

Endnotes:

BEANS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 40.
- 4) Recipes from America's Small Farms, pp. 118, 121.
- 5) WholeHealthMD website, "Beans".

BEETS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 50-51.
- 4) Recipes from America's Small Farms, p. 186.
- 5) WholeHealthMD website, "Beets".
- 6) "Fresh Fruit and Vegetable Guide", NYS Farmers Market Nutrition Program.
- 7) "Dig This: Beets!", Amy Topel, The Green Guide webpage, posted 12/28/04.
- 8) "Things to Do with Beets", a Canticle Farm handout.

BROCCOLI:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 58-59.
- 4) Recipes from America's Small Farms, pp. 67-69.
- 5) WholeHealthMD website, "Broccoli".
- 9) "Microwaved Broccoli Loses Nutrients: Researchers", CBC News website.

BRUSSELS SPROUTS:

- 1) Food Reference Website - Cooking Tips Section.
- 3) Joy of Gardening Cookbook, pp. 67-69.
- 4) Recipes from America's Small Farms, p. 66.
- 5) WholeHealthMD website, "Brussels sprouts".
- 6) "Fresh Fruit and Vegetable Guide", NYS Farmers Market Nutrition Program.

CABBAGE:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 74-75.
- 4) Recipes from America's Small Farms, pp. 64-70.
- 5) WholeHealthMD website, "Green Cabbage", "Red Cabbage", "Savoy Cabbage" and " Bok Choy Cabbage".
- 10) "Crazy for Cabbage", Amy Topel, The Green Guide webpage, posted 12/17/03.

CARROTS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 83-84.
- 4) Recipes from America's Small Farms, pp. 183, 188.
- 5) WholeHealthMD website, "Carrots".
- 11) "Carrot Recipes", World Carrot Museum webpage.

CAULIFLOWER:

- 1) Food Reference Website - Cooking Tips Section.
- 3) Joy of Gardening Cookbook, pp. 91-93.
- 5) WholeHealthMD website, "Cauliflower".
- 12) Cauliflower", Cornell Cooperative Extension pamphlet.

CELERY:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 100-101.
- 4) Recipes from America's Small Farms, pp. 103-105.
- 5) WholeHealthMD website, "Celery".

CUCUMBERS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 122.
- 4) Recipes from America's Small Farms, pp. 139-40.
- 5) WholeHealthMD website, "Cucumber".
- 13) "Cucumbers", Cornell Cooperative Extension pamphlet.

EGGPLANT:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 130.
- 4) Recipes from America's Small Farms, pp. 145-49.
- 5) WholeHealthMD website, "Eggplants".
- 14) "Vegetable Basics", Cornell Cooperative Extension pamphlet.

GARLIC:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Recipes from America's Small Farms, pp. 89-90.
- 5) WholeHealthMD website, "Garlic".

KALE:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 150.
- 4) Recipes from America's Small Farms, pp. 41-42.
- 5) WholeHealthMD website, "Kale".

LETTUCE:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 164.
- 5) WholeHealthMD website, "Lettuce".

MELON:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 144-145.
- 5) WholeHealthMD website, "Melon".

ONION:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 178.
- 4) Recipes from America's Small Farms, pp. 85, 87-88.
- 5) WholeHealthMD website, "Onion".
- 15) "The Fresh Approach to Onions", Cornell Cooperative Extension pamphlet.

PEAS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 194.
- 5) WholeHealthMD website, "Peas".

PEPPERS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 202 .
- 4) Recipes from America's Small Farms, pp. 147-48.
- 5) WholeHealthMD website, "Peppers".
- 16) "Peppers", Cornell Cooperative Extension pamphlet.

POTATOES:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 210.
- 5) WholeHealthMD website, "Potatoes".
- 17) "Potatoes", Cornell Cooperative Extension pamphlet.

RADISHES:

- 1) Food Reference Website - Cooking Tips Section.
- 3) Joy of Gardening Cookbook, p. 238.
- 5) WholeHealthMD website, "Radishes".
- 18) "Reconsidering the Radish: New Ways to Tame Its Bite", New York Times, (09/22/1999).

RUTABAGAS and TURNIPS:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 285-87.
- 5) WholeHealthMD website, "Turnips" and "Rutabagas".
- 19) "Rutabagas and Turnips," a Cornell Cooperative Extension pamphlet.
- 20) "Sweet Winter's Partner: A Turnip", New York Times, (01/12/2000).

SPINACH:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 244-245.
- 4) Recipes from America's Small Farms, pp. 41-42.
- 5) WholeHealthMD website, "Spinach".

STRAWBERRIES:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 140.
- 5) WholeHealthMD website, "Strawberries".
- 21) "Strawberries", Cornell Cooperative Extension pamphlet.
- 22) "Strawberries: the Season's First Luscious Fruit", Cornell Cooperative Extension pamphlet.

SUMMER SQUASH:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 251-52.
- 5) WholeHealthMD website, "Summer Squash".
- 23) "Garden Harvest: Zucchini", Cornell Cooperative Extension pamphlet.

SWISS CHARD:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, pp. 105-106.
- 4) Recipes from America's Small Farms, pp. 41-42.
- 5) WholeHealthMD website, "Swiss Chard".

TOMATOES:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 274.
- 4) Recipes from America's Small Farms, p. 148.
- 5) WholeHealthMD website, "Tomatoes".

WINTER SQUASH:

- 1) Food Reference Website - Cooking Tips Section.
- 2) Whole Foods Market webpage: "Nutrition Facts".
- 3) Joy of Gardening Cookbook, p. 228.
- 5) WholeHealthMD website, "Winter Squash" and "Pumpkin".
- 24) "Popular Ways with Winter Squash", Cornell Cooperative Extension pamphlet.
- 25) "Pumpkin Pleasers", Cornell Cooperative Extension pamphlet.