

Week Three Specialty Crop Nutrition & Recipe Guide



Specialty Crop Nutrition Chart

Crop:	Key Nutrients:	Health Benefits:	How to Use:
Apples	Fiber, Vitamin C	Supports digestion, heart health	Fresh snacks, salads, baking
Berries (strawberries, blueberries, etc.)	Antioxidants, Vitamin C	Boosts immune system, brain health	Smoothies, yogurt, desserts
Tomatoes	Vitamin C, potassium, lycopene	Supports heart health, reduces inflammation	Salads, sauces, roasting
Leafy Greens (lettuce, spinach, kale, etc.)	Iron, calcium, fiber	Supports bone health, digestion	Salads, wraps, sautéed dishes



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Healthy Recipe Ideas

Recipe:	Key Ingredients:	Preperation:	Benefits:
Fresh Garden Salad	Leafy greens, tomatoes, peppers, herbs	Chop and toss with light dressing	High in fiber, vitamins, and hydration
Berry Yogurt Parfait	Berries, yogurt, granola	Layer ingredients in a cup or bowl	Rich in antioxidants and protein
Simple Tomato Pasta	Tomatoes, garlic, herbs, pasta	Cook and combine ingredients	Provides vitamins and heart-healthy nutrients
Sautéed Peppers & Veggies	Peppers, onions, greens	Lightly sauté in a pan	Quick, nutrient-rich side dish

