

The new superfoods

By Andrea Bartz

Your favorite fruits and veggies are getting a cheery makeover: They're brighter, tastier and even more nutritious, thanks to scientists who have figured out how to breed produce to contain extra vitamins that add color and body benefits to every leaf, kernel and peel. SELF picks the top of the crop. Happy spring!

PURPLE ARTICHOKES The violet leaves of this flavorful vegetable are loaded with the antioxidant anthocyanin, which may help protect against cancer and heart disease. The plant is also high in the B vitamin folate.

PLUMCOTS Combining a plum and an apricot brings out the best of both: You get a juicy fruit (the plum); a nutritious, tasty skin (the apricot); and, from the two, a solid dose of immunity-strengthening vitamin C.

RAINBOW CARROTS They taste like the orange original but add health kicks: Yellow has eye-protecting lutein; purple offers cell-protecting antioxidants; red contains lycopene, which may help curb cancer.

ORANGE CAULIFLOWER Unlike the white version, this golden-hued head is a good source of vitamin A, key for fending off infection. Plus, orange florets tend to be more tender and cook faster than white.

RED CORN This striking ear packs in anthocyanin, making it a sweet free-radical busting bite. Now, if only science could do something about keeping those kernels from getting stuck between your teeth!



Garden variety
Find purple artichokes
and other power plants
at upscale markets.