture good for potato salads. Store well.	Matures in 80–95 days; a midseason variety.
Mountain Rose	Red inside and out. Good for baking, mashing, and potato salads.	Matures in 70–90 days; an early-to-midseason variety.
Nicola	Yellow skin and flesh. Good for mashing, roasting, and salads. Waxy, with a nutty potato taste. Low glycemic index. Uncommon.	Matures in 95 days; a midseason variety.

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Ozette	Pale skin and creamy yellow fingerling potato with a slightly earthy, nutty flavor. Ancient heirloom that originated in South America. Rare.	Matures in 120–130 days; a late-season variety.
Purple Majesty	Uniform; oblong; purple inside and out. Good for frying, baking, and potato salad. Stores well. Very high in anthocyanins.	Matures in 85 days; an early-to-midseason variety.
Purple Peruvian	Deep purple skin and flesh. Small-to-medium tubers with many eyes. An earthy flavor. Good fried or roasted. Very high in anthocyanins. Ancient heirloom from Peru. Rare.	Matures in 100–120 days; a late-season variety.
Ranger Russet	Long, slightly flattened, with russeted (roughened) brown skin and white flesh. Good for roasting, mashing, frying, and baking. Higher in antioxidant activity than the Russet Burbank.	Matures in 120 days; a late-season variety.
Ruby Crescent	Slender fingerling only 2–3 inches long, with thin, rosy-colored skin. Yellow flesh is waxy. Good for potato salads and roasting. Earthy, nutty flavor.	Matures in 120 days; a late-season variety.
Russet Norkotah	Large, oblong tubers with russeted (roughened) skin and white flesh. Higher in phytonutrients than Russet Burbank. Stores well.	Matures in 60–75 days; an early-to-midseason variety.





# RECOMMENDED VARIETIES OF CARROTS

IN THE SUPERMARKET	
TYPE	COMMENTS
Orange carrots	Carrots with a deep orange color have the most beta-carotene. Carrots sold with their tops are fresher than carrots that have been trimmed. Baby carrots sold in bags have had their most nutritious parts whittled away.
Blue, purple, yellow, and red carrots	Some supermarkets now carry blue, purple, yellow, and red carrots, either separately or in a bag of mixed varieties. Most of them have more antioxidants than conventional orange carrots.

## VEGETABLES

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Atomic Red	Tapered roots (9 inches long) are light pink when raw but turn scarlet when cooked. Cooking improves the texture and flavor. High in lycopene.	Matures in 70–80 days. Good for fall planting. Imperator type.
Bolero	Sweet and crunchy, with a 7-inch tapered root. Rich in falcarinol.	Matures in 70–80 days. Excellent yield. Holds well in the ground. Nantes type.
Carlo	Orange carrot with uniform, smooth, blunt-tipped roots. Rich in falcarinol.	Matures in 90–120 days. Cold-tolerant. Excellent yield. Seeds can be hard to find. Nantes type.
Cosmic Purple	Long roots have dark purple skin and orange interior. Spicy and sweet. Good for slicing and juicing. High in anthocyanins and beta-carotene. Introduced in 2005.	Matures in 65–75 days. Will grow all winter in climate zones that do not dip below 25 degrees in winter. Imperator type.
Deep Purple	Purple throughout, except for a small, light-colored core. Roots are 12–14 inches long and tapered. Mild flavor, good for slicing, juicing, and eating raw. Rich in anthocyanins. Ten times more antioxidants than some other varieties.	Matures in 70–80 days. Imperator type.
Nutri-Red (also called Nutri Red)	Red inside and out, with 9-inch roots. Turns deep red when cooked. Strong, not sweet, flavor. Twice as much lycopene per ounce as tomatoes.	Matures in 70–80 days. Hardy. Grows best when day temperatures are between 45 and 75 degrees. Imperator type.
Purple Haze	Purple skin and orange centers; roots are 10–12 inches long and tapered. Sweet, with a tender crunch. Color fades with long cooking. Twice the antioxidants of Cosmic Purple.	Matures in 70–80 days. Imperator type.

## THE OTHER ROOT CROPS

### RECOMMENDED VARIETIES OF BEETS

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
Deep red or purple	When shopping in the supermarket, choose beets with deep red or purple roots. Golden, white, and multicolored beets, such as Chioggia, are less nutritious. Beets with their tops are fresher than beets that have been trimmed, and the greens themselves are very nutritious.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Bull's Blood	Roots have red rings alternating with dark pink rings. Deep red-purple leaves are sweet and flavorful; baby leaves provide pleasing flavor and color contrast in mixed salads.	Matures in 65 days. Tasty and tender when harvested early, as baby beets. Color intensifies as beets mature.
Cylindra	Dark red cylindrical beets. Sweet with a fine grain; good for eating fresh, canning, freezing, and pickling. Easy to peel and slice. Leaves are sweeter than those of other varieties of beets.	Matures in 60 days. Plant closer together than you would other beets because they grow longer rather than wider. Keeps well in the soil. Does not become tough or fibrous.
Detroit Dark Red	One of the most common varieties. Round, about 3 inches in diameter. Sweet and smooth, with fine-grained, deep red skin and flesh. Young beet tops taste good in salads and side dishes. Low in geosmin, so they do not have an earthy taste.	Matures in 58 days. Good for small gardens because the tops are relatively small, allowing the seeds to be planted close together.

## VEGETABLES

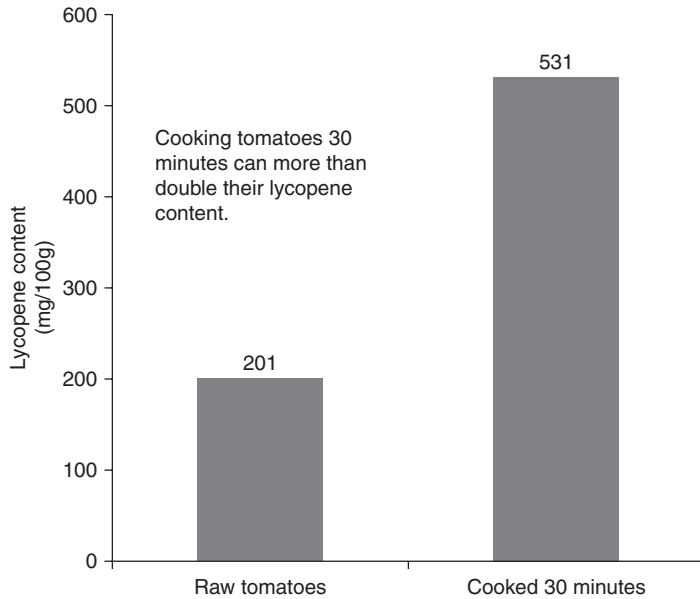
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Red Ace	Sweet, tender, and smooth roots have up to 50 percent more red pigment than standard beets. Bright green, glossy tops make good salads and side dishes. Roots are good for slicing, dicing, and serving whole, especially when young.	Matures in 55 days. Hybrid vigor provides good germination, fast spring growth, uniform roots, and good disease resistance.

## RECOMMENDED VARIETIES OF SWEET POTATOES

IN THE SUPERMARKET	
TYPE	COMMENTS
Dark-fleshed varieties	Sweet potatoes have a lower glycemic index and are higher in antioxidant value than conventional potatoes. The most nutritious varieties have orange, deep orange, or purple flesh, and are often marketed as yams.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Beauregard	Oblong tubers with dark red-orange skin and tender, moist, sweet, bright orange flesh. High in beta-carotene. One of the most popular varieties.	Matures in 90 days – early for a sweet potato. Good for cool climates.

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Carolina Ruby	Ruby skin and orange flesh. Higher in antioxidants than Beauregard.	Matures in 115–125 days. Drought-tolerant. Requires lots of space. Prefers warm or hot growing conditions.
Diane (also called Red Diane)	Red-orange skin and orange flesh.	Matures in 105 days.
Hawaiian (also Okinawan)	Native to the Japanese island of Okinawa. Drab gray skins and brilliant purple flesh. More anthocyanins than blueberries. Rare. Drier in texture and lighter in color than Stokes Purple.	Matures in 100 days.
Stokes Purple	Even higher in anthocyanins than the Hawaiian sweet potato. Deep purple, almost black flesh with brown skin. Rich, winey flavor. Rare. Available in some farmers markets.	Matures in 100 days. Patented variety licensed to only a few companies located primarily in Livingston, California.



# RECOMMENDED TYPES AND VARIETIES OF TOMATOES

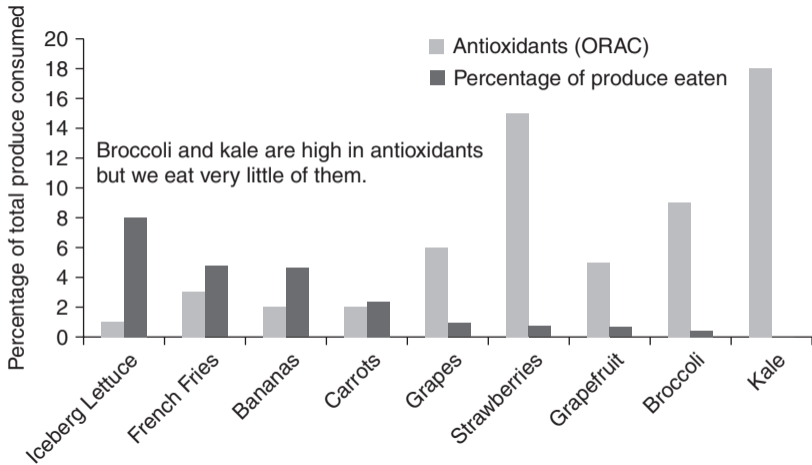
IN THE SUPERMARKET		
COLOR	TYPE	COMMENTS
Red	Cherry	Higher in lycopene than large red tomatoes. In general, the darker the color and the smaller the size, the more nutritious the tomato. Eat within a few days. Do not refrigerate.
Red	Grape or Currant	Smaller and even more nutritious than cherry tomatoes. Grape tomatoes look like miniature Roma tomatoes. Currant tomatoes are smaller and round. Both have thicker skins than cherry tomatoes, so they can be stored for a longer period of time. Typically, they are sold in plastic clamshells.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS			
VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Abraham Lincoln	Salad, or globe	Medium-size tomato that is bright red and slightly acidic. Good for juice, ketchup, and slicing. Very high in lycopene.	Matures in 80 days. Indeterminate.
Black Cherry	Cherry	Small round cherry tomato with dark purple skin and rich flavor. High in lycopene.	Matures in 65–75 days. Indeterminate.
Elfin	Grape	Tiny tomato with red fruit. Good for snacking and salads. High in carotenoids and lycopene.	Matures in 55–60 days. Determinate. Plants are only 9–18 inches tall. Can be grown in containers.

## TOMATOES

VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Gardener's Delight (also called Sugar Lump)	Cherry	Small red tomato with strongly sweet flavor. Good for snacking and salads. Highest in lycopene of 40 varieties tested in a recent survey.	Matures in 65 days. Indeterminate. High yield.
Giant Belgium	Beefsteak	Large heirloom tomato. Higher in lycopene than most large varieties but lower in lycopene than smaller tomatoes. Dark pink meaty flesh and few seeds. Low in acid.	Matures in 85–90 days. Indeterminate.
Hawaiian Currant	Currant	Sweet; deep red color; marble-size heirloom. Very high in lycopene.	Matures in 75–85 days. Indeterminate. Vigorous, sprawling growth. Holds fruit on clusters until ripe. High yield.
Jet Star	Salad, or globe	Medium-size (6–8 ounces), globe-shaped, mild-flavored, firm, meaty fruit. Low acidity. Good for slicing and canning. High in antioxidants.	Matures in 72 days. Indeterminate. High yield.
Juliet (Also called Juliet F-1 Hybrid)	Grape	A small, deep red, shiny grape tomato with an intense, sweet flavor. Good for snacking and salads. Very high in lycopene.	Matures in 60 days. Indeterminate. Crack- and disease-resistant. Fruit holds on the vine when ripe. High yield.
Matt's Wild Cherry	Currant	Very small (1/2 inch), soft, round, deep red tomato with smooth texture and a sweet, robust flavor. Good for salsa, snacking, and salads. High in lycopene. A wild tomato discovered in Mexico in recent years.	Matures in 60–70 days. Indeterminate with a vengeance. In some climates, the vines will grow twenty feet long and keep producing tomatoes into the fall. Rare, but seeds are becoming more available.

VARIETY	TYPE	DESCRIPTION	INFORMATION FOR GARDENERS
Oxheart	Beefsteak	Large heart-shaped tomato. Meaty, solid, with a sweet flavor and few seeds. Fairly acidic. High in lycopene compared to other large varieties.	Matures in 85 days. Indeterminate. Continuously productive. Fernlike foliage. High yield.
Red Pear	Cherry	Small (up to 2 inches long), deep red, pear-shaped tomatoes. Heirloom. Sweet and juicy; good for snacking and salads. Among the highest in lycopene.	Matures in 90 days. Indeterminate. High yield.
San Marzano	Plum or Sauce	Medium-size plum tomato. Slim, red fruit with a pointy end. Heavy walls with little juice. Considered the best for sauce and paste by some chefs. High in lycopene.	Matures in 75–85 days. Crack-resistant. Compact plant size.
Sara's Galapagos	Currant	Wild variety discovered on the Galápagos Islands in the twenty-first century. Tiny (1/3 inch); red; intensely flavored; sweet. Very rare.	Matures in 75 days. Indeterminate. Keeps well on the vine.
Sun Cherry	Cherry	The red equivalent of the yellow cherry tomato, but much more nutritious because of high lycopene content.	Matures in 55–68 days. Indeterminate. Pick as soon as they ripen to avoid cracking. Grows in long clusters of 20 fruits.



# RECOMMENDED VARIETIES OF BROCCOLI

IN THE SUPERMARKET	
TYPE	COMMENTS
Green	All varieties of green broccoli in the supermarket are nutritious. For maximum nutrition, look for the freshest broccoli you can find. Intact heads of broccoli are fresher than pretrimmed florets.
Purple	Purple broccoli, which is available in some supermarkets, is higher in antioxidants than the more traditional green broccoli.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Atlantic	Well-rounded with solid, bluish heads. Flavorful. Introduced in 1960.	Matures 70 days after setting out transplants. Likes cool weather. Good for spring, midseason, or fall planting. Has abundant side shoots.
Brigadier	Medium-size broccoli. High in antioxidant value and in the cancer-fighting compound glucosinolate.	Matures in 70 days after setting out transplants. Midseason broccoli.
Cavolo (also called Cavolo Broccolo)	Medium-size yellow-green head. Tender, with abundant side shoots. Compact.	Matures 60–80 days after setting out transplants. Medium to late variety.
Majestic Crown	Large, firm head.	Matures 55–70 days after setting out transplants. Wait until after last frost to plant.

## VEGETABLES

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Marathon	Large blue-green heads with a high, smooth dome.	Matures 75 days after setting out transplants. Needs lots of space. Highly tolerant to cold.
Packman	Dark green, tight buds with uniform heads up to 9 inches wide. Very common. Among the highest in antioxidant value.	An early maturing variety that is ready 55 days after setting out transplants. Ideal for spring planting. Heat-tolerant. Has abundant side shoots.
Purple Sprouting	Rich in anthocyanins. Believed to be the original form of broccoli. Very sweet purple side shoots that turn green when cooked.	Plant seeds in the fall and you can begin to harvest side shoots in March or April and for several months thereafter. Grows to 24–36 inches tall. Hardy to below 10 degrees.

## RECOMMENDED VARIETIES OF CABBAGE

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
Red cabbage, any variety	Red cabbage is rich in anthocyanins and antioxidants and is one of the most nutritious vegetables in the entire store. It has six times more antioxidants than green cabbage.
Savoy cabbage, any variety	Savoy cabbage has deeply netted, flexible leaves. It has three times more antioxidant value than standard green cabbage and makes a great sandwich wrap. Savoy cabbage is available in most large supermarkets.

## THE INCREDIBLE CRUCIFERS

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Deadon	Red savoy cabbage with light green interior leaves. Delicious, sweet flavor.	Matures 105 days after setting out transplants.
Mammoth Red Rock	Uniform, red, round heads about 8 inches in diameter. Excellent for cooking, salads, and pickling. Heirloom introduced in 1889.	Matures 98 days after setting out transplants.
Red Express	Extra-early red cabbage. Good flavor.	Matures 65 days after setting out transplants. Compact plants. Recommended for northern areas.
Ruby Perfection	Bright magenta leaves. Medium-size heads.	Matures 85 days after setting out transplants. Mid- to late-season variety.

## RECOMMENDED VARIETIES OF CAULIFLOWER

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
White cauliflower, any variety	Traditional white cauliflower is a good source of cancer-fighting compounds.
Colorful varieties	Some large supermarkets carry orange, green, and purple cauliflower. All of them are higher in antioxidant value than white cauliflower.

## VEGETABLES

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Celio	Light green, pyramidal cauliflower highly recommended for taste and presentation.	Sow in April for a September or October harvest.
Emeraude	Bright green heads. High in antioxidants and glucosinolates.	Late-summer crop. F1 hybrid.
Graffiti	Bright purple heads. Very high in anthocyanins. Twice as many antioxidants as most other varieties. Retains color when cooked. Tender texture and mild flavor.	Matures 80–90 days after setting out transplants. F1 hybrid.

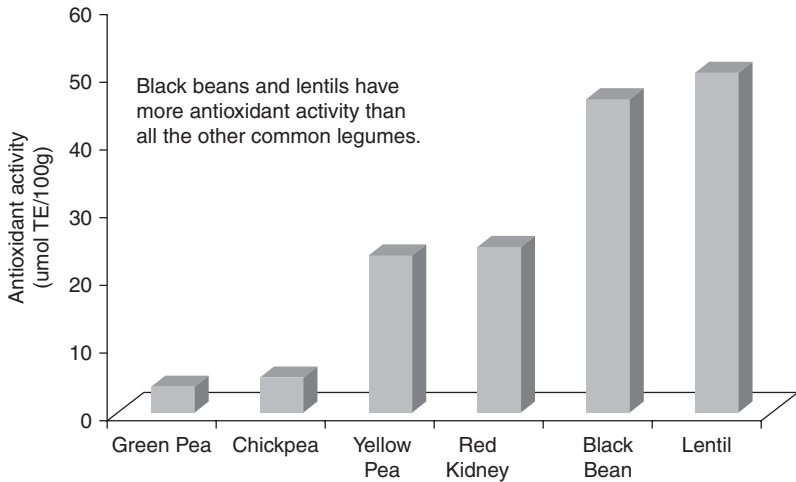
## RECOMMENDED VARIETIES OF KALE

IN THE SUPERMARKET	
VARIETY	COMMENTS
All varieties	All varieties of kale in the supermarket are high in cancer-fighting compounds and antioxidants, providing extraordinary nutrition. Red-leaved varieties are especially high in antioxidant value.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Tuscan (also called Cavolo Nero, or Lacinato)	Long, narrow, deeply embossed, straplike leaves that are dark blue-green. Excellent source of sulforaphanes, the main anticancer ingredient in crucifers. Sweeter and milder than many other varieties. Excellent for making kale chips.	Matures in 60–80 days. Cold-tolerant. Can reach 3 feet tall, but is not as bushy as other varieties. Italian heirloom.

## THE INCREDIBLE CRUCIFERS

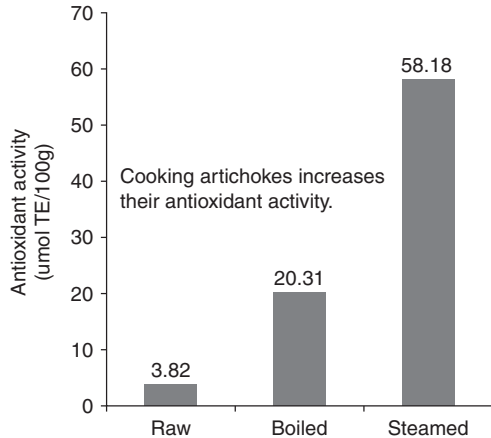
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Red Russian	Curly deep purple leaves with mauve-colored veins on large, upright plants with thick stems. Slightly more pungent and bitter than other kales.	Matures 50 days after setting out transplants (25 days if you want to harvest them as baby greens). Flavor sweetens after fall frosts. Very hardy. Consistently high yield.
Redbor	Rich, purple-red color. Finely curled. Twice the antioxidant value of Red Russian kale.	Matures 65 days after setting out transplants. Good for spring and fall crop.



# RECOMMENDED VARIETIES OF FRESH PEAS AND BEANS

IN THE SUPERMARKET	
TYPE	COMMENTS
Pod peas	Because you eat the pod as well as the peas, you get more antioxidants and fiber than you would eating peas without the pod. Fresh peas are more nutritious than frozen peas.
Dried peas	Yellow peas are more nutritious than green peas.
Fresh or frozen edamame	Edamame, or fresh soybeans, are higher in antioxidants and protein than other fresh beans. They also have compounds called isoflavones that are linked with a lowered risk of cancer. Look for frozen edamame in the freezer case.
Lentils	All varieties are very nutritious. Look for black, French (green), or red lentils for the greatest antioxidant value.
Common dried beans	The most nutritious varieties are black beans, red beans, kidney beans, and pinto beans, in that order. Canned beans are especially high in antioxidants and are convenient to use. Stock your shelves with canned beans of the above varieties.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Royal Burgundy	Violet-purple skin and green interior. Beans grow to 5 inches long. Excellent flavor. The burgundy color fades the longer the beans are cooked. Add raw beans to salads for maximum color and maximum anthocyanin value.	Matures in 55 days. Upright, 2-foot-tall bushes keep the beans off the ground. A good bean for cool climates.
Royalty Purple	Pods of these snap beans are 5–6 inches long. Beautiful purple color.	Matures in 50–60 days. Short runners and purple flowers. Sow after the last frost. Needs wide row spacing or a fence for climbing.



# RECOMMENDED VARIETIES OF ARTICHOKES

IN THE SUPERMARKET	
VARIETY OR TYPE	COMMENTS
Green Globe (also called French)	The most popular variety of globe artichoke, found in virtually all supermarkets, is also one of the most nutritious.
Purple artichokes	Some large stores carry purple artichokes as well as the Green Globe. Purple is the more nutritious choice, because it contains a significant amount of anthocyanins.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Green Globe (also called French)	Four-inch round globes. Heartier flavor than Imperial Star.	Start with crowns, not seeds. Does not do well in cool climates. Buds are edible 75-100 days after setting out the crowns.

## ARTICHOKES, ASPARAGUS, AND AVOCADOS

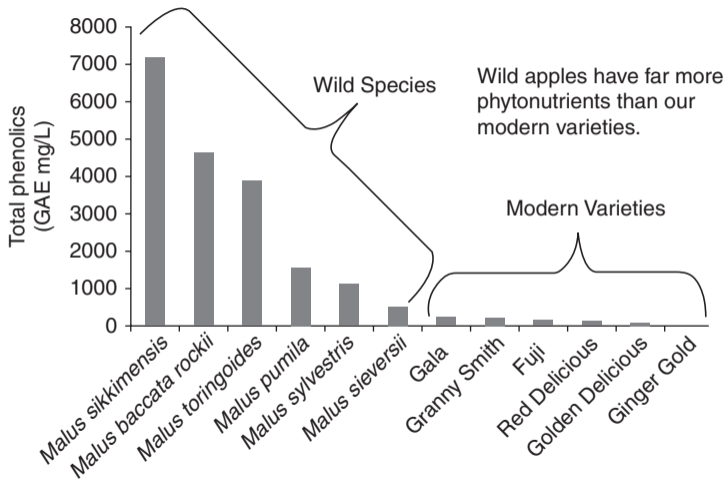
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Imperial Star	Sweet, round, mild-flavored, and free of thorns.	Annual artichoke is started from seeds indoors. Transplant when soil temperature is 50 degrees or higher. Good yield the first year.
Violet de Provence	A medium-size globe artichoke with violet-tinged bracts. Three times higher in phytonutrients than most other varieties. French heirloom.	A hardy perennial that grows in USDA zones 7 and above. Start seeds indoors in late winter and transplant when soil temperature is above 55 degrees. Or begin with crowns and plant after all danger of frost has passed. Harvest the first crop in the fall, approximately 100 days after transplanting.
Violetto	Called the artichoke of aristocrats. Small, oval, slightly elongated heads up to 5 inches long. Tender and flavorful. Northern Italian heirloom.	Matures in 85 days. Not recommended for zones 5 and below. Produces an abundant crop for at least 4 years.

## RECOMMENDED VARIETIES OF ASPARAGUS

IN THE SUPERMARKET	
TYPE	COMMENTS
All green varieties	Freshness is more important than the specific variety.
All purple varieties	Some large supermarkets and natural-food stores carry purple asparagus, which is more nutritious than green asparagus. Freshness is paramount.

## VEGETABLES

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Apollo	Highest in the family of phytonutrients called flavonoids.	Early and productive. The first spears appear early in the spring and spears continue to emerge for several weeks.
Guelph Millennium	A newly released green variety known for its uniform spears with tight tips.	Plant the crowns in the fall. Tolerates cold winters but also does well in warm climates. Highly productive for up to 6 years.
Jersey Knight	Tender and succulent bright green spears are 3/8 inch in diameter or more. The tips have a purple cast.	Matures from early April through mid-May. Produces high yields in small spaces. Good in warm climates.
Jersey Supreme	Average-size spears are sweet and tender.	One of the earliest varieties. Good yield. Resistant to rust and fusarium.
Purple Passion	Burgundy spears with creamy green interiors are larger and more tender than most green asparagus. Sweet, mild, and nutty flavor when cooked. Makes a distinctive salad garnish. One of the highest in phytonutrients.	Early-season variety. Hybrid and heirloom varieties are available. Smaller yield than other varieties. Fronds reach 4-5 feet.



## RECOMMENDED VARIETIES OF APPLES

IN THE SUPERMARKET	
VARIETY	COMMENTS
Braeburn	Bicolored apple discovered in New Zealand in 1952. Excellent eating quality. Crisp and juicy with a balanced blend of sweet and tart. Keeps well. Lower in phytonutrients than most of the following varieties.
Cortland	Juicy, tender, snow-white flesh and thin skin. Good dessert and salad apple. Does not brown readily. Commonly available in New York State and surrounding areas. Very high in phytonutrients.
Discovery	Sweet and crisp. Discovered in England in the 1940s. Pink-tinged flesh. Does not store well. One of the most nutritious varieties. Rare.
Fuji	Sweet, crisp, and a good keeper. Widely available. Developed in Japan. A cross between the Red Delicious and another nutritious heirloom variety, Ralls Janet. One of the most nutritious of the 12 most common varieties.
Gala	Another New Zealand creation. Sweeter than the Braeburn and slightly higher in phytonutrients. Good dessert apple with mild flavor.
Granny Smith	Large, green, tart apple that is the most nutritious of the 12 most common varieties. It has 13 times more phytonutrients than Ginger Gold.

## APPLES

VARIETY	COMMENTS
Honeycrisp	Now one of the most popular varieties in the United States. Crisp, sweet, subacid flavor. It is one of the more nutritious varieties in the supermarket, provided you eat the peel. (The peel is especially high in phytonutrients.)
Liberty	Liberty is a medium-size red apple that was once rare but is now becoming more common. Higher in phytonutrients than Granny Smith. Crisp, hard apple with a balanced blend of tart and sweet. Good for eating and cooking.
Melrose	One of the best keepers. Its flavor improves during storage. Good for pies and baking. Lower in phytonutrients than most of the apples on this list.
Red Delicious	Once the most popular apple in the United States, Red Delicious now takes a backseat to Fuji and Honeycrisp, crisper varieties that are equally sweet. This American heirloom is relatively high in phytonutrients – provided you eat the dark red skin. Modern variants have even darker skin.

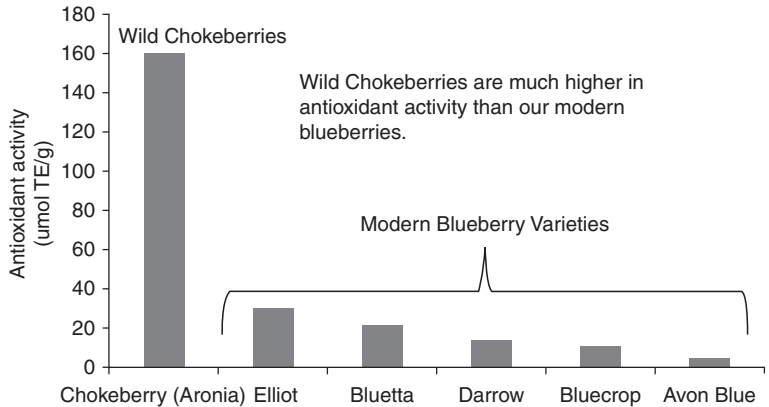
### FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES

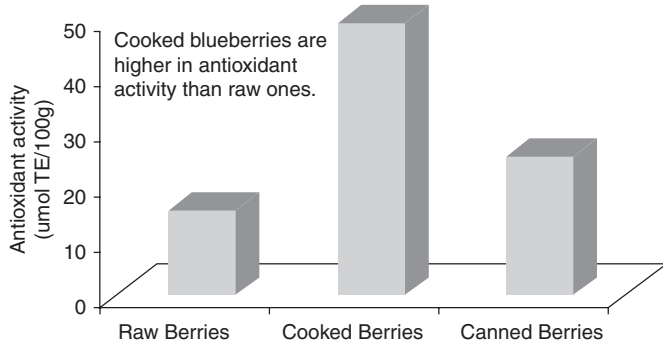
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Belle de Boskoop	Large, greenish-yellow fruit with rough skin. Firm; fragrant; tangy. Very nutritious. Hard-to-find Dutch heirloom developed in 1856. Stores well.	Best for zones 6–9. Late-season apple. Needs two different apple varieties for adequate pollination.
Bramley's Seedling	One of the world's best cooking apples, but hard to find in the United States. Very high in phytonutrients (3 times higher than the Fuji). The apples do not keep their shape when cooked.	Best for zones 5–7. Matures in midseason or late season. Needs two pollinators. Vigorous tree produces a heavy crop. The apples store for 3 months or more.
Golden Russet	Small heirloom variety with rough, yellow-gold skin. Intense, sweet-and-tart flavor. Considered the best-tasting of its type. Ideal for making cider. Rare.	Best for zones 4–10. Late-season apple. Scab-resistant. Vigorous; winter-hardy.

## FRUITS

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Haralson	Bright red, medium-size fruit. Crisp; firm; juicy. Mildly tart. Good baking, eating, and cider apple. Holds its shape when cooked. Extra-high in phytonutrients. Heirloom variety introduced in the United States in 1922.	Best for zones 3–7. Does well in cold climates. Stores for 6 months. Biennial bearer. Resists apple scab and cedar-apple rust.
Liberty	Medium-size red apple that is becoming more common. Crisp with a good balance of tart and sweet. Good for eating and cooking. Very high in phytonutrients.	Best for zones 4–10. Midseason apple. Resistant to scab, rust, mildew, and fire blight, so ideal for organic production.
McIntosh	Round, red, sweet, mildly tart fruit with white flesh. Good for eating and cooking. Discovered in Ontario, Canada, in 1798.	Best for zones 3–7. Midseason apple. Cold-hardy. Partially self-fertile but does best with a pollinator.
Northern Spy	Red-green apple good for eating fresh, cooking, and making juice. Stores very well. Very high in phytonutrients. Heirloom variety developed in the United States in the 1840s.	Best for zones 3–7. Late-season apple. Biennial tendency. Slow to start bearing.
Ozark Gold	Sweet, honeyed flavor. Juicy and low in acid. Very high in phytonutrients. Introduced in 1970. Comparable to an extremely nutritious Golden Delicious.	Best for zones 4–9. Early-to-midseason apple. Highly disease-resistant.
Redfield	Dark red skin with dark red flesh and juice. High in acid. Used for cider and baking, not for eating fresh. Very high in antioxidants. Rare. Short storage life.	Best for zones 3–4.
Red Jonagold	Large red-skinned apple rich in phytonutrients; good for eating and baking. A good blend of sweet and tart. Aromatic.	Best for zones 5–8. Late-season apple. Vigorous tree that is early to bear fruit. Requires a pollinator.
Rhode Island Greening	One of the best American cooking apples. Highest in major phytonutrients of six apples tested. Heirloom introduced in the United States in 1650s; perhaps the oldest variety of all. Rare.	Best for zones 4–10. Late-season variety. Takes long to go into bearing. Deserves a place in more home orchards.

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Spartan	Red-skinned medium-size apple. Crunchy, sweet, with a delicate winelike flavor. Rich in antioxidants, especially in the skin. Heirloom introduced in the United States in 1936.	Best for zones 4–8. Early fall apple and a heavy bearer. Benefits from having a pollinator that also blooms in midseason.
WineCrisp	Medium-sized, dark red, nonglossy fruit similar to Winesap. Firm and crisp with a good mix of sweet and tart. Stores well. Debuted in 2009.	Best for zones 4–8. Midseason apple. Scab-resistant. Just now becoming available in tree nurseries.





## FRUITS

### RECOMMENDED VARIETIES OF BLUEBERRIES

IN THE SUPERMARKET	
TYPE OR VARIETY	COMMENTS
Blueberries, fresh or frozen, all varieties	Few supermarkets display the names of their blueberry varieties, but all blueberries are good sources of anthocyanins. Frozen blueberries are almost as nutritious as fresh ones. Some stores sell frozen <i>wild</i> blueberries, a bit more expensive but more nutritious. Buy flats of blueberries in peak season and freeze them at home.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
TYPE OR VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Aronia berries, dark blue	Pea-size, astringent, dry-tasting dark blue berries with dark blue flesh. Also known as chokeberries. Among the most nutritious of all fruits. Fresh aronia berries are rare.	Best for zones 3-7. Each bush can grow to 6 feet high, 6 feet wide, and bear 40 pounds of fruit. Takes 4 years to produce high yields.
Bluechip	Large, firm berry. One of the most nutritious in a study of 15 varieties.	Best for zones 3-7. Early-to-midseason variety. Vigorous, upright bush with medium-large clusters. Ornamental.
Bluegem	Medium-size light blue berry with a mild flavor. Among the highest in antioxidant value in a 2011 study of 42 varieties.	Best for zones 6-9. Rabbiteye type. Grown primarily in Florida. Vigorous plants.

## BLUEBERRIES AND BLACKBERRIES

TYPE OR VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Bluegold	Firm, light blue berries, flavorful and uniform in size. Very high in antioxidants.	Best for zones 4–7. Northern highbush type. Late-season variety. Cold-hardy, compact, round bush grows to 4–6 feet tall. Productive.
Brightwell	Medium-size, juicy, almost seedless dark blue berries with good flavor. Considered one of the top varieties in the world. Can be frozen or dried. High in antioxidants.	Best for zones 6B–9. Rabbiteye type. Midseason variety. Bush grows to 6–8 feet tall. Good for hedges or borders. Plant several varieties for better pollination.
Brunswick	Wild blueberry originally from Nova Scotia. Small fruits with a wild flavor. Rare.	Best for zones 3–6. Lowbush type. Spreads through underground stems. Red-orange leaves make a great addition to the fall landscape.
Burgundy Maine	A wild blueberry from Maine known for its great flavor. The small berries have the high phytonutrient content found only in wild varieties. Rare.	Best for zones 3–6. Lowbush type. Available in plant nurseries that specialize in native plants. Spreads through underground stems. Burgundy leaves brighten the landscape in the fall. Plants are about 1 foot tall.
Burlington	Medium-to-light blue berries known for their firmness and good flavor. High in antioxidants.	Best for zones 4–7. Northern highbush type. Late-season variety. Extremely hardy. Very vigorous, upright, moderately productive. Easy to grow.
Centurion	Medium-to-large dark blue berry. Among the highest in antioxidants in a 2011 study of 42 varieties.	Best for zones 6–9. Rabbiteye type. Late-season variety. Upright growth. Easy to manage.
Chandler	Very large, light blue berry with a fine, sweet flavor. Despite its size, it is high in antioxidants.	Best for zones 4–8. Late-season variety. Strong growth and vigor; reaches 5–6 feet high. Produces fewer but larger berries.
Climax	Large berries that ripen uniformly and have a sweet flavor. Rich in antioxidants.	Best for zones 6B–9. Extra-early variety. Abundant crop. Good ornamental.

## FRUITS

TYPE OR VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Coville	Sweet, large berries, usually eaten fresh or used in cooking, preserves, and cakes. One of the most nutritious in a study of 15 varieties.	Best for zones 5-7. Northern highbush type. Ripens in late July or early August. Grows to 3-4 feet high and 4-5 feet wide. Needs two pollinators.
Darrow	Sweet but robust flavor. One of the largest of all blueberries. Also one of the most nutritious in a study of 15 varieties.	Best for zones 5-7. Northern highbush type. Ripens in August. Mature size is 5 feet by 5 feet.
Earlyblue (also called Early Blue)	One of the first to ripen. Sweet and light in color. Good for fresh eating or cooking. Ranks slightly below Coville in antioxidant value.	Best for zones 4-7. Northern highbush type. Early-season variety. Moderate yield. Grows to 4-5 feet tall.
Early May	Medium-size berries. Rare. Among the highest in antioxidant value in a 2011 study of 42 varieties.	Best for zones 6-9. Rabbiteye type. Needs two pollinators.
Elliot	Small-to-medium, firm, light blue fruit. Among the highest in antioxidants in a 2011 study of 42 varieties.	Best for zones 4-8. Northern highbush type. Late-season variety. Upright growth. High yield. Good ornamental.
Northcountry	Small-to-medium berries with a waxy, sky-blue bloom. Sweet and mild, with a wild blueberry flavor. High in antioxidants.	Best for zones 3-7. Northern highbush type. Early-to-midseason variety. Hardy, compact bush grows to 4 feet tall. High yield. Good ornamental.
Northsky	Small, sky-blue berries with a wild, sweet flavor. Slightly higher in antioxidants than Northcountry.	Best for zones 3-7. Northern highbush type. Midseason variety. Very hardy. Reaches 2 feet tall and can be grown in a container.
Rancocas	Small berries with a high sugar content and a hint of lemon. High in antioxidants.	Best for zones 4-8. Northern highbush type. Cold-hardy. Midseason variety. Leaves turn red in fall. Ripens over 7 weeks. Good yield.
Rubel	Small, dark blue berries with a sweet and intense wild flavor. Twice the antioxidants of many varieties. A wild plant that has been cloned but not altered.	Best for zones 4-8. Northern highbush type. Late-to-midseason variety. Strong, upright bush that reaches 6-7 feet tall. Consistent producer. Good fall color.

## BLUEBERRIES AND BLACKBERRIES

TYPE OR VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Sharpblue (also called Sharp Blue)	Medium-sized, sweet, dark blue berries. Rich in antioxidants.	Best for zones 7-10. Southern highbush type. Good for warm climates. Needs a pollinator.

## RECOMMENDED VARIETIES OF BLACKBERRIES AND BLACKBERRY HYBRIDS

IN THE SUPERMARKET	
TYPE	COMMENTS
Blackberries, boysenberries, loganberries, and marionberries, fresh or frozen	Few supermarkets display the varietal names of their blackberries, but all blackberries are good sources of anthocyanins and overall antioxidant value. Boysenberries, loganberries, and marionberries are also excellent choices. Frozen berries are almost as nutritious as fresh ones. Buy flats of berries in peak season and freeze them at home.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
TYPE OR VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Boysenberries	Very large, soft, deep maroon berries with a good sweet-tart flavor. Cross between a European raspberry, a blackberry, and a loganberry. Higher in antioxidants than many blackberries.	Best for zones 6-10. Midseason berries that tolerate heat. Canes have thorns and require trellis.

## FRUITS

TYPE OR VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Chester Thornless blackberries	Juicy, full-flavored, firm blackberries. Great for eating fresh and baking.	Best for zones 5–8. Ripens in July. Semierect thornless berry. Exceptionally cold-tolerant. Self-pollinating. Very productive (20 pounds per plant).
Hull Thornless blackberries	Large-to-very-large firm blackberry with a mild flavor. Sweeter than most other thornless varieties and higher in antioxidants. Introduced in 1981.	Best for zones 5–8. Midseason variety. Ripens from mid-June through July. Good yield. Semierect canes require trellis. Moderately hardy and disease-resistant.
Jumbo Thornless blackberries	Highest in anthocyanins and overall phytonutrients of 4 varieties tested.	Best for zones 3–9. Requires trellis.
Loganberries	Medium-size, long, dark red, soft berries with an excellent unique flavor. More nutritious than many varieties of blackberries.	Best for zones 5–9. Canes have thorns, but thornless types are available. Frost- and disease-resistant. Fruits from midsummer to midautumn, earlier than other blackberries.
Marionberries	One of the most widely cultivated hybrid blackberries in the world. Higher in antioxidants than loganberries and boysenberries. Intensely aromatic.	Best for zones 7B–9B. Fruits in mid- to late summer.
Waldo blackberries	Good-size berries are sweet and aromatic. High ORAC value, equivalent to the marionberry.	Best for zones 6–10. Midseason variety. Vigorous, thornless, trailing blackberry. Good yield.
Wild Treasure blackberries	A new thornless variety with small-to-medium-size berries, small seeds, and an excellent flavor reminiscent of its wild parent, the Western dewberry. Released in 1998. High ORAC value. Just now becoming available.	Best for zones 5–8. Cold-tolerant. A trailing blackberry as vigorous as the marionberry. Fragile canes require careful handling.

## RECOMMENDED VARIETIES OF STRAWBERRIES

IN THE SUPERMARKET	
TYPE	COMMENTS
Fresh	Choose strawberries that are fresh and fully ripe. Some stores feature local strawberries during the peak season. Take advantage of the opportunity and buy enough to freeze.
Frozen	Frozen strawberries are almost as nutritious as fresh ones and are available year-round. Thaw in the microwave to retain the most nutrients.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Bounty	Medium-size, glossy, dark red heart-shaped berries with excellent flavor. Softer than some varieties. Rich in phytonutrients. Developed in Canada in the early 1970s.	Best for zones 4-10. Cold-hardy. Resistant to several common diseases. Heavy producer. Recommended for northern states.

## FRUITS

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Camarosa	Large, firm, conical fruit with bright red color and good flavor that is gaining popularity as a U-pick variety. Very high in phytonutrients and ORAC value.	Best for zones 7-9. Early-season berry. Released in 1993.
Chandler	Large berry that is higher in phytonutrients than most other varieties. Excellent flavor and a brilliant red color. Freezes well. Released in 1983.	Best for zones 5-8. Cold-hardy. Grows best on the West Coast and in the Southeast.
Earliglow	Sweet, good flavor, glossy, and firm. Uniformly deep red. Recommended for freezing, desserts, and preserves. Developed by the USDA in 1975.	Best for zones 4-8. Bears fruit in early June. Cold-hardy. A vigorous grower that is resistant to disease.
Honeoye	Intense strawberry flavor. Conical berries. Relatively high in antioxidants and anthocyanins.	Best for zones 3-8. Bears fruit in June. Winter-hardy. Very productive. Highly resistant to berry rot.
Late Star (also Latestar)	Attractive, firm berry. Pleasant flavor with a touch of tartness. More likely to be found in U-pick berry farms than in stores. Three times more antioxidants than some varieties. Created by the USDA and introduced in 1995. Plants can be hard to find.	Best for zones 5-8. June-bearing. Disease-resistant. High yield.
Ovation	Large, bright red berry with a small core. Aromatic with a mild flavor. High ORAC value.	Best for zones 4-8. Exceptionally late variety. Vigorous grower. Disease-resistant.
Selva	Firm, juicy fruit. Higher in antioxidants than Sweet Charlie.	Best for zones 3-9. Fruits within three months of planting and continues to fruit throughout the summer. Vigorous and able to withstand wet conditions.
Sweet Charlie	A high-sugar, low-acid variety that is orange-red in color. Winner of a number of taste tests. Extracts were found to be more effective in killing human breast cancer cells than all other varieties tested. Released in 1992 by the University of Florida.	Best for zones 7-9. Well suited for the southeastern states, California, Oregon, and Washington. Resistant to crown rot, fruit rot, two-spotted spider mites, and powdery mildew. Highly resistant to anthracnose fruit rot.

## STRAWBERRIES, CRANBERRIES, AND RASPBERRIES

### RECOMMENDED VARIETIES OF CRANBERRIES

ALL MARKETS	
VARIETIES	COMMENTS
All varieties, fresh or frozen	All varieties are high in phytonutrients and are similar to wild cranberries in nutritional content.

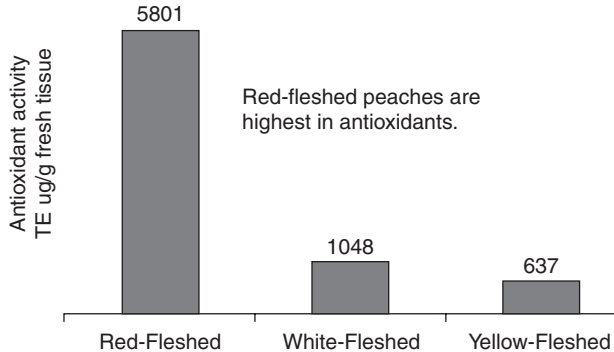
IN THE GARDEN	
Early Black, Howes, and Ben Lear are popular varieties that were selected from the wild. They are higher in antioxidant value than most other varieties. Early Black has slightly more phytonutrients than the other two. Stevens is a hybrid created by the USDA for greater disease resistance and productivity. It is lower in phytonutrients than the varieties mentioned above, but it is a very nutritious berry nonetheless.	Best for zones 2–7. Needs moist to boggy soil that is high in acidity (pH 4.5–6.5). Cranberries require specific growing conditions. You will find more growing advice online.

### RECOMMENDED VARIETIES OF RED AND BLACK RASPBERRIES

IN THE SUPERMARKET	
TYPE	COMMENTS
Fresh	Look for fresh berries that have held their shape, or buy frozen raspberries.
Frozen	Frozen raspberries are available year-round and retain much of the nutritional content of the fresh fruit. Defrost in the microwave.

## FRUITS

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
RED RASPBERRIES	DESCRIPTION	INFORMATION FOR GARDENERS
Caroline	Large, great-tasting berries that are firmer than many other varieties. High in antioxidants, and has anticancer properties as well.	Best for zones 4–9. Hardy. Delivers two bumper crops – one in late June and another from August until September.
Heritage Red	Most popular fall-bearing raspberry on the market. Medium-size fruit with good flavor. Rich in antioxidants.	Best for zones 3–11. Late fall-bearing variety that fruits from late August until first frost.
Summit	Large fruit with a mild flavor.	Suitable for zones 3–11, but does best in mild climates. High resistance to root rot.
BLACK RASPBERRIES	DESCRIPTION	INFORMATION FOR GARDENERS
All	All black raspberries are high in antioxidants and have anticancer properties, according to lab tests and animal studies.	Black raspberries should not be planted within 75–100 feet of blackberries or any other type of raspberry because of the likelihood of cross-pollination.
Bristol	Large, black, with attractive glossy skin and firm flesh. Good flavor. Good for canning, baking, freezing, and eating fresh.	Best for zones 5–8. Cold-tolerant. Vigorous, upright canes do not require staking. Ripens in July. Easy to pick. Self-pollinating.
Jewel	Large berries with firm, glossy black fruit. Sweet and rich flavor. Good choice for making jams and jellies.	Best for zones 4–8. Reliable and hardy. Bountiful midseason crop. Tall, vigorous, productive plant. Recommended for both home and market growers.



## STONE FRUITS

### RECOMMENDED VARIETIES OF PEACHES AND NECTARINES

IN THE SUPERMARKET	
TYPE	COMMENTS
White-fleshed	White-fleshed peaches and nectarines are higher in phytonutrients than yellow-fleshed varieties. The skin is the most nutritious part of the fruit. Peaches and nectarines are sprayed with a significant amount of pesticides. Buy organic fruit to lower your exposure to these unwanted chemicals.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
PEACHES	DESCRIPTION	INFORMATION FOR GARDENERS
Champagne	Large, white-fleshed, freestone peach. Light-colored blush over cream-colored skin. Juicy, sweet, and low in acid. Fine-textured. High in antioxidants, especially in the skin. Released in 1982.	Best for zones 7–9. Peaches ripen in mid-August. Vigorous, productive tree.
Indian Blood Cling	A large clingstone peach with red skin and white flesh streaked with red. Aromatic when ripe. Uncommon. High in anthocyanins and overall antioxidants. Heirloom from the 1700s.	Best for zones 4–8. Ripens in mid-September. A heavy producer. Does best with a pollinator.
O'Henry	Large, firm peach with yellow flesh that is streaked with red. Great flavor. Heirloom variety. Higher in antioxidants than most other yellow-fleshed varieties.	Best for zones 6–9. Midseason harvest. Strong, vigorous, heavy-bearing, and self-pollinating.

## FRUITS

PEACHES	DESCRIPTION	INFORMATION FOR GARDENERS
September Sun	Juicy, firm, yellow-fleshed freestone peach. Very high in antioxidant value for a yellow-fleshed variety.	Best for zones 5-9. Late-season peach that ripens from late August to early September.
Snow Giant	White-fleshed freestone peach. Very large, firm, and sweet with low acidity. Red blush over creamy white skin. Slightly lower in phytonutrients than Snow King.	Best for zones 4B-8B. Late August harvest.
Snow King	Large, red-skinned, sweet-flavored peach with white flesh. Has the highest antioxidant content of all the varieties of peaches recommended in this chart. Introduced in 1993.	Best for zones 5-9. August harvest. Self-pollinating.
Spring Crest (also called Springcrest)	Medium-size peach with little fuzz. Firm, yellow flesh with skin that blushes red. In one study, second highest in nutritional content of 11 varieties tested.	Best for zones 5-9. Early-season variety. Ripens from late May through mid-June.
NECTARINES	DESCRIPTION	INFORMATION FOR GARDENERS
Arctic Snow	White-fleshed freestone nectarine. Low-acid, sweet fruit that is rich in phytonutrients.	Best for zones 5-9. Late-harvest variety. Ripens from the last week of August to the first week in September.
Brite Pearl (also called Bright Pearl)	White-fleshed nectarine that is very high in antioxidants. The skin is much richer in phytonutrients than the flesh.	Best for zones 5-9. Not cold-hardy.
Crimson Gold	Yellow-fleshed freestone nectarine with a bright red blush over golden skin.	Best for zones 5-9. Ripens in July.
John Boy II	Yellow-fleshed freestone nectarine. Sweet and tart.	Best for Zones 5-9. Vigorous grower. Earliest-ripening nectarine.
Red Jim	Red-fleshed clingstone nectarine. Rich in anthocyanins.	Best for zones 5A-9B.
Zee Fire	Yellow-fleshed clingstone nectarine. Skin has a red blush over yellow skin. Supersweet, low in acid, and quite firm. Among the highest in phytonutrients.	Best for zones 5-9. Ripens in May. Productive. Good for warm climates, as it does not require long, cool winters to bear fruit.

## STONE FRUITS

### RECOMMENDED VARIETIES OF APRICOTS

IN THE SUPERMARKET	
VARIETY	COMMENTS
All varieties	Apricots are more nutritious than peaches and nectarines. For the most phytonutrients, choose apricots with dark orange or red-orange skin and flesh. Ask the produce manager to cut one open for you.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Blenheim	Firm, light orange flesh with a very good, intense flavor. Medium-to-large-size fruit. Thirty percent of apricots grown in California are Blenheims.	Best for zones 4–8. Ripens from June to early July. Self-pollinating.
Goldstrike	Large, firm fruit. Light orange flesh and slightly glossy skin. Firm, meaty, and moderately juicy. Excellent flavor and texture.	Best for zones 4–8. Ripens in early July. Rapid-growing tree. Requires a pollinator.
Hargrand	Very large, sweet, and juicy apricot with deep orange skin and flesh. Very high ORAC value – twice as high as many varieties of red grapes. Freestone. Released in 1980.	Best for zones 4–8. Winter-hardy. Fruits in mid-to-late July. Self-pollinating and disease-resistant.
Harogem	Medium-size fruit with a bright red glossy blush over orange background. Ten times higher in beta-carotene than the average peach. Released in 1979.	Best for zones 4–8. Very cold-hardy. Fruits from June through July. Resistant to brown rot and perennial canker.
Robada	Large, juicy, with a good balance between sweet and acid. Attractive skin color with a red blush. Deep orange flesh.	Best for zones 5–8. Fruits from late May to mid-June. Vigorous and productive variety.
Wilson Delicious	Golden orange fruit with a rich, distinctive flavor. Third highest in antioxidants in a survey of 22 varieties.	Best for zones 5–8. Ripens in early July. Heavy bearer. Self-pollinating.

## FRUITS

### RECOMMENDED VARIETIES OF CHERRIES

IN THE SUPERMARKET	
VARIETY	COMMENTS
Bing	Very common sweet cherry with skin that ranges from dark red to almost black. One of the most nutritious varieties. Fresh cherries have bright green, flexible stems.
Hartland	Sweet, firm, glossy purple cherry. Highest in antioxidants of sweet cherries in a recent survey.
Royal Anne (also called Queen Anne)	Sweet, large, firm cherries with yellow skin and a red blush. Twice as high in phytonutrients as Rainier cherries, which they closely resemble.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Balaton	Tangy, large, firm cherry with red juicy flesh. Hungarian heirloom.	Best for zones 5–8. July harvest. Vigorous trees.
Bing	Very common sweet cherry with dark red to almost black skin. One of the most nutritious varieties. Rich in anthocyanins. US heirloom.	Best for zones 5–9. Requires a pollinator.
Early Black (also called Knight's Early Black)	Skin a dark, dull red; almost black when fully ripe. Significantly higher in anthocyanins than most other varieties. Heirloom variety from 1810. Rare.	Best for zones 5–8. Ripens in mid-June. Crack-resistant and hardy.
Hartland	Sweet, firm, glossy purple cherries. Less sweet than some sweet cherries but ranks high in flavor nonetheless. Highest in antioxidants of sweet cherries in a recent survey.	Best for zones 5–9. Midseason producer. Requires a pollinator. Winter-hardy. Heavy-bearing. Disease-resistant and resistant to cracking and rot.

## STONE FRUITS

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Montmorency	Tangy, medium-large, bright red sour cherry. Great in cherry pies. Proven anti-inflammatory properties.	Best for zones 4–9. Ripens in June. Upright tree with an abundance of cherries.
Royal Anne (also Queen Anne)	Sweet, large, firm cherries with yellow skin and a red blush. Twice as high in antioxidants as Rainier cherries, which are similar in appearance.	Best for zones 4–9. Ripens in late May and early June. Partially self-fertile but benefits from having a pollinator.
Summit	Sweet, crisp, and juicy. Very large, heart-shaped, dark red fruit with light pink flesh. Moderately firm, with a small stone.	Best for zones 5–8. Early-season cherry ripens in mid-June. Requires a pollinator. Fairly resistant to cracking.

## RECOMMENDED VARIETIES OF PLUMS

IN THE SUPERMARKET	
TYPE	COMMENTS
Red, dark blue, and black	Plums with red, dark blue, and black skins are more nutritious than yellow- or green-skinned varieties.

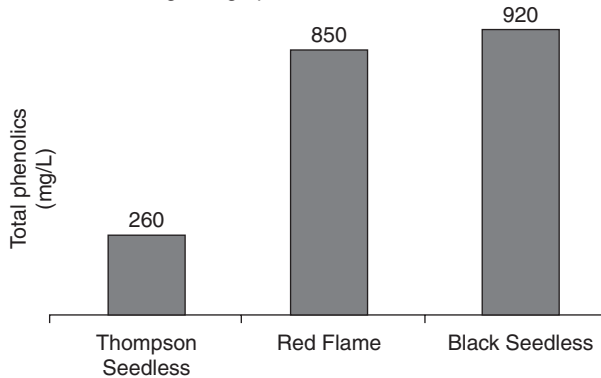
FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND NURSERIES		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Angeleno (also called Angelina)	Large, purple-skinned fruit. One of the top 10 varieties produced in California. Highest in antioxidants in a survey of 5 varieties.	Late-season variety. Ripens in mid-September. Very good producer.

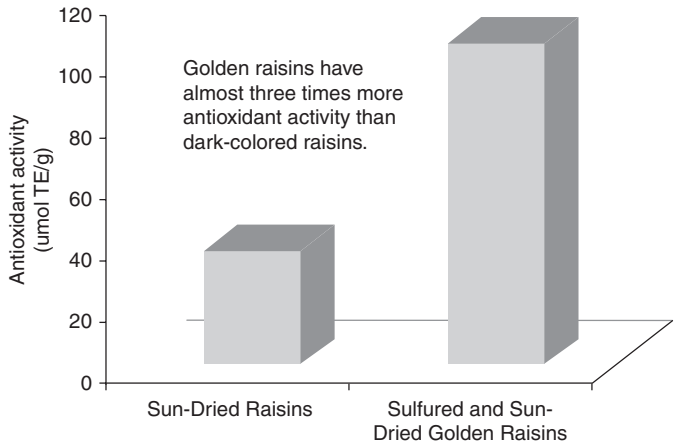
## FRUITS

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Autumn Sweet	Very sweet clingstone plum. Second highest in antioxidants of 11 varieties. New release. Similar to Italian Prune plum, but larger.	Best for zones 5–8. Late-season variety. Winter-hardy. Heavy-bearing.
Black Beaut	Large, dark purple fruit with gorgeous red flesh. Juicy and moderately sweet. Second highest in antioxidants in a survey of 5 varieties. One of the first plums to ripen in the summer.	Best in zones 5–9. Ripens in early June. Once popular in California, but no longer so.
Black Diamond	Hard-to-find, highly nutritious plum. Very high ORAC value of 7,581, which is higher than artichokes and black beans.	Best in zones 5–9. Early-to-midseason variety.
Cacak's Best	Large, blue-black plum with pale yellow flesh from Yugoslavia. Freestone. One of the 3 most nutritious plums in a 2003 study.	Best in zones 5–8. Midseason variety. Requires pollinator. Good resistance to the plum pox virus. A healthy tree with an open crown.
Castleton	High-quality, medium-size, blue-skinned fruit that resembles the Stanley variety. Released in 1993.	Best in zones 4–7. Tolerates cold winters. Ripens in August. Self-pollinating. Good bearer.
French Damson (also called Damson)	Small, round plum with blue skin and green flesh. Flavor can be too intense and tart for some people. One of the 3 most nutritious plums in a 2003 study.	Best in zones 5–9. Ripens in mid-September. Pest- and disease-resistant.
Italian Prune	Medium-to-large fruit with dark purple skin and yellow-green fruit. The plum that's most commonly made into prunes. Very sweet, but with a hint of lemon.	Best for zones 5–9. Heavy bearer. Self-pollinating.
Longjohn (also called Long John)	Blue-colored plum with an elongated teardrop shape. Freestone. Third highest in antioxidants in a study of 11 varieties. Developed in 1993.	Best for zones 5–9. Upright tree, somewhat willowy in shape. Partially self-pollinating, but does better with another pollinator.

VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Red Beaut (also called Red Beauty)	Pleasantly sweet with a fairly tart skin. Medium-size, with a bright red skin that turns purple when ripe.	Best for zones 5–9. Early-season variety. Ripens in late May. Requires a pollinator.
Stanley	Firm, tender, large plum with dark blue skin. Sweet. Common.	Best for zones 5–9. Late-summer harvest. Late-blooming. Self-pollinating, but does best with another pollinator. Large, reliable crop.

Red and black grapes are richer in nutrients than green grapes.





# RECOMMENDED VARIETIES OF GRAPES

IN THE SUPERMARKET	
TYPE	COMMENTS
Red, purple, or black	Many supermarkets list the varietal names of their grapes. If the names are not listed, look for blue-, red-, and black-skinned varieties. Thompson seedless is the lowest in nutritive value. If the varietal names are listed, look for the varieties mentioned below.

## GRAPES AND RAISINS

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
VARIETY	DESCRIPTION	INFORMATION FOR GARDENERS
Autumn Royal	A crisp, sweet-tasting, seedless grape with black or purplish-black skin. High in phytonutrients.	Best in zones 7-8. Does not require a pollinator.
Concord	Large, blue-black grapes with seeds. Most common on the East Coast. A new seedless variety is now available.	Best for zones 4-9. Ripens in September. Self-pollinating. Can withstand cooler temperatures than many other varieties. Hardy and productive.
Crimson Seedless (also called Red Crimson Seedless)	Very sweet, medium-size seedless grapes with red skin.	Best for zones 6-10. Ripens from late September through October. Large triangular clusters.
Glenora	Sweet, seedless, extra-juicy, blue-black grape with a spicy finish and thin skin. Developed by Cornell University in 1952 by crossing a Russian seedless black grape with a Western variety.	Best for zones 5-8. A vigorous, highly productive, disease-resistant grape. Resistant to phylloxera and mildew. Self-pollinating. Begins to bear after 2 years.
Noble	Highest in antioxidants of all the cultivated varieties of muscadines. Very good quality medium-size fruit that is 16 percent sugar.	Best for zones 7-9. Ripens from early to midseason.
Red Flame Seedless (also called Flame Seedless)	Ranges in color from red to dark purple. Crisp fruit has excellent flavor. Second-most-popular grape in the United States. Highest antioxidant content in a survey of 7 varieties of table grapes. Introduced in the 1970s.	Best for zones 7-9. Vigorous, heavy-bearing vines that require a long growing season. Self-pollinating. Firm, large clusters of medium-large grapes.
Red Globe	Very large, seeded red grapes with firm flesh. Second to Red Flame. High antioxidant levels.	Best for zones 7-11. Harvest from September to October.
Ribier	Large, round, black grapes with seeds. Originated in France.	Best for zones 7-10. Ripens from August through October.

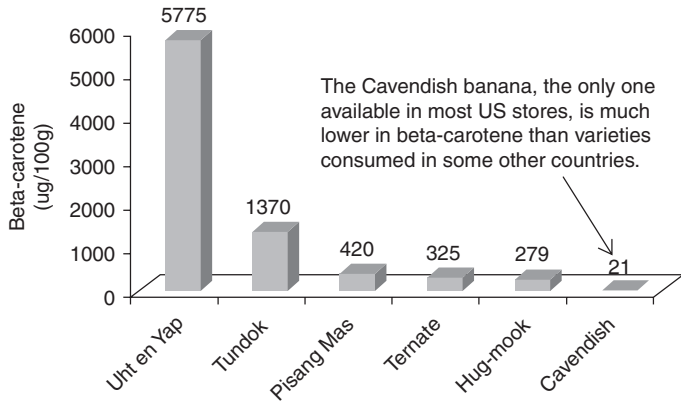
# RECOMMENDED VARIETIES OF CITRUS FRUITS

Most of the varieties of citrus fruits recommended below are available in large supermarkets, specialty markets, and in farmers markets, so I have grouped all the locations together. I have also not given specific planting instructions for citrus fruits, because they are grown only in climate zones 9–10. If you live in those zones, you can get detailed tree-planting information from your local agricultural extension agent, fruit-tree nursery, library, garden club, or online.

SUPERMARKETS, SPECIALTY STORES, U-PICK FARMS, AND FARMERS MARKETS	
ORANGES	COMMENTS
Blood oranges	Blood oranges are small oranges with flesh the color of dark red wine. They have a sweet-tart flavor. The orange skin may have a purple blush. They are higher in antioxidants than all the other oranges. The Moro variety is the highest in anthocyanins. Peak season is from January to mid-April.
Cara Cara	Cara Caras are found in some large supermarkets and in many specialty markets. They are medium-size oranges with a rosy orange flesh. They have two to three times more phytonutrients than navel oranges and a sweeter, less acid flavor. Peak season is from December to April.
Valencia	A Valencia is a medium-size, seedy orange with thin, hard-to-peel skin. The fruit is sweeter and juicier than that of navel oranges and a good choice when making home-squeezed orange juice. Valencias are also higher in phytonutrients. They are available from February to October, but peak season is from May to July, when most other US varieties are out of season.

## FRUITS

ORANGES	COMMENTS
Washington navel (also called navel oranges)	Ripe navel oranges are sweet and low in acid, and their skin and flesh are a deep orange color. Although other varieties are more nutritious, navels are high in vitamin C and phytonutrients and are one of the best choices in the supermarket. The new crop arrives in stores in October, but the oranges are more likely to be ripe after November.
TANGELOS	COMMENTS
Any variety	More nutritious than most oranges, tangelos have the tang and color of tangerines.
MANDARIN ORANGES	COMMENTS
Clementine	Clementines are an early-season mandarin orange. Free of seeds, they are similar to tangerines but somewhat smaller. Their deep orange flesh is rich in beta-carotene and other phytonutrients.
Satsuma	Satsuma is a variety of tangerine that is also known as satsuma mandarin and satsuma orange. It is seedless and very easy to peel.
Tangerine	Tangerines are small citrus fruits that are easy to peel. Their flavor is sweet, less sour, and more intense than most oranges. They are also higher in beta-carotene.
GRAPEFRUITS	COMMENTS
White varieties	White, or “blonde,” varieties of grapefruit are more bitter than pink and red varieties, and they are lower in phytonutrients. Nonetheless, they have been shown to lower LDL cholesterol and to block the growth of several different types of human cancer cells.
Pink varieties	Pink grapefruit varieties are sweeter than white grapefruits and are slightly higher in antioxidant value.
Red varieties	Red grapefruits are the highest in lycopene and overall phytonutrient content of all grapefruit types. They are also the sweetest. The darker the red color, the more beneficial the fruit. The most nutritious varieties include Rio Star, Star Ruby, Rio Red, and Ruby Red, in that order. Grapefruits harvested after December are less likely to be force-ripened with ethylene gas.



# RECOMMENDED VARIETIES OF TROPICAL FRUITS

IN THE SUPERMARKET	
BANANAS	COMMENTS
Baby bananas (also called niños)	Compared to the Cavendish banana, niños have three times more vitamin C, plus more vitamin A, potassium, calcium, magnesium, manganese, and zinc. They are available in some large supermarkets.
Red bananas (also called red finger bananas)	Red finger bananas are sweet and creamy like the Cavendish, but they are higher in vitamin C and carotenoids. They are ready to eat when the skin is a dark magenta color with brown streaks. Add them to a breakfast smoothie or a fruit salad.
Burro	Let these fat and stubby bananas ripen until the flesh is yellow for the best flavor.
PINEAPPLES	COMMENTS
Golden, extra-sweet varieties	Gold-colored, very sweet pineapples are sold under a variety of brand names, including Del Monte Gold Extra Sweet, Hawaii Gold, and Maui Gold. They are sweeter and higher in beta-carotene than the traditional Cayenne variety.
PAPAYAS	COMMENTS
Caribbean Red (also called Caribbean Sunrise, Mexican, or Maradol)	This extra-large papaya can weigh between 2 and 5 pounds. Its red-colored flesh has twice the carotenoids and lycopene as the more common, golden-fleshed varieties. It is less expensive per pound as well. Most are grown in Mexico and Central America.
Solo	The Solo is the most popular papaya in US markets. It is an excellent source of vitamin C, but lower in carotenoids and lycopene than the Caribbean Red.
MANGOES	COMMENTS
Ataulfo, Haden, Francis, and Uba	All varieties of mangoes are more nutritious than bananas, pineapples, and papayas, but these four are the most nutritious varieties sold in the United States. In a 2010 study, Ataulfo and Haden had the most anticancer properties.

GUAVAS	COMMENTS
Red or pink	Guavas are the most nutritious tropical fruits in US supermarkets. Red- and pink-fleshed guavas are better for you than white-fleshed guavas. Guavas are high in fiber and have a low glycemic load. Look for red guava juice and frozen puree. If you can't find guavas in your supermarket, shop in ethnic markets.

## HISPANIC, HAWAIIAN, AND ASIAN MARKETS

BANANAS	COMMENTS
Brazilian Dwarf (also called apple banana and Dwarf Brazilian)	The Brazilian Dwarf is extra-high in vitamin C, lutein, beta-carotene, and alpha-carotene.
Hawaiian varieties	More than 50 different varieties of bananas are grown in Hawaii. If you live in Hawaii or vacation there, get to know some of these delightful fruits. The ones with the most highly pigmented flesh are the most nutritious.
PAPAYAS	COMMENTS
Rainbow	The most important papaya grown in Hawaii, the rainbow has orange-gold flesh. It has been genetically modified to resist the ring spot virus.
Sunrise	The Sunrise papaya has red-orange flesh, which translates into high levels of lycopene, beta-carotene, and a related carotenoid called beta-cryptoxanthin. It, too, has been genetically modified to resist the ring spot virus.

## RECOMMENDED INGREDIENTS FOR FRUIT SALADS

Apples with their skins

Berries of any kind, especially wild berries, blueberries, blackberries, strawberries, raspberries, cranberries, marionberries, loganberries, and boysenberries (fresh, dried, or frozen)

White-fleshed peaches or nectarines with their skins

Bing cherries, Royal Anne cherries, or sour cherries

Red-, blue-, or black-skinned plums

Dried currants

Red or black grapes

Navel oranges, Valencia oranges, Cara Cara oranges, blood oranges, or tangelos

Dark red grapefruits

Red papayas, mangoes (ripe or green), red guavas, or red bananas

Dark red watermelons, dark orange cantaloupes, or orange honeydew melons

Nuts or seeds, such as pecans, walnuts, pistachios, pumpkin seeds, or sunflower seeds (fresh or toasted)

Fresh mint or basil

## MELONS

### RECOMMENDED VARIETIES OF MELONS

IN THE SUPERMARKET	
WATERMELONS	COMMENTS
Small, seedless varieties	As a general rule, small, seedless varieties have more lycopene than large, seeded watermelons.
Precut watermelons	If watermelons are sold in halves or quarters, buy those that have the most intense red color – your guarantee of high lycopene content.
CANTALOUPE	COMMENTS
Precut cantaloupes	Because you cannot see the flesh color of whole cantaloupes, look for those that have been presectioned and displayed on ice. Choose cantaloupes that have the deepest orange flesh.
HONEYDEWS	COMMENTS
Orange-fleshed varieties	New varieties of orange honeydews are more nutritious than the traditional green varieties.
CASABAS	COMMENTS
All varieties	Casabas are not as nutritious as cantaloupes or as sweet as honeydews. They are very juicy.

FARMERS MARKETS, SPECIALTY STORES, U-PICK FARMS, AND SEED CATALOGS		
WATERMELONS	DESCRIPTION	INFORMATION FOR GARDENERS
Dixie Lee	Very large (up to 30 pounds), seeded, heirloom variety that has more lycopene than most old-fashioned melons.	Matures 90 days after transplanting outdoors. Best for zones 5-9.

## FRUITS

WATERMELONS	DESCRIPTION	INFORMATION FOR GARDENERS
Extazy	Small, round, seedless watermelon with dark red flesh. Weighs 6-7 pounds. The skin has light stripes on a dark green background. Highest in lycopene in a recent review.	Matures 90 days after transplanting outdoors. Best for zones 5-9.
Lycosweet	Round, dark red, seedless watermelon with dark green skin. Weighs 6-7 pounds. Developed to be high in lycopene.	Matures 98 days after transplanting outdoors. Best for zones 5-9.
Millennium	Seedless hybrid melon. Weighs 9-11 pounds. Dark green skin without stripes. Dark red flesh. Higher in lycopene than Dixie Lee.	Matures 85 days after transplanting outdoors. Best for zones 5-9. Needs a seeded watermelon for a pollinator.
Mohican	Small, round, seedless watermelon about 7 inches in diameter. Indistinct stripes on a medium green background. High in lycopene. Noted for its excellent flavor and tender flesh.	Matures in 85 days after transplanting outdoors. Best for zones 5-9. Needs a seeded pollinator.
Summer Flavor #710	Large, great-tasting, dark red melon with seeds. Can reach 30 pounds. Light green skin with darker green stripes. Second highest in lycopene of the varieties in this chart.	Matures in 80-90 days after transplanting outdoors. Best for zones 5-9. Does not need a pollinator.
CANTALOUPE	DESCRIPTION	INFORMATION FOR GARDENERS
Bleinheim Orange	An heirloom cantaloupe with deep orange flesh.	Matures in 90-100 days. Best for zones 4-11. Does best in warm or hot growing conditions.
Charentais	A sweet, small French heirloom with very dark orange flesh. Great flavor. Not available in most markets because of its fragility.	Matures in 75-90 days. Can be direct-sown in warm climates when soil temperatures reach 70 degrees.
Durango	Firm, dark orange flesh. Extra-high in beta-carotene.	Matures in 90 days. Does better in cool conditions than some varieties.

CANTALOUPE	DESCRIPTION	INFORMATION FOR GARDENERS
Oro Rico	Sweet, firm, and crisp flesh. High in beta-carotene, but not as high as Durango. A California standby.	Matures in 90–95 days. Zones 5–11.
HONEYDEW	DESCRIPTION	INFORMATION FOR GARDENERS
Honey Gold	Hybrid honeydew with dark orange flesh.	A vigorous vine with good yield. Does well in humid, tropical conditions and hot, dry conditions.
Orange Delight	Not as sweet or as high in beta-carotene as Orange Dew.	Matures in 100 days. Zones 5–11.
Orange Dew	Sweet, distinct flavor. Weighs about 6 pounds. Darker flesh than Orange Delight and slightly higher in beta-carotene.	Matures in 105 days. Zones 5–11.

## HONEY MUSTARD VINAIGRETTE

You can alter this basic recipe by adding any of the following ingredients:  $\frac{1}{2}$  teaspoon sweet paprika, 1 teaspoon grated lemon or orange peel, or 1 teaspoon dried herbs, such as tarragon, basil, mint, or oregano. If you prefer fresh herbs, use 1 tablespoon of the finely chopped leaves.

TOTAL TIME: 5–10 MINUTES

YIELD:  $1\frac{1}{2}$  CUPS

- $\frac{1}{4}$  cup vinegar of your choice
- 1–2 tablespoons freshly squeezed lemon juice, lime juice, or orange juice
- 1 tablespoon honey
- 1–2 garlic cloves, finely minced or pushed through a garlic press
- 1 tablespoon prepared mustard or 1 teaspoon powdered mustard
- $\frac{3}{4}$  teaspoon salt, or more or less to taste
- Freshly ground black pepper to taste
- 1 cup extra virgin olive oil, preferably unfiltered

Combine all ingredients except the oil and mix until well blended. You can beat with a spoon or wire whisk or blend for ten seconds in a food processor on medium-high speed. Then add the oil in a thin drizzle, whisking constantly. If you're using a food processor, process on medium speed as you add the oil. Pour enough dressing over the salad to coat the greens, but not so much that it pools in the bottom of the salad bowl. Store in the refrigerator for up to two weeks. Bring to room temperature before using.

# SAUTÉED LEEKS

## WITH MUSTARD AND CUMIN

PREP TIME: 10–15 MINUTES

COOKING TIME: 10 MINUTES

TOTAL TIME: 20–25 MINUTES

YIELD: 2 CUPS

2 medium-size leeks

¼ cup extra virgin olive oil, preferably unfiltered

1 teaspoon cumin seeds

2 tablespoons prepared mustard

1 teaspoon honey

Trim the bulb ends of the leeks to remove their tiny rootlets. Trim the tops of the leaves, leaving three inches of dark green above the white. Cut the leeks into quarters lengthwise, then rinse well to remove any dirt. Beginning at the root end, slice the white part of the leeks crosswise into ¼-inch slices, then slice the green portion into narrower, ⅛-inch slices.

Combine the oil, cumin seeds, and green portions of the leeks in a medium frying pan. Sauté over medium-low heat for 2 minutes, then add the white portions of the leeks and cook for another 8 minutes. Stir frequently. Add the mustard and honey and sauté over low heat for another 2 minutes. Serve hot, cold, or at room temperature.

# COLORFUL CORNBREAD

PREP TIME: 15–20 MINUTES

COOKING TIME: 20–25 MINUTES

TOTAL TIME: 35–45 MINUTES

YIELD: 6 SERVINGS

- 1 cup purple, red, or blue whole-grain cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- ⅓ cup honey
- 3 tablespoons melted unsalted butter
- ⅔ cup plain nonfat, low-fat, or full-fat yogurt
- ⅔ cup skim, low-fat, or whole milk

Preheat the oven to 425°F. Grease an 8-inch or 9-inch square baking pan.

Combine the dry ingredients in a medium mixing bowl. Using a spoon, make a well in the center.

In a small mixing bowl, whisk together the remaining ingredients until thoroughly combined. Pour the liquid ingredients into the well in the dry ingredients and stir briefly, until just combined. Pour the batter into the prepared pan and put it on the middle shelf in the oven.

Bake 20–25 minutes, or until the top is golden brown and the cornbread springs back when you touch it in the middle. Cool slightly and cut into 6 to 8 squares. Serve warm or at room temperature.

# POTATO SALAD WITH SUN-DRIED TOMATOES AND KALAMATA OLIVES

PREP TIME: 15 MINUTES

COOKING TIME: 20–45 MINUTES, DEPENDING ON METHOD

CHILLING TIME: 24 HOURS      YIELD: 5 CUPS (ABOUT 4–5  
SERVINGS)

- 2 pounds unpeeled new potatoes or unpeeled baking potatoes, preferably with red, blue, or purple flesh
- ½ cup oil-packed sun-dried tomatoes, drained and chopped or julienned
- ½ cup thinly sliced red onions or chopped scallions (including white and green parts)
- ⅓ cup extra virgin olive oil, preferably unfiltered
- 3 tablespoons red or white wine vinegar
- 1 tablespoon sugar
- 1–2 garlic cloves, pushed through a garlic press
- ½ teaspoon powdered mustard or 1 teaspoon prepared mustard
- ½ cup pitted and chopped kalamata olives
- ⅓ cup chopped prosciutto or diced cooked bacon (optional)

Steam or microwave the potatoes in their skins until they are tender. Cool and store in the refrigerator for 24 hours. Quarter the chilled potatoes, then cut into ¼-inch slices and place in a large mixing bowl. Do not remove the skins.

Combine remaining ingredients in a small bowl and pour over the potatoes. Toss to coat evenly. Serve cold or at room temperature.

# STEAMED BEETS WITH SAUTÉED GREENS, BLUE CHEESE, AND BALSAMIC VINEGAR

PREP TIME: 10 MINUTES

COOKING TIME: 40–60 MINUTES

TOTAL TIME: 50–70 MINUTES

YIELD: 4 SERVINGS

2 bunches red beets (about 8–10 medium), with their greens  
2 garlic cloves  
¼ cup extra virgin olive oil, preferably unfiltered  
¼ cup chopped pungent red or yellow onion  
½ cup dark balsamic vinegar  
⅔ cup crumbled blue cheese  
Grated zest of 1 lemon

Trim the beets, leaving an inch of root and stem on each beet. (This keeps more of the nutrients inside the beets as they cook.) Set the greens aside. Scrub the beets and place in a steamer basket inside a pot of simmering water. Cover and cook, using a temperature setting that produces a steady release of steam. Add more water to the pot if necessary. Steam the beets until they are tender when pierced with a fork, approximately 40–60 minutes, depending on the size of the beets. Remove the cooked beets from the steamer basket and let cool.

While the beets are cooking, press or mince the garlic and set aside. Rinse the greens thoroughly, shake off excess water, and tear the leaves off the ribs in roughly 2-inch pieces. Discard the ribs. Dry the greens between layers of paper towels or in a salad spinner, then set aside.

Combine the olive oil and chopped onions in a medium-size skillet and sauté for 3–4 minutes over medium-high

heat, stirring occasionally, until softened. Add the garlic and the beet greens. Toss the greens until they are coated with oil, cover, and cook over medium-low heat until the greens are wilted but still bright green, about 5 minutes. Set aside.

Bring the balsamic vinegar to a slow boil in a small saucepan over medium heat. Continue to boil, uncovered, until the vinegar has been reduced to about  $\frac{1}{4}$  cup, approximately 4–5 minutes.

Trim the roots and stems off the cooled beets, then peel them. Slice them into uniform slices about  $\frac{1}{4}$ – $\frac{1}{3}$  inch thick, then distribute them evenly among four salad plates. Cover the beets with the sautéed beet greens and onions and drizzle with the balsamic reduction. Top with the crumbled cheese and grated zest. Serve warm or at room temperature. You can also refrigerate and serve chilled.

# TOMATO SALSA

TOTAL TIME: 15 MINUTES

YIELD: 2 CUPS

- 1 pound cherry, grape, or currant tomatoes (about 2 cups)
- ½ cup chopped scallions (including white and green parts)
- 3 tablespoons freshly squeezed lime juice (from about 2 small limes)
- ½ cup finely chopped fresh cilantro leaves
- 1 small serrano pepper, seeded and finely diced, or ¼–½ teaspoon cayenne pepper, to taste
- 1 garlic clove, pushed through a garlic press
- ¼ teaspoon salt
- ⅓ cup chopped avocado (optional)

Rinse the tomatoes and remove any leaves or stems. Put them in the bowl of a food processor or blender and pulse a few times, until they reach the consistency of ¼-inch dice.

Transfer the tomatoes to a small, nonreactive bowl, add the remaining ingredients, and stir until combined. Serve at room temperature or chill and serve cold. Store in the refrigerator.

# BAKED KALE CHIPS

PREP TIME: 15 MINUTES

COOKING TIME: 8–10 MINUTES

TOTAL TIME: 23–25 MINUTES

YIELD: 4 CUPS

8 ounces kale

2 tablespoons extra virgin olive oil, preferably unfiltered

Salt to taste

Preheat the oven to 350°F. Rinse the kale leaves thoroughly, shake off excess water, and tear the leaves off the ribs in roughly 2-inch pieces. Discard the ribs. Dry the leaves between layers of paper towels or in a salad spinner.

Transfer the leaves to a large mixing bowl and toss with the olive oil and salt, coating both sides. Place a single layer of leaves on one or more baking sheets and bake for 8–10 minutes, or until crisp but not too dry. Turn once. Cool and serve.

**VARIATIONS:** Use sesame oil instead of olive oil and sprinkle the kale with 2 tablespoons sesame seeds before baking. Or press 1 clove of garlic into the olive oil and let rest for ten minutes before mixing with the raw kale.

# ARMENIAN LENTIL SOUP

PREP TIME: 30 MINUTES

TOTAL TIME: 1 HOUR     YIELD: 6 CUPS (ABOUT 4 SERVINGS)

- 1–2 medium garlic cloves
- 1 cup dried lentils, preferably black, green (French), or red
- 4–5 cups low-sodium vegetable or meat broth
- ½ cup coarsely chopped dried apricots (see page 284)
- 3 tablespoons extra virgin olive oil, preferably unfiltered
- ½ cup chopped pungent red or yellow onion
- 1 red, green, yellow, or orange bell pepper, cut into ½-inch dice
- 3½ cups chopped fresh tomatoes, with their seeds, or 1 28-ounce can diced tomatoes, undrained
- 1 medium unpeeled eggplant, cut into ½-inch cubes
- 1 tablespoon dark brown sugar, firmly packed
- 1 tablespoon vinegar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice or ground cloves
- ¼ teaspoon cayenne pepper, or more or less to taste
- 1 teaspoon salt, or more or less to taste
- 4 tablespoons chopped Italian (flat-leaf) parsley or chopped fresh mint for garnish

Push the garlic through a garlic press and set aside. Rinse the lentils and put them in a large pot. Add 4 cups broth and the apricots, bring to a boil, then cover and reduce the heat to low. Simmer while you prepare the remaining ingredients, about 20 minutes.

Heat the olive oil in a large saucepan over medium heat. Add the chopped onions and sauté 4–5 minutes, or until the

onions are translucent. Add all remaining ingredients except the herbs. Bring to a simmer, cover, and cook for 10 minutes.

Add the vegetable mixture to the lentils and simmer for another 30 minutes, or until the lentils are tender. Adjust the seasonings. If the soup is too thick, add more broth. Ladle the soup into large bowls, garnish with the chopped herbs, and serve.

**VARIATIONS:** Top each serving with a dollop of sour cream or yogurt. Sprinkle the soup with a small amount of grated orange zest. Substitute chopped chives or cilantro for the parsley. For a meaty soup, add 1 pound of raw lean hamburger or chopped sirloin steak, preferably from grass-fed cows, and combine with the vegetables and the lentils. Heat until the meat is thoroughly cooked.

# APPLE CRISP WITH APPLE SKINS

PREP TIME: 30 MINUTES

BAKING TIME: 50–60 MINUTES

TOTAL TIME: 80–90 MINUTES

YIELD: 6–8 SERVINGS

## Apples

2½ pounds apples, preferably Granny Smith or another nutritious variety

½ cup honey

1 tablespoon unbleached all-purpose flour, whole-wheat flour, or rice flour

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

## Topping

¾ cup unbleached all-purpose flour, whole-wheat flour, or rice flour

¾ cup rolled oats (not instant)

½ cup chopped walnuts

½ cup dark brown sugar, firmly packed, or ½ cup honey

½ cup (1 stick) unsalted or salted butter, melted

Preheat the oven to 350°F. Peel and core the apples, but do not discard the peels. Slice the peeled apples into ¼-inch slices and place into a large mixing bowl.

Combine 1 cup of the sliced apples, the apple skins, the honey, 1 tablespoon flour, cinnamon, and nutmeg in the bowl of a food processor. Process on high speed until the skins are finely chopped, about 3 minutes. (This will seem like a long time.) Stop and scrape the sides of the bowl as needed. Stir

the chopped mixture into the bowl of sliced apples, then spoon into a greased 8-inch square baking pan. Set aside.

To make the topping, combine all the topping ingredients in a medium mixing bowl. Stir until blended, then spoon over the apples. Place the pan on the middle rack of the oven and bake 50–60 minutes, or until the top is golden brown and the apple slices are tender. Cool 10–15 minutes. Serve warm or at room temperature.

**VARIATIONS:** Add a teaspoon of grated lemon peel to the apples. Add  $\frac{1}{4}$  teaspoon ground allspice or ground cloves. Use pecans instead of walnuts.

# CRANBERRY HORSERADISH RELISH

TOTAL TIME: 15 MINUTES

YIELD: 1<sup>3</sup>/<sub>4</sub> CUPS

8 ounces whole fresh cranberries (about 2<sup>1</sup>/<sub>4</sub> cups)

<sup>1</sup>/<sub>4</sub> cup thinly sliced scallions (including white and green parts)

3 tablespoons granulated sugar or warm honey

1 tablespoon prepared horseradish

2 tablespoons currants, chopped raisins, or dried cranberries

2 tablespoons sour cream or yogurt (optional)

Chop the fresh cranberries until they are finely minced, or put them into the bowl of a food processor and pulse about 5–10 times. Transfer the chopped cranberries to a small mixing bowl and stir in the remaining ingredients. Let rest for about fifteen minutes before serving to allow the flavors to meld and the dried fruit to plump up in the cranberry liquid. Store in the refrigerator.

# SAVORY PLUM SAUCE

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

TOTAL TIME: 35 MINUTES

YIELD: 1½ CUPS

1 clove garlic

12 red, blue, or black plums, pitted and cut in half

½ cup red wine

1 tablespoon unsalted butter

⅛ teaspoon salt

⅛ teaspoon ground cloves

½ teaspoon ground cinnamon

1 tablespoon honey or firmly packed light or dark brown  
sugar

Push the garlic through a garlic press and set aside. Combine the plums and red wine in a medium saucepan and simmer, uncovered, for 10 minutes. Cover and simmer for an additional 10 minutes.

Add the reserved garlic and the remaining ingredients, cover, and simmer for another 10 minutes. Add a tablespoon or two of water if needed to maintain a pourable consistency. Spoon into the bowl of a food processor or blender and pulse ten times, or until the peels are finely chopped. Serve warm over beef, pork, poultry, or lamb.

# GRAPE, MINT, AND FETA SALAD

PREP TIME: 20 MINUTES

RESTING TIME: 30 MINUTES

TOTAL TIME: 50 MINUTES

YIELD: 4 SERVINGS

3 cups (about 1¼ pounds) black or red seedless grape halves

½ cup crumbled feta cheese

¼ cup chopped walnuts or pecans

2 tablespoons chopped fresh mint or 2 teaspoons dried mint

1 tablespoon freshly squeezed lemon juice

2 tablespoons extra virgin olive oil, preferably unfiltered

Combine the grape halves, feta cheese, nuts, and mint in a medium bowl.

In a small bowl, whisk together the lemon juice and olive oil. Pour the dressing over the fruit and toss until combined. Let rest at room temperature for 30 minutes before serving.

# LEMON PUDDING WITH LEMON PEEL

PREP TIME: 15 MINUTES

COOKING TIME: ABOUT 30 MINUTES

TOTAL TIME: ABOUT 45 MINUTES

YIELD: 5 SERVINGS

- 1 large or 2 small unpeeled lemons, seeded and cut into eighths
- 1 cup honey or 1¼ cups granulated sugar
- 4 large eggs
- ½ cup (1 stick) salted or unsalted butter, at room temperature
- 1 teaspoon pure vanilla extract
- ¼ cup finely chopped walnuts or pecans (optional)

Preheat the oven to 325°F. Grease five 6-ounce custard cups.

Combine all ingredients except the nuts in the bowl of a food processor. Process on high for 6 minutes. This will seem like a long time, so set a timer to make sure you blend it long enough. Scrape down the sides of the bowl halfway through. The mixture will be curdled at first, but will become smooth after about 5 minutes.

Pour the mixture into the custard cups and place on a baking sheet. Position the sheet on the middle shelf of the oven. Bake for 25 minutes, then check for doneness; if the pudding is not set, bake an additional 5 minutes, or until set. Remove from the oven and let cool. Sprinkle with the chopped nuts and serve warm, or transfer to the refrigerator and chill for 30 minutes or more before serving. (The pudding can also be made ahead and refrigerated overnight.)

**VARIATIONS:** Pour the pudding mixture into an 8-inch graham cracker or shortbread crust (or another kind of cooked pie shell) and bake for 30 minutes, or until set. To make lime pudding, use 2–3 limes instead of 1 lemon. Top the pudding with sweetened flaked coconut instead of nuts.

# SOM TUM POLLAMAI (MIXED SEASONAL FRUITS IN THAI HERBS AND LIME JUICE)

TOTAL TIME: 30 MINUTES    YIELD: 5 CUPS (ABOUT 4 LARGE SERVINGS)

- 5 cups sliced or cubed assorted fresh fruit in season (see suggestions on pages 366–67)
- 3 tablespoons date sugar or firmly packed light or dark brown sugar
- 2–3 tablespoons freshly squeezed lime juice, to taste
- ¼ teaspoon salt
- 1 tablespoon finely chopped lemongrass
- ⅔ cup chopped fresh mint or 2 tablespoons dried mint
- Grated zest of 2 limes

Place the fruit in a medium bowl. Combine sugar, lime juice, and salt in a small bowl and stir until the sugar dissolves. Pour over the fruit and toss until all the fruit is coated. Let stand for 30 minutes to blend the flavors. Just before serving, add the herbs and lime zest. The salad should be eaten the day you make it to preserve its fresh taste.

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The research citations are listed in the order of their relevance within each chapter. You can read a summary of any of these studies by going to <http://www.ncbi.nlm.nih.gov/pubmed> and entering the title of the article into the search field. You can also enter the title into any major search engine. The full text of some articles is free, but you will have to pay for the full text of the others. The cost ranges from twenty-five to forty-five dollars each, and most can be purchased online. You can also retrieve the articles from a medical or science library at a nearby college or university. The only cost will be the copying fee.

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