



Get the most
for your money.
Buy fresh fruits and
vegetables in season.

Good “BUY\$” for fall:

- ✓ Apples
- ✓ Grapes 
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Cauliflower 
- ✓ Eggplant 
- ✓ Potatoes
- ✓ Winter squash 



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

**University of Illinois * United States
Department of Agriculture * Local
Extension Councils Cooperating**
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FARMERS' MARKET NUTRITION PROGRAM

Fall Fruit &
Vegetables



5-A-Day the Healthy Way

- Fruits and vegetables contain vitamins and minerals that are necessary for good health.
- Fruits and vegetables are naturally low in fat and high in fiber.
- To get the most for your money, buy fresh fruits and vegetables in season.
- Rinse fruits and vegetables before peeling and/or eating.
- Use fresh fruits and vegetables first, and then use canned or frozen until the next shopping trip.
- Compare prices of fresh, frozen, and canned fruits and vegetables. Buy the cheapest.



Fall Vegetable Soup

- 1 carrot – sliced
 - 1 large potato – chopped
 - 1 medium onion – chopped
 - 1/4 teaspoon garlic powder
 - 1 can (10 3/4 oz.) condensed chicken broth, no water added
 - 1 teaspoon chicken-flavor instant bouillon granules in 1 cup water
 - 2 cups green cabbage sliced in big pieces
 - 2 cups broccoli cuts
1. Combine carrot, potato, onion, garlic, broth, and bouillon in saucepan. Cover and cook on medium heat until soup boils.
 2. Add cabbage and broccoli.
 3. Lower heat and cook 10 or 15 minutes until vegetables are soft.

Serves 6

Option: Use beef broth and beef bouillon instead of chicken.

Nutrition Facts (per serving): Calories 100 ~ fat .5 g ~ calories from fat 5 ~ sodium 540 mg ~ total carbohydrates 21 g ~ fiber 4 g

Apple–Acorn Squash

- 2 acorn squash
- 1 apple, chopped
- 1/3 cup raisins
- 1/2 teaspoon cinnamon
- 1/3 cup brown sugar, packed
- 2 Tablespoons margarine, melted

1. Preheat oven to 350° F.
2. Wash squash.
3. Cut squash in half lengthwise. Scrape out the seeds. Place the cut sides down in a baking dish. Bake for 25 minutes.
4. Mix the remaining ingredients.
5. Turn the squash, cut side up. Fill squash with apple mixture.
6. Bake 20 minutes longer or until squash is tender.

Serves 4

Nutrition Facts (per serving) - Calories 260 ~ fat 6 g ~ calories from fat 50 ~ sodium 70 mg ~ total carbohydrates 55 g ~ fiber 5 g

