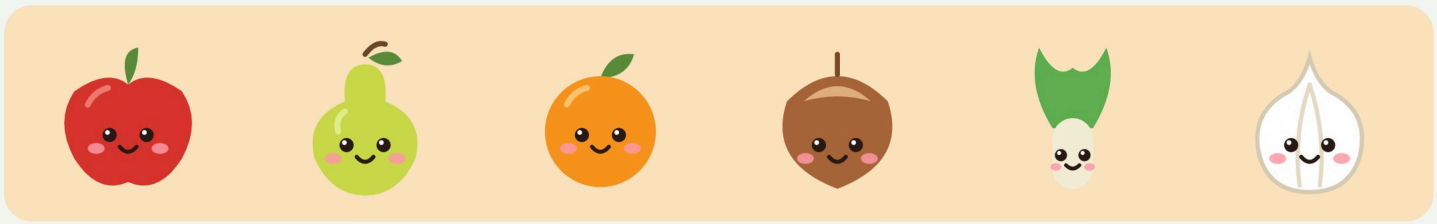
SEASONAL CARD · AUTUMN

Autumn Vegetables and Their Vitamins

What to buy at the market now, what it brings to the plate, and how to cook it so you keep it.



C vitamin C · A vitamin A, from beta-carotene · K vitamin K · Folate vitamin B9 · B B vitamins · Minerals · D* vitamin D

IN SEASON	WHAT IT BRINGS	KITCHEN TIP
Brussels sprouts about 80 to 85 mg C per 100 g raw	C K Folate	Shave raw into salads, or roast hot and fast. Boiling washes out vitamin C.
Kale dark leafy green	C A K Folate	Massage raw leaves with lemon and olive oil, or wilt them briefly in the pan.
Cabbage green about 30 mg C per 100 g	C K	Cheap, keeps for weeks. Slaw, quick sauté, or sauerkraut for a sharp winter side.
Broccoli about 90 mg C per 100 g raw	C K Folate	Steam until just tender. If you boil, keep the water for soup.
Carrot about 8,000 µg beta-carotene per 100 g	A K	Roast or simmer with a little oil. Cooking and fat help the body absorb carotenoids.
Pumpkin and squash orange flesh, edible seeds	A Minerals	Roast wedges with butter or oil. Finish with toasted seeds for minerals and crunch.
Sweet potato about 8,500 µg beta-carotene per 100 g	A C	Bake or roast in the skin. Add olive oil or nuts to the plate.
Beetroot about 110 µg folate per 100 g	Folate	Roast whole and peel after, or grate raw into salads with something sharp.
Mushrooms D only if grown under UV light	B Minerals D*	Sauté in a hot pan with little crowding. Check the label for UV-grown mushrooms.

Notes:

Three kitchen rules

Cook briefly. Vitamin C dislikes heat and water.
Add a little fat to the orange vegetables.
Keep something raw on the plate: parsley has about 130 mg C per 100 g.

Vitamin D* is different

From about October to March, northern sunlight is too weak for the skin to make much. Few foods contain it: oily fish, egg yolks, liver. Ask a pharmacist or doctor whether a supplement suits you.

Also in season

Apples, pears, clementines, chestnuts, leeks, garlic, walnuts, persimmons.

Values are approximate and vary by source, variety and cooking method. Kitchen guidance, not medical advice.

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