In-season and nutrition-packed, these juicy farmer’s market finds have remarkable health benefits:

**ARUGULA**
This crunchy, slightly spicy veggie is related to wasabi, which sushi lovers may know as the pale green root used to make Japanese horseradish. Radish is a root vegetable rich in folic acid, vitamin C and anthocyanins—a trio of cancer fighters. It’s also low-cal: A whole cup of sliced radishes only has 19 calories. Try variety: daikon, black spanish, green or watermelon radishes.

**BEETS**
Don’t be fooled by these humble roots. The simple “garden” or “table” beet may protect you from coronary artery disease and stroke, lower cholesterol and offer anti-aging effects. Raw beets offer a whopping 27 percent of the dietary recommendations for folate. Enjoy them raw, bake them into chips or lightly steam or roast for less than an hour because they lose nutrients quickly.

**BROCCOLI**
This cruciferous veggie offers a great crunch when eaten raw — and tastes great steamed too. It provides vitamins A and C, folic acid, fiber and calcium. Studies suggest it may play a role in cancer prevention as well as reducing both blood pressure and cholesterol. Try young broccoli sprouts, which reportedly have up to fifty times the sulforaphane found in mature broccoli florets.

**BLUEBERRIES**
These little indigos are big on benefits. They offer one of the highest antioxidant capacities of all fresh fruit and they help your body fight free radicals with its vitamin C. Studies have linked blueberries to help guard against heart disease. Broccoli sprouts, which reportedly have up to fifty times the sulforaphane found in mature broccoli florets.

**BASIL**
Prized as a “holy herb” in some parts of the world, this aromatic leaf is an antioxidant all-star with both anti-inflammatory and anti-bacterial properties. Some studies suggest it can help protect your eyes from macular degeneration and may even help ease arthritis pain. Keep the flavor in your summer dishes by picking up a plant at a farmer’s market to grow at home.

**STRAWBERRIES**
Sweet, juicy and oh-so-delicious, strawberries are ripe with antioxidants. One cup offers more vitamin C than an orange! They are also chock-full of anti-inflammatory compounds that help you fight free radicals. As a natural diuretic, it can help flush water out of your body. This spank-waist veggie is a free radical soldier that may help you live a longer life. It’s also a rich source of vitamin C, fiber and protein. Eat them with mint chips, too — they cut through the heat of the strawberry with a refreshing coolness. For a quick and easy loaf, simply mix 1 cup of all-purpose flour into 3 cups of your mix, add 2 cups of computo.

**SURPRISING FACTS ABOUT FRUITS AND VEGGIES**

This bitter, satisfying green and nutritional rock star is sometimes called “rocket” salad. A natural detoxifier, it’s also high in vitamins A, K and folic acid, and it’s a good source of zinc, potassium, calcium and iron. Arugula plays well with other greens and veggies — collard greens, which can help sweeten things up. Arugula has also helped with post-nasal drip relief.

**SWEET POTATOES**
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**Fruit and veggies don’t “die” instantaneously when picked; they continue to take in oxygen, break down starches and sugars and release carbon dioxide. This means the less time that passes between picking and eating, the more vitamins and nutrients you receive. At a farmer’s market, fruits and vegetables are picked right before they end up for sale — and that means more nutritional benefit for you and your family.

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