

Kohlrabi

- digestive health
- improves metabolism
- immune system booster
- cardiovascular helper
- high in antioxidants, B6, fiber, potassium
- saute, raw, boil, fry

What's it taste like?

The sweetness of a broccoli stem with the tangy crunch of a cabbage heart.

How to eat:

1. CUT OFF LEAVES FROM BULB
2. PEEL THE GREEN OUTER LAYER TO THE WHITE INNER FLESH.
3. THINLY SLICE AND CHILL COVERED IN THE FRIDGE.
4. SPRINKLE WITH SALT AND SERVE.

Chard

- magnesium, potassium, iron, fiber, 13+ antioxidants, vitamin K, A & C
- do not wash before storing
 - unwashed, tightly wrap in paper towel inside ziplock bag to keep fresh
- Eat wilted, sauted, in bakes, pasta, salads and soups.

How to eat:

1. RINSE EACH LEAF, CUT OFF STEMS & CHOP FINE, CHOP LEAVES.
2. IN PAN OVER MEDIUM HEAT, SAUTE WITH OIL, ONION, GARLIC UNTIL WILTED.
3. SERVE OVER RICE/QUINOA OR PLAIN WITH BASALMIC VINEGAR DRIZZLE.

What's it taste like?

Leaves are similar to spinach.

Stem is sweet and crunchy.

Kale

- anti-inflammatory, low calorie, low carb, potassium, calcium, vitamins K, C, A
- supports eyes, skin, lowers cholesterol, bone health, lowers risk of heart disease and cancer
- more iron than beef

What's it taste like?

strong
earthy
crunchy
slightly bitter

How to eat:

1. RINSE OFF, RIP LEAF FROM STEM, TEAR INTO PIECES. PLACE INTO BOWL, DRIZZLE WITH OLIVE OIL, MASSAGE UNTIL BRIGHT GREEN.
2. USE AS A BASE FOR A SUMMER SALADS, SOUPS, SMOOTHIES, CHIPS AND WRAPS.

Beet Greens

- iron, fiber, antioxidants, potassium, zinc, calcium, magnesium, lutein, contains all essential amino acids
- anti-inflammatory
- stems and leaves are edible

What's it taste like?

sweet
crunchy

How to eat:

1. SAUTE OVER MEDIUM TO MEDIUM-LOW HEAT IN BUTTER OR OLIVE OIL WITH GARLIC, ONION AND MUSHROOM.
2. EXCELLENT SIDE DISH FOR ANY DINNER.
3. CAN ALSO USE IN SOUPS.

Dill

- use seeds, leaves and oil
- remedy for upset stomach, cramps and spasms, gas relief, colic, bad breath, cough, cold, flu; mild diuretic
- increases milk production in nursing mothers
- pairs with garlic & lemon

How to eat:

1. RINSE AND PAT DRY.
 2. FINELY CHOP, ADD TO A SMALL BOWL OF MAYO (APX. 1C) AND SQUEEZE OF LEMON.
 3. SPRINKLE SALT & PEPPER
- OR

1. USE AS A GARNISH ON WHITE FISH

What's it taste like?

citrus-like
subtle sweetness
fresh & crisp

Parsley

- vitamins A, C & E, iron, anti-inflammatory, antioxidants, diuretic
- leaves sooth cramps, gas relief; seeds help gout, rheumatism & arthritis
- has the ability to mask strong odors such as garlic

What's it taste like?

bright & herbaceous
slightly bitter

How to eat:

1. USE AS A GARNISH:
 - A. CHOP AND SPRINKLE ON SALADS, IN SMOOTHIES & MEALS
2. CHOP WITH ROSEMARY, THYME & GARLIC IN BOTTLE OF OLIVE OIL FOR INFUSION

Thyme

- antiseptic, relieves muscle spasms, antioxidants, fungal infections, mild asthma, congestion, earache, colds & flu
- use leaves
- pairs well with rosemary, garlic, parsley, sage

What's it taste like?

aromatic
slightly bitter

How to eat:

1. USE AS A GARNISH:
 - A. CHOP AND SPRINKLE ON SALADS, IN SMOOTHIES & MEALS
2. CHOP WITH ROSEMARY, THYME & GARLIC IN BOTTLE OF OLIVE OIL FOR INFUSION

Rosemary

- the memory herb
- stimulates circulation, raises low blood pressure, mood booster, soothes pain and muscle aches, hair growth
- helps with migraines, sore throat, tired & aching muscles

What's it taste like?

woody
evergreen
citrus

How to eat:

1. USE AS A GARNISH:
 - A. CHOP AND SPRINKLE ON SALADS, IN SMOOTHIES & MEALS
2. COMBINE WITH SAGE, THYME & GARLIC IN BOTTLE OF OLIVE OIL FOR INFUSION

Plantain

- similar to a banana but more robust
- rich in vitamins B, C & E, potassium, serotonin
- green to yellow, firm = good for making chips
- mostly black skin, soft = ripe, eat raw or fried

How to eat:

1. FRY IN BUTTER OR COCONUT OIL
 - A. CARAMELIZE EACH SIDE, DRIZZLE HONEY OVER
2. BAKED CHIPS
 - A. SEASON WITH LIME AND CHILI
3. SMOOTHIES
4. PAIR WITH BEANS AND RICE

What's it taste like?

sweet

Summer Squash

- zucchini, yellow crookneck and straight-neck, scallop, round
- thin skin does not need to be peeled
- vitamin C, B6, manganese, fiber
- low calorie, low carb

How to eat:

What's it taste like?

mild
slightly sweet

1. FRY IN SKILLET
2. GRILL
3. PEELED INTO RIBBONS FOR PASTA SUBSTITUTE
4. SLICE LENGTH WAYS AND USE INSTEAD OF LASAGNA NOODLES
5. ROASTED

Celery

- vitamins A, B9 & K, fiber, potassium
- reduces blood pressure, cholesterol and asthma symptoms; anti-inflammatory, UTI & cancer preventative, boosts immune system & digestion

What's it taste like?

crisp
sweet

Save the stem base, place in small glass of water to sprout roots. Plant!

How to eat:

1. SMOOTHIES
2. SOUPS & SALADS
3. RAW WITH PEANUT BUTTER

Carrots

- vitamin K, potassium, antioxidants, fiber, lowers cholesterol & blood pressure, reduces cancer risk, prevents heart disease
- improves eye, brain & skin health, digestive aid, boosts immune system, stimulates hair growth

What's it taste like?

crunchy
sweet

How to eat:

1. FRY IN SKILLET WITH GARLIC & BUTTER OR EVOO WITH THYME
2. GRILLED WITH OIL & HERBS
3. RAW WITH HUMMUS
4. CUT INTO RIBBONS TO USE INSTEAD OF PASTA NOODLES
5. ROASTED WITH OIL & HERBS

Apples

- fiber, vitamin A, B9 & C, copper, iron, magnesium, potassium, phosphorus
- lowers blood pressure & cholesterol, fights diabetes, digestive aid
- cancer fighter, eases asthma, supports bone density

How to eat:

What's it taste like?

crisp
sweet or sour

1. FRY IN SKILLET WITH SAUSAGE AND SAUERKRAUT
2. GRILLED
3. BAKED WITH CINNAMON & HONEY
4. ADD TO OATMEAL
5. RAW

Oranges

- vitamin B+ & C, potassium, fiber, protein, calcium, antioxidants, iron, magnesium, zinc, potassium
- heart & skin health, boosts immune system, lowers anemia & diabetes risk, aids in fetal development

How to eat:

1. RAW
2. ONTO SALAD GREENS WITH NUTS, CHICKEN, DRIED CRANBERRIES WITH BASALMIC VINEGAR
3. IN BAKED GOODS
4. HOMEMADE JUICE
5. MARINADE FOR MEATS

What's it taste like?

juicy
sweet
citrusy

Bananas

- vitamin B6, potassium, iron, fiber
- energy booster, helps circulatory system deliver oxygen to the brain, regulates blood glucose, mood booster, gut health, lessens effects of nicotine, helps anemia
- rub peel on teeth to whiten & on a bug bite to relieve itch

How to eat:

1. PEEL AND EAT RAW
2. SMOOTHIE BASE
3. RAW WITH PEANUT BUTTER
4. AS A SANDWICH WITH PEANUT BUTTER & HONEY
5. BAKING SUBSTITUTE
6. SLICED WITH OATMEAL

What's it taste like?

sweet
vanilla-like

Grapes

- vitamins A, C & K, potassium, calcium, magnesium
- anti-aging, antibacterial, heart, skin & eye health, kidney function, aids Alzheimer's & allergy treatment
- brain power, cancer fighter, boosts immune system

What's it taste like?

sweet or tart
crisp

How to eat:

1. WASHED & RAW
2. FRUIT SALADS
3. CHICKEN OR TURKEY SALADS
4. GREEN SALAD WITH WALNUTS, CHICKEN OR TURKEY
5. JELLO

Kiwi

- vitamin C & E, fiber, copper, magnesium, potassium, antioxidants
- cancer & diabetes fighter, digestion aid, supports metabolism
- eye, skin & hair health
- sleep aid, boosts immune system

place unwashed
in fridge to last up to
6 weeks
freeze up to 1 year

What's it taste like?

unripened = tart
ripe (soft) = sweet

How to eat:

1. RAW WITH A SPOON
2. FRUIT SALAD
3. YOGURT PARFAIT
4. GREENS SALAD TOPPING

Potatoes

- vitamin B6, C, potassium, magnesium, calcium, protein
- boosts immune system, strong bones, builds and repairs muscles, brain power
- heart health, healthy metabolism, nervous system support
- burn relief

What's it taste like?

crisp
sweet
tangy

How to eat:

1. FRY IN SKILLET IN OIL/BUTTER, GARLIC AND HERBS
2. GRILLED WITH OIL AND HERBS
3. RAW WITH PINCH SALT
4. ROASTED IN OIL WITH HERBS
5. BAKED WHOLE
6. SLICED IN AIR FRYER FOR HOMEMADE CHIPS

Cucumber

- vitamins C & K, fiber, protein, potassium, magnesium, manganese
- fights diabetes, regulates blood sugar & pressure, hydrating, cancer fighter, digestive aid, reduces eye puffiness
- dissolves kidney stones, heals ulcers, headache relief

What's it taste like?

crisp
sweet

How to eat:

1. RAW WITH HUMMUS
2. JUICED & SMOOTHIES
3. SALADS
4. RAW IN OIL, VINEGAR & HERBS WITH TOMATOES
5. CANNED & PICKLED

Avocado

- vitamins A, B, B9, C, E & K, fiber, protein, potassium
- eye, bone, brain, hair & skin health, eases arthritis, lowers cholesterol, energy booster, helps the body absorb nutrients from other foods
- superfood

What's it taste like?

nutty
buttery
mild

How to eat:

1. CUT IN HALF, REMOVE PIT, SLICE OR MASH
 - A. USE FOR DIP, TOAST SPREAD, ON SANDWICHES, SALAD TOPPER, BAKING SUBSTITUTE
2. STORE IN FRIDGE TO KEEP LONGER

Sweet Potatoes

- vitamins A, B6, C, fiber, calcium, potassium
- eye, & skin health, aids metabolism, forms red blood cells, strong bones, regulates heart, digestive aid, energy & immune system booster

How to eat:

What's it taste like?

starchy
buttery
mild
sweet

1. PAIRS WELL WITH CINNAMON, CURRY, TURMERIC, GINGER, HONEY AND SAVORY HERBS
2. ROAST, GRILL, BAKE, SAUTE, AIR FRY
3. BAKING SUBSTITUTE
4. SKIN IS HIGHLY NUTRITIOUS