#7: Leaf Lettuce

In season: Year-round
Average cost: $1.50/head
Great for: Fresh salad

#8: Parsley

In season: April-December
Average cost: $2/bunch
Great for: Seasoning

#9: Romaine Lettuce

In season: Year-round
Average cost: $1.50/head
Great for: Fresh salad

#10: Collard Green

In season: April-October
Average cost: $2/head
Great for: Mashed potatoes

CDC Powerhouse Fruits & Vegetables
1) Watercress
2) Chinese Cabbage
3) Chard
4) Beet Green
5) Spinach
6) Chicory
7) Leaf Lettuce
8) Parsley
9) Romaine Lettuce
10) Collard Green
11) Turnip Green
12) Mustard Green
13) Endive
14) Chive
15) Kale
16) Dandelion Green
17) Red pepper
18) Arugula
19) Broccoli
20) Pumpkin
21) Brussels sprout
22) Scallion
23) Kohlrabi
24) Cauliflower
25) Cabbage
26) Carrot
27) Tomato
28) Lemon
29) Iceberg Lettuce
30) Strawberry
31) Radish
32) Winter squash (all varieties)
33) Orange
34) Lime
35) Grapefruit (pink and red)
36) Rutabaga
37) Turnip
38) Blackberry
39) Leek
40) Sweet potato
41) Grapefruit (white)

Sources: 1. ams.usda.gov
What are “Powerhouse Fruits and Vegetables” and why should I eat them?

Fruits and vegetables are great, but they are not all created equally. In 2014, the Centers for Disease Control and Prevention published a study on which fruits and vegetables contain the most nutrients for preventing cancer, diabetes, and heart disease.

The top 41 have been named “Powerhouse Fruits and Vegetables.”

Tell me more!

Here, we have highlighted the first 10. A complete list of all 41 Powerhouse Fruits and Vegetables may be viewed on the back cover.

Recipes online: foodnetwork.com, allrecipes.com, foodandwine.com cookinglight.com

#1: Watercress
- In season: April-October
- Average cost: $3/bunch
- Great for: Soup

#2: Chinese Cabbage
- In season: April-October
- Average cost: $3.99/head
- Great for: Stir fry

#3: Chard
- In season: April-June
- Average cost: $2.25/head
- Great for: Wraps

#4: Beet Green
- In season: July-December
- Average cost: $1/round
- Great for: Roasted beet salad

#5: Spinach
- In season: April-November
- Average cost: $1.99/bag
- Great for: Sandwiches

#6: Chicory-Radicchio
- In season: April-June
- Average cost: $2/head
- Great for: Braising