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- Nutritionally speaking, there isn't much difference between fresh and frozen in most vegetables. Some frozen vegetables can even contain MORE nutrients than their fresh counterparts, due to being picked and flash frozen at the optimal time!

- The best vegetables (and fruits) to purchase fresh are those high in vitamin B and C, which include bell peppers, cabbage, citrus fruits, and berries.

- When it comes to picking out the best frozen vegetables, head for those that maintain high levels of nutrients after freezing. These include carrots, leafy greens, and broccoli!

- Choosing fresh/frozen over canned veggies is always a smart move. Canned items often contain excess sodium and preservatives, which are already on the rise in many other food

- This spring, buying local, seasonal produce can help support your community and the environment! Look for onions, mushrooms, beans, sugar snap peas, greens, and artichokes!

***check out our Oklahoma Farmers' Market page on this website to find your nearest market!