

Cruciferous (Cabbage-family) Vegetables: "Best Buys" Guide

Fruits and vegetables have much flavor and nutrition. Eating a variety of fruits and vegetables is recommended because they provide vitamins, minerals, fiber and other natural substances, such as antioxidants and phytochemicals, that are important for good health.

Eating cruciferous vegetables promotes good health and decreases risk for colon and rectal cancers.

Try to eat 5 or more servings of fruits and vegetables each day, with at least one serving per day of vitamin A-rich, vitamin C-rich, and fiber-rich foods. In addition, eat several servings per week of cruciferous vegetables.

One way to stretch the value of your food dollar is to buy fresh fruits and vegetables in season. The following information shows an alphabetical listing of cruciferous vegetables. The "best time to buy" lets you know when to buy those fruits and vegetables for the best quality at their lowest cost.

Cruciferous Vegetable	Best time to Buy Fresh
arugula	All year, especially March, April, May, September, October, and November
Bok choy	All year
broccoli	All year
Brussels sprouts	January, February, March, April, May, September, October, November, and December
cabbage	All year, especially January, February, March, November, and December
cauliflower	All year, especially August, September, October, and November
collards	All year, especially January, February, March, April, May, September, October, November, and December
kale	All year, especially January, February, October, November, and December
kohlrabi	All year
mustard greens	All year
radishes	All year, especially June, July, and August
rutabaga	All year, especially January, February, March, April, October, November, and December
turnips	All year, especially January, February, September, October, November, and December
turnip greens	January, February, March, October, November, and December
watercress	March, April, May

Originally published as a Timely Topic in August, 1999, updated, June, 2014.

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