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 <p data-bbox="159 569 302 600">Asparagus</p>	<p data-bbox="673 233 937 422">Asparagus originated in Italy. Medieval medicine used asparagus for heart palpitations and as a diuretic.</p>	<p data-bbox="959 233 1200 390">Asparagus is high in B, C, E Vitamins and potassium, iodine, and zinc.</p>	<p data-bbox="1222 233 1458 422">Snap off tough bottoms and grill or steam. After partial steaming, try adding to stir-fries.</p>
 <p data-bbox="159 1031 277 1062">Avocado</p>	<p data-bbox="673 632 930 947">Native to the Americas, avocados should be stored at room temperature to fully ripen. Ripens quickest in a brown paper bag that traps ripening ethylene gas.</p>	<p data-bbox="959 632 1192 884">Want to reduce your cholesterol intake? Try fresh avocado on sandwiches and toast or substitute as a spread.</p>	<p data-bbox="1222 632 1458 852">Guacomole: mash together avocado, cilantro, chopped onions/garlic, salt, and lemon/lime juice.</p> <p data-bbox="1222 884 1438 978">Try mixing guacamole with salsa.</p>
 <p data-bbox="159 1451 237 1482">Beets</p>	<p data-bbox="673 1068 937 1451">Like beet greens? Eat the leaves and the beet root, but save the top of the beet (with greens trimmed down) and place on a plate with water in a sunny spot. Regrow beet greens for an extra serving.</p>	<p data-bbox="959 1068 1192 1356">Raw or cooked beets are full of iron, copper, and important trace minerals. They are good at reestablishing normal digestions.</p>	<p data-bbox="1222 1068 1458 1163">Bake them, boil them, peel them or not.</p> <p data-bbox="1222 1194 1458 1289">Puree and bake a chocolate beet cake.</p> <p data-bbox="1222 1320 1422 1388">Steam and eat the greens.</p>
 <p data-bbox="159 1818 313 1850">Blueberries</p>	<p data-bbox="673 1488 937 1839">Blueberry bushes typically bear fruit from May through October in the Northern Hemisphere. Blueberry season peaks in July, which is National Blueberry Month in the United States.</p>	<p data-bbox="959 1488 1192 1896">Blueberries contain significant quantities of both antibacterial and antiviral compounds, and have a reputation in Northern Europe of fighting infections.</p>	<p data-bbox="1222 1488 1458 1646">Eat raw or in baked deserts. Also good frozen and then for use in smoothies.</p>

	<p>Bok Choy is a Chinese cabbage, used as a cooking vegetable. The varieties common today were developed in China in the 14th century. Bok Choy is in the cabbage family.</p>	<p>Bok Choy offers Vitamin C, Folic acid, fiber, and more calcium than other forms of cabbage.</p>	<p>With edible stalks and leaves, the bok choy is like two vegetables in one. It's great in stir-fry, and can also be used in soups and casseroles.</p>
	<p>Broccoli is a member of the cabbage family, and is closely related to cauliflower.</p>	<p>Broccoli is high in calcium and vitamin C.</p>	<p>Fry broccoli in olive oil, add soy sauce, and put a lid on the pan to steam for a firm, flavorful vegetable dish.</p> <p>Save the tougher parts of the stalk for soup.</p>
	<p>Cabbage juice is highly valued as a folk remedy</p>	<p>Cabbage is high in Vitamin C and carotenoids. Cabbage juice can be used to treat arthritis, stomach ulcers, skin disorders, and obesity.</p>	<p>Add seasoned vinegar and top with nuts, noodles, etc. for great digestion aid.</p> <p>Stir-fry with potatoes and red chilli flakes for a warm winter meal.</p>
<p>Cabbage</p>			

 <p>Carrots</p>	<p>Carrots are native to Afghanistan and are related to celery, caraway, cilantro, and dill.</p>	<p>Cooking carrots actually raises the nutritional benefits. The fiber in carrots can trap the beta carotene, making it difficult for your body to extract and use. By cooking carrots slightly, the beta-carotene is freed from the fiber, allowing your body to absorb it better.</p>	<p>Add carrots to a salad, cook in a vegetable bake with other root vegetables, or shred and bake into a carrot cake.</p>
 <p>Chard</p>	<p>Chard is a member of the beet family.</p>	<p>Dark green leafy vegetables are calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins.</p>	<p>Steam and try adding to an omelette.</p>
 <p>Cilantro</p>	<p>Cilantro is an annual herb also known as coriander. The coriander seed used in cooking comes from this plant.</p>	<p>Cilantro has Vitamins A, C, and K.</p>	<p>Coriander has a lemony flavor and is excellent in salsa or as a garnish for soups and stir-fries.</p>
 <p>Dill</p>	<p>Dill is common in European cooking and is the standard flavoring for pickles.</p>	<p>Dill is a source of iron.</p>	<p>Try adding dill to plain yogurt, making dill butter, or adding it when baking bread.</p>

 <p>Garlic</p>	<p>Garlic is known universally as the "stinking rose." Wear a garlic necklace to ward off vampires.</p>	<p>Studies have shown garlic can control acne, suppress the growth of tumors, and is a potent antioxidant good for cardiovascular health. Garlic is good for your immune system.</p>	<p>Try roasting whole in the oven and spreading on toast.</p>
 <p>Kale</p>	<p>Kale is in the cabbage family and is related to collard greens and mustard greens. There are various varieties of kale. We grow lots of Russian Red Kale, pictured here.</p>	<p>Kale has calcium, iron, and carotenoids.</p>	<p>Bake kale at 425°F with olive oil, salt, and cayenne pepper to make kale crisps.</p>
 <p>Lemons and Limes</p>	<p>Lemons are in the citrus family. They grow in hot climates and the trees are kept warm in the cool winters in Pauma Valley with giant heat fans.</p>	<p>Lemons and limes have great health benefits. They are packed with flavonoids which have anti-cancer and antioxidant properties. And they are rich in the strong antioxidant vitamin C; vitamin C boosts the immune system.</p>	<p>Cook fish with lemon juice, add lemon zest to cake icing, or make lemonade.</p>
 <p>Lettuce</p>	<p>Lettuce is in the daisy family. It comes in dozens of varieties from the more traditional iceberg, bib, Boston and butterhead, to the arugula, endive, escarole, rocket, romaine and radicchio.</p>	<p>Lettuce and other uncooked vegetables provide cellulose useful for healthy digestion.</p>	<p>Try making your own salad dressing with Dijon mustard, honey, olive oil, and lemon juice.</p>

 <p>Mizuna</p>	<p>Mizuna is an Asian salad green in the mustard family. It grows better in the heat here at the farm than lettuce, which tends to bolt.</p>	<p>Mizuna is a source of Vitamin C.</p>	<p>Mizuna can be added to salads raw or cooked in stir fries and soups.</p>
 <p>Onion</p>	<p>Onions are members of the lily family. Spring onion has a slightly more rounded and defined bulb and is typically larger than the slender and more delicate green onion.</p>	<p>Onions are high in vitamins B1 and B6, folic acid, and antioxidants. Onions are believed to increase circulation, lower blood pressure, and increase "good" cholesterol.</p>	<p>Caramelize onions by cooking them on low heat with olive oil or butter until they are golden brown. Do not let them burn to maintain a sweet, earthy taste.</p>
 <p>Orange</p>	<p>Following the January freeze of 2007 we at Tierra Miguel are grateful for our oranges. They are from a local orchard: Pauma Valley Citrus.</p>	<p>Oranges are a diet aid because they are low in calories and contain cholesterol-fighting fiber.</p>	<p>Eat raw, add to olive oil for an easy salad dressing, or make chocolate orange mousse.</p>
 <p>Parsley</p>	<p>Fresh herbs are much more flavorful and aromatic than dried herbs.</p>	<p>Parsley may have cancer-fighting compounds. It is also a natural remedy for bad breath.</p>	<p>Try mixing parsley with arugula and making a basil-free pesto. Parsley is also a good garnish for soups and roasted vegetables.</p>
 <p>Potatoes</p>	<p>Normally potato sprout inhibition is done by using chemical inhibitors or irradiation. Store organic potatoes in your fridge to slow down sprouting.</p>	<p>Potatoes' phytochemicals rival those in broccoli. Food researchers have identified blood pressure-lowering compounds called kukoamines.</p>	<p>Bake potatoes with other root vegetables in a casserole dish with olive oil and salt or puree into a potato leek soup.</p>

	<p>We grow many varieties of radish including watermelon (pictured), easter egg, and French breakfast. You can distinguish the radish from other root vegetables by it's smell when sliced open.</p>	<p>Radishes are diuretic, stimulating and help to clear the sinuses. The radish is good for sore throats and to help prevent viral infections. vitamin C, folate, and minerals.</p>	<p>Use in a salad raw, radish can also be roasted, added to stir fries, sautéed, or added to soups.</p>
	<p>The rutabaga is a close relative of the turnip. This root vegetable is native to Europe.</p>	<p>The greens are supercharged with nutrients. Full of iron and other trace minerals. You will probably need to peel the roots of the rutabaga before you enjoy them.</p>	<p>Sauté greens seasoned with some tamari, lemon juice and cayenne pepper. Use the root in place of potatoes.</p>
	<p>Spinach is the most tender and least bitter of the dark leafy greens.</p>	<p>Spinach is high in Vitamin C and calcium, though the body absorbs Spinach's calcium may be best absorbed when eaten with fat.</p>	<p>Eat Spinach fresh in salads, stir-fried, or make Spanakopita.</p>
	<p>Strawberries are the only fruit with its seeds on the outside of the fruit's flesh.</p>	<p>This most popular berry is high in vitamins A and C and folic acid among other vitamins and minerals. The strawberry is low in calories.</p>	<p>Eat fresh or make freezer jam by freezing and then thawing fresh chopped strawberries mixed with honey and rosewater.</p>
	<p>Tatsoi is in the Brassica family. Like mizuna, it does not bolt in our heat nor burn in the cold.</p>	<p>Tatsoi and other brassicas are good sources of Vitamin C and fiber.</p>	<p>You can eat tatsoi raw or lightly sautéed. Try flavoring with sesame oil, soy sauce, and chilli paste.</p>


Radish

Rutabaga

Spinach

Strawberries

Tatsoi

 <p>Winter Squash</p>	<p>Squash is native to the Americas. It is related to cucumbers and melons. We currently have buttercup and kabocha varieties.</p>	<p>Orange-fleshed winter squashes including pumpkin are high in beta-carotene and Vitamin C.</p>	<p>Slice open to remove the seeds and bake with butter, cinnamon, and brown sugar. Top with whole milk. You can also try adding curry spices to make a savory squash dish.</p>
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