

BEETS

This earthy root vegetable is a good source of folate, fiber, and phytonutrients that help with blood flow and exercise performance.

Store it: Remove the greens from the roots to preserve their firmness. Store both in the crisper drawer of the fridge. Greens will last 2-4 days and roots will last up to 2 weeks.

Prep it: No need to peel beets if you are going to cook them. If eating raw you can take the skin off with a wide vegetable peeler.

Cook it: Beets can be eaten raw, steamed, sauteed, baked, roasted, grilled or pickled.

Use it up: Make a shredded beet slaw, roast and top with goat cheese and nuts, or add to brownies.

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ROASTING VEGETABLES

Roasting is a great way to make use of extra vegetables in the fridge. Set oven to 400 - 425 degrees. Cube vegetables to bite size pieces and toss them in a high heat oil (i.e. olive, sunflower or grapeseed oil) with seasoning. Spread vegetables out on a non-stick baking sheet. Let cook for 30 - 45 minutes or until they are slightly brown. Flip halfway through. Once roasted, drizzle with balsamic, tahini, or favorite dressing. If you have any leftovers, add them to a frittata, salad, or pasta dish.

Beet Hummus

Ingredients:

1-2 roasted beets
1 can chickpeas
2 garlic cloves
1 tbsp. lemon juice
2 tbsp. tahini
1/4 cup olive oil
Salt and pepper

Directions:

- Wash beets, trim ends, cube and toss in olive oil, salt and pepper.
- Roast for 45 minutes at 400 degrees and flip halfway through.
- Add all ingredients into a food processor until well combined and sprinkle in salt and pepper to taste.

Let the oven bring out
a natural sweetness.



Roast something any season!

Spring: Asparagus, Broccoli, Beets, Kale, Kohlrabi, Radishes, Turnips

Summer: Beans, Cherry Tomatoes, Eggplant, Peppers, Potatoes, Summer Squash

Fall: Brussels Sprouts, Cauliflower, Carrots, Sweet Potatoes, Winter Squash

CABBAGE

This cruciferous vegetable is gut-friendly, heart-healthy, and packed with vitamin C, K, and phytonutrients that are rich in antioxidants.

Store it: Place cabbage in the crisper drawer of the fridge for up to 2 weeks or chop into wedges and store in the freezer for up to 2 months.

Prep it: To shred cabbage, slice lengthwise first and cut out inner core. To prepare in wedges, quarter and leave the core intact so it is easier to handle when cooking.

Cook it: Cabbage can be eaten raw, steamed, sauteed, boiled, baked, pickled, roasted, or grilled.

Use it up: Make cabbage rolls, slaw, or quick pickled sauerkraut.

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MAKING A VEG SLAW

A great slaw has good texture and flavor. To avoid a soggy slaw, add 1 tbsp. of salt to a shredded head of cabbage and let it stand 5 -15 minutes. Rinse the salted cabbage and dry in a salad spinner or with a towel. This step will remove extra moisture so cabbage has more crunch when dressed. Add slaw to a sandwich, garnish for tacos, or as a side dish.

Sesame Slaw

Ingredients:

1/3 cup rice vinegar
3 tbsp. soy sauce
1 tbsp. sesame oil
1 tbsp. olive oil
1 tbsp. maple syrup
1/2 head cabbage
2 carrots
3 green onions
1/2 cup cilantro
1 tbsp. sesame seeds

Directions:

- Add vinegar, soy sauce, sesame oil, olive oil, and maple syrup to a small bowl. Whisk together for the dressing.
- Chop the green onions and cilantro and add half to dressing.
- Thinly slice cabbage and carrots. Combine in a large bowl. Add remaining chopped green onions and cilantro.
- Toss with dressing and garnish with sesame seeds.

Serve up some tangy or creamy vegetable crunch.



Create a slaw for any season!

Spring: Cilantro, Cabbage, Kohlrabi, Peas, Radishes, Green Onions

Summer: Cucumbers, Corn, Beans, Peppers, Summer Squash

Fall: Broccoli, Brussels Sprouts, Beets, Carrots, Fennel, Kale

KALE

This leafy green is a nutritional powerhouse and a great source of vitamin A, C, K, and phytonutrients known to have anticancer properties.

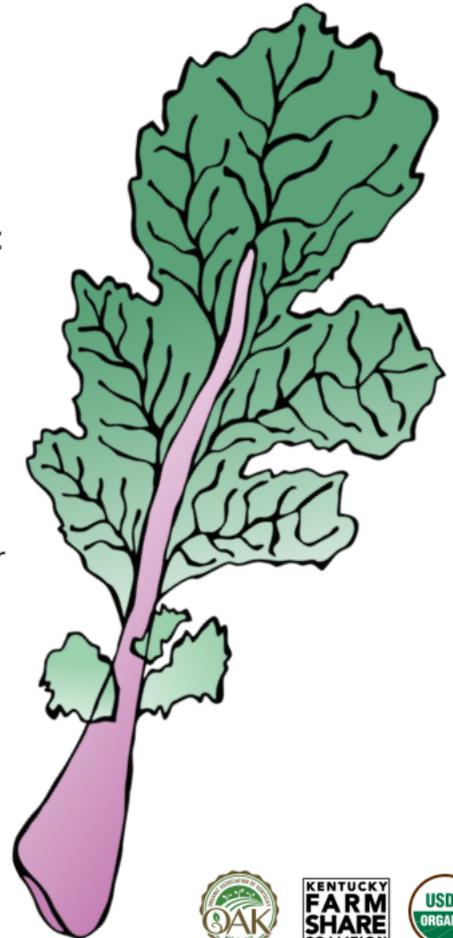
Store it: Place kale in a breathable container in the crisper drawer of the fridge. If leaves go limp, trim the ends and place in a pitcher of water in the fridge.

Prep it: Wash kale and de-stem by taking thumb and forefinger at the bottom of the leaf and sliding hand upward to separate the leaf from the stalk.

Cook it: Kale can be eaten raw, steamed, sauteed, baked, roasted, or blanched and frozen for later.

Use it up: Make a raw kale salad, add to smoothies, roast for kale chips, or use for pesto or soups.

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MAKING A PESTO SAUCE

Pesto is a great way to use up leafy greens. All you need is a couple handfuls, extra virgin olive oil, toasted nuts, garlic, and cheese. It can be made with a blender, food processor, or with a sharp knife and a cutting board. Once made, store in the fridge with a thin layer of olive oil on top or put in a ice cube tray in freezer to use as needed. Add pesto to soups, sauces, sandwiches, and salad dressings,

Kale Pesto

Ingredients:

1/3 cup walnuts
3 garlic cloves
2 cups kale or other greens
1 tbsp. lemon juice
1/4 cup Parmesan
4 tbsp. olive oil
2 pinches salt

Directions:

- Toast nuts in a skillet for 3 - 5 minutes.
- Add nuts and garlic to food processor and pulse until well combined.
- Add cheese, kale, lemon juice, salt to the food processor and pulse until it barely comes together.
- Slowly add the olive oil and pulse until it reaches desired consistency.

Transform any dish with a sauce of greens, garlic, and herbs.



Whip up a pesto any season!

Spring: Carrot Tops, Garlic Scapes, Swiss Chard, Turnip Greens

Summer: Basil, Sun-Dried Tomatoes

Fall: Arugula, Broccoli, Collards, Fennel Fronds, Kale, Spinach

SQUASH

This summer favorite is a low-carb, fiber-rich option that is an excellent source of copper and manganese which support red blood cells and bone health.

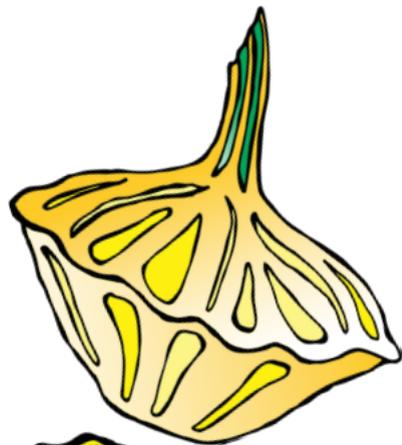
Store it: Place summer squash unwashed in an aerated bag in the crisper drawer of the fridge. It should last up to 2 weeks or can be cubed and stored in the freezer for up to 6 months.

Prep it: No need to peel the skin. Give it a wash and slice up as desired. Smaller squash are best to eat raw. They have less water and are more flavorful.

Cook it: Squash can be eaten raw, steamed, sauteed, baked, roasted, fried, grilled or pickled.

Use it up: Make squash fritters, ratatouille, or shred for quiche or muffins.

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GRILLING VEGETABLES

Avoid the heat of the stove and opt for the grill. Start by chopping vegetables into wedges or long slices. Brush with oil and seasoning. Place vegetables on a medium-high heat grill. Cook each side for 3-5 minutes and take out when they have noticeable grill marks. Grilled vegetables can be added to pastas, salads, sandwiches or pizzas.

Squash Grain Salad

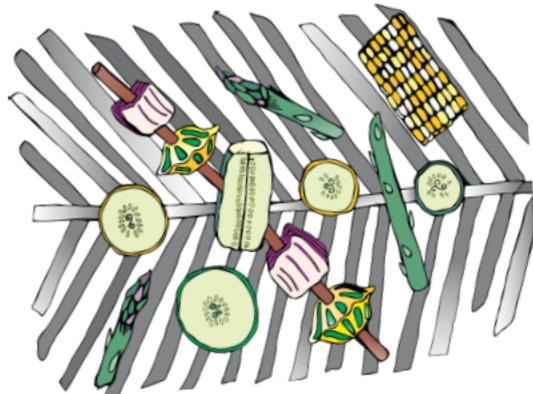
Ingredients:

2 squash
1 small onion
1/2 cup olive oil
1 tbsp. lemon juice
1/3 cup basil
2 cups cooked quinoa
1 pint cherry tomatoes
1/3 cup Feta
Salt & Pepper

Directions:

- Cut onion into quarters and squash into long slices or wedges. Brush with oil and grill for 4 minutes on each side.
- Let cool and cut into 1 inch pieces.
- Make dressing by combining olive oil, lemon juice, basil and a pinch of salt and pepper in a small jar.
- Add dressing, halved cherry tomatoes, sliced squash and onion to cooked quinoa and toss. Top with feta.

Instill vegetables with a sweet, smoky flavor.



Grill something any season!

Spring: Asparagus, Broccoli, Bok Choy, Cabbage, Fennel, Romaine

Summer: Corn, Eggplant, Peppers, Onions, Okra, Summer Squash, Tomatoes

Fall: Beets, Brussels Sprouts, Carrots, Kohlrabi, Sweet Potatoes, Turnips