

Top Tips to Boost Flavor and Nutrition

Adapted from the book *Eating on the Wild Side: The Missing Link to Optimum Health* by Jo Robinson

Greens

- Tear lettuce into bite-sized pieces a day or so before you eat it to double the amount of antioxidants.
- Right after harvest, dunk greens such as lettuce and kale in ice water and store immediately in the crisper drawer of your fridge.
- Leaf lettuce is the most nutritious lettuce type. Red leaf lettuce is the best.



Fruits

- Store watermelon on the kitchen counter rather than in the refrigerator.
- Blackberries, blueberries, nectarines, peaches, raspberries and strawberries should be grown at home or purchased locally.
- Choose grapes and cherries that have bright green, flexible stems; older fruits have brown stems.



Alliums

- Scallions and leeks are better for your health than full-sized bulb onions, because the green parts are more nutritious than the white parts.
- Choose pungent, robust varieties of yellow and red onions for all cooking.
- Before you expose it to heat, let garlic rest for 10 minutes after chopping, slicing or pressing it.



Tomatoes

- Grow tomatoes at home or get them locally to ensure they'll be picked when ripe.
- Choose smaller and more darkly colored varieties.



Other Veggies

- Eat these “heavy breathers” first: artichokes, arugula, asparagus, broccoli, Brussels sprouts, cherries, corn, kale, lettuce, mushrooms, okra, parsley, raspberries, scallions, snap beans, spinach and strawberries.
- Grow or look for blue potatoes; purple cauliflower and broccoli; and red, yellow and purple carrots.
- Always cook asparagus, broccoli, Brussels sprouts and cabbage less than five minutes, if at all.



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