VINES FARM SHARE WELCOME GUIDE

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Email: farmshare@vinesgardens.org
Instagram: instagram.com/vinesgardens
Facebook: facebook.com/vinesgardens
Member Portal: https://tinyurl.com/vinesmemberportal

Going on vacation?

Fill out a yellow vacation form at distribution or use the member portal **at least one week prior to the pickup date** to cancel your share while you are gone.

Scan to go to the member portal
tinyurl.com/vinesmemberportal

Online Educational Resources

Visit our member resource page online for veggie quick guides and more: vinesgardens.org/member-resources

Green Thumbs Workshops

Our Green Thumbs Workshops are a wonderful resource for cooking workshops and other gardening categories. Please check our website and social media pages for updates on the times and dates of these workshops: https://vinesgardens.org/events

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HOW TO CARE FOR YOUR FARM SHARE

Remember to separate your produce and store it properly!
Follow these guidelines so your produce stays fresh:

Eat Quick (48 hours)

Corn, Strawberries, Raspberries
Store: in plastic bags in fridge

Eat Quick (3 -5days)

Bok choy, Collards, Cherries, Kale, Peaches, Salad greens*, Swiss chard, Tatsoi
Store: in dry plastic bags loosely sealed in fridge

Eat Soon (up to 1 week)

Broccoli, Brussels sprouts, Cauliflower, Cucumbers, Daikon Radishes, Fennel, Green beans, Jalapenos, Leeks, Microgreens, Pears, Peas, Peppers, Scallions, Spinach, Summer squash, Zucchini
Store: in dry plastic bags loosely sealed in fridge

Eat Soon (up to 1 week)

Cantaloupe^, Peaches^, Tomatoes
Store: At room temperature

Eggplant

Store: in a cool, dry place
^Once ripe store in fridge

Take your Time

(2 weeks to a month)

Apples, Blueberries, Beets, Cabbage, Carrots, Celery, Edamame, Garlic Scapes, Herbs, Kohlrabi, Parsnips, Radishes, Rhubarb, Turnips, Watermelon
Store: remove greens from roots & keep in cool, dry storage or fridge

Store it (for several weeks)

Celeriac, Garlic, Ground Cherries, Onions, Potatoes, Pumpkin, Thyme, Tomatillos, Winter squash,
Store: in a cool, well ventilated area out of direct sunlight *Exception: celeriac should be refrigerated in a loose plastic bag*

**Salad greens include: arugula, lettuce, mizuna, mustard greens, radicchio, and Italian dandelion greens*

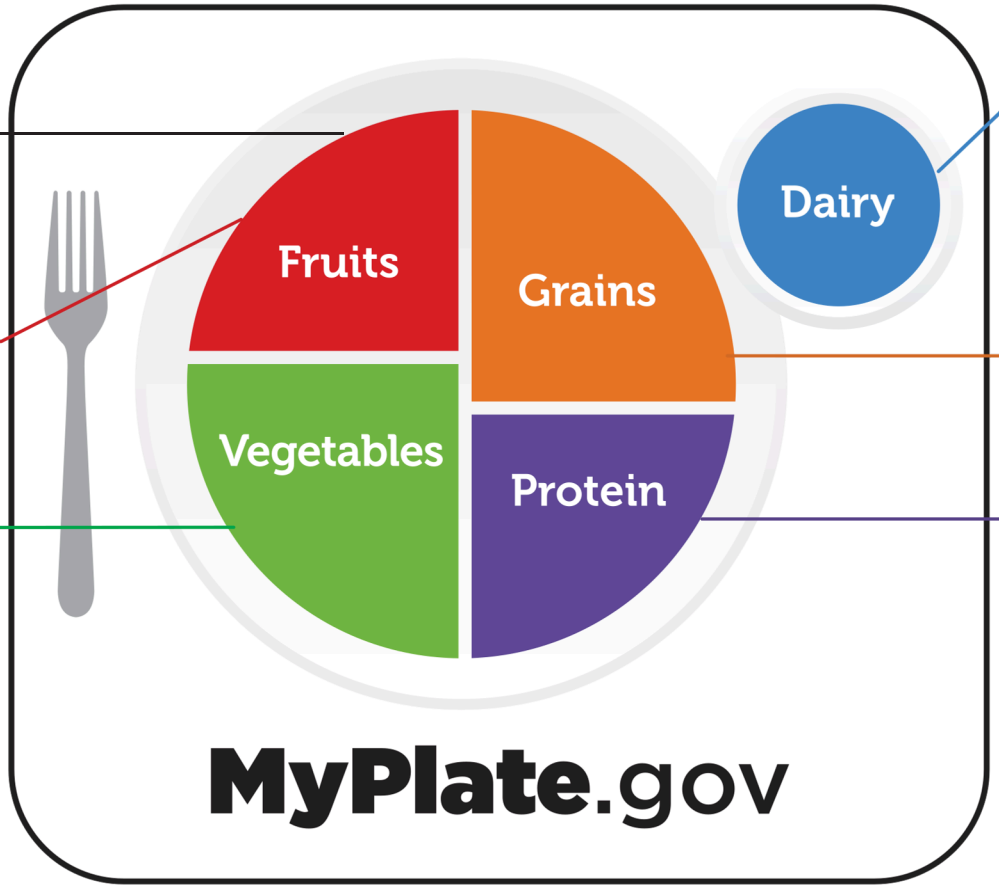
Start simple with MyPlate

**Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.**

Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity Being active can help you prevent disease and manage your weight.

DGA Dietary Guidelines for Americans

FNS-921
January 2022
USDA is an equal opportunity provider, employer, and lender.

Make every bite count



Take a look at your current eating routine.
Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in the years to come.
Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages,
and snacks that have limited added sugars, saturated fat, and sodium.

Choose from these simple tips to help you...

Fruits

Focus on whole fruits



- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.

Vegetables

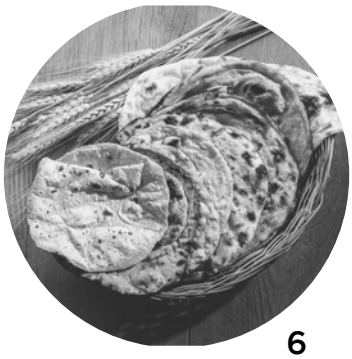
Vary your veggies



- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.

Grains

Make half your grains whole grains



- For breakfast, enjoy a whole-grain-based **hot or cold cereal**. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite!
- Instead of sandwich bread, try a **whole-grain pita, tortillas, naan or other whole-grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with turkey, hummus, or avocado for a **healthy whole-grain snack**.

Vary your protein routine



- **Broil lean beef cuts** like sirloin, top round, or flank steak. **Roast lean types of pork tenderloin or loin chops** and slice into strips for dinner, salads, and sandwiches.
- **Have fish or seafood twice a week**. Make a lunchtime sandwich or salad with canned tuna, grill fresh or frozen tilapia or salmon for dinner, or enjoy fish tacos.
- **Meatless meals** are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup, grilled or braised tofu with vegetables, or adding nuts to salads.

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)



- **Add low-fat or fat-free dairy** to oatmeal or pureed vegetable soups instead of water, and to smoothies or scrambled eggs.
- The nutrients in dairy are **important at every stage of life**. Include foods like low-fat or fat-free dairy milk or yogurt. Need an alternative? Try lactose-free dairy milk or yogurt that's low-fat or fat-free or fortified soy versions.
- Looking for a beverage? Grab a **glass of low-fat or fat-free milk or fortified soy milk** (soy beverage). Choose the unsweetened option.





Choose foods and beverages with less added sugars, saturated fat, and sodium

Tips for Less Added Sugars

- Choose **packaged foods that have less or no added sugars**, such as canned fruit packed in 100% juice for an easy snack, plain yogurt (you can add your own fruit), and unsweetened applesauce.
- Try chilled, **plain water or sparkling water with a squeeze of fruit** for a splash of flavor. Limit sugary beverages such as soda, lemonade, sports drinks, or fruit drinks.

Tips for Less Saturated Fat

- In place of foods higher in saturated fat, **look for foods like nuts, seeds, and fatty fish** like tuna, salmon, trout, and mackerel, which are high in unsaturated fats and a healthier choice.
- Choose **canola oil, olive oil, or other vegetable oils** for cooking.

Tips for Less Salt and Sodium

- Start simple by choosing foods with less sodium. **Check the Nutrition Facts label and choose foods with a lower percent (%) Daily Value (DV) for sodium** on the label, especially if a family member has high blood pressure, diabetes, or kidney disease.
- **Cook at home!** Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.



Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit MyPlate**.gov/MyPlatePlan for a personalized plan.**

2 cups	2½ cups	6 ounces	5½ ounces	3 cups
1 cup counts as:	*1 cup counts as:*	*1 ounce counts as:*	*1 ounce counts as:*	*1 cup counts as:*
1 small apple	2 cups raw spinach	1 slice of bread	1 ounce cooked lean chicken, pork, or beef	1 cup dairy milk or yogurt
1 large banana	1 cup cooked collard, kale, or turnip greens	½ cup cooked oatmeal	1 ounce tuna fish	1 cup lactose-free dairy milk or yogurt
1 cup grapes	1 small avocado	1 small tortilla	¼ cup cooked beans, peas, or lentils	1 cup fortified soy milk or yogurt
1 cup sliced mango	1 large sweet potato	½ cup cooked brown rice	1 Tbsp peanut butter	1½ ounces hard cheese
½ cup raisins	1 cup cooked beans, peas, or lentils	½ cup cooked couscous	2 Tbsp hummus	1 cup kefir
1 cup 100% fruit juice	1 cup cut cauliflower	½ cup cooked grits	1 egg	



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults > 150 min/week

Stocking Your Pantry

Keeping basic items in your pantry is helpful when preparing quick and easy meals and allows you to make healthy options without trips to the grocery store. Below are some essentials that we recommend keeping on hand.

Dried or Canned Beans

If you like to plan ahead, you can simmer beans in a crockpot or the oven and have dinner halfway done by the time you get home. If you're not the type to plan ahead, cook your beans and chop up your produce while they're cooking. You can also cook a whole bag and freeze in increments that you typically use them in. Here's a few of our favorites and what we like to use them for. It's good to have a few cans of beans around for emergencies as well.

Black Beans: Vegetarian soups and stews, quesadillas, salsa.

White Beans (Cannellini, Navy, and Great Northern): Great in minestrone soup, slow-baked, white chili, and dips and spreads.

Chickpeas (Garbanzo Beans): Homemade hummus; ,mixed into salads, and tomato-based stews.

Kidney Beans: Chili, bean salads, and stews.

Grains

Keep a variety of whole-grains on hand for quick and easy meals.

Brown Rice: Mixed with raw or cooked vegetables for a warm or cold salad. Under stir-fry or stew. Make a quick fried rice with leftover chilled rice.

Spelt or Wheat Berries: Great as the base for grain salad, stuffed into a roasted squash, or can even be used in risottos.

Quinoa: Quick cooking grain that's high in protein. Makes a great tabbouleh salad or pilaf, and is also great dry toasted and sprinkled in salads.

Wild Rice: Pilaf, mix into soups, pairs well with salmon.

Stocking Your Pantry

Sweeteners

Keep on hand to elevate sauces, soups, and stews

Maple Syrup: Pure, grade b maple syrup is a great liquid sweetener.

Honey: Another sweetener, easy to sub in baking.

Brown Sugar: Adds a rich caramelly flavor.

White Sugar: Sometimes nothing else will do!

Pasta

An easy weeknight dinner!

Whole Wheat: If you haven't branched out from regular semolina pasta, try a high quality whole wheat pasta. It's great in warm dishes and holds up well in pasta salads.

Rice Noodles: Quick-cooking and great with stir-fry. Follow package directions for cooking or soaking before adding to dishes.

Gluten Free: Wheat alternatives keep getting better, we prefer brown rice noodles like Jovial. Some of our gluten free members also use corn and quinoa pasta.

Pickled, Preserved, and Dried

Keeping some of these high-flavor items with a long shelf-life can help you spice up any dish.

Capers, olives, etc.: These add a lot of flavor to salads and dressings, and even soups and stews.

Pickles: Check your natural food store's refrigerated section, pickles are not limited to cucumbers. Some of our favorites include, carrots, beets, asparagus, artichokes, and kimchi- a pickled Asian condiment.

Dried Fruits: Another great addition to salads, bean, grain, or lettuce based. Try cranberries, raisins, apricots, and mango.

Baking

It's nice to keep a few things on hand for baking.

Flour: Whole wheat, whole spelt, and all-purpose white flour.

Gluten Free: If you do a lot of gluten free baking, it's good to also keep xanthan gum, almond flour, and chickpea flour around.

Baking Powder & Soda: Essential in most baked goods and shelf stable. Always keep this on hand.

Stocking Your Pantry

Spices

If you're trying out a new recipe, look for the bulk spice section. You can get a small amount of what you need for a fraction of the price.

Salt & Pepper: These simple staples can make a difference when roasting veggies.

Cumin: Popular in many regions in the world, and essential for Mexican, Indian, and Middle Easter inspired dishes.

Crushed Red Pepper: Use just a hint in a dish, and is good to have on the table for those who love spicy dishes!

Cinnamon: For sweet and savory dishes.

Smoked Paprika: Add a lot of flavor with just a pinch.

Nuts and Seeds

Nuts and seeds are a great vegetarian protein and provide healthy fats in your diet. Buy raw whenever possible and toast yourself. Sprinkle on salads, use in baking, pestos, and more.

Pumpkin & Sunflower Seeds: Wonderful on salads and spreads. You can sub sunflower seeds for pine nuts.

Walnuts: Another great option for pestos and dips, and also a great addition to baked goods.

Almonds: Thin sliced almonds are great on salad greens.

Nut Butters: Pure nut butters with no additional ingredients are great in cooking. Peanut butter makes delicious peanut sauce, and can be added to stir-fry sauces and baked goods. Tahini is great in dressings and hummus.

Enjoy and Be Creative!

Herb Guide

The following herbs are often used in cooking and might show up in your shares. Use this guide to help identify the various herbs and how to utilize them in cooking.

Basil



- Sweet flavor
- Pairs with: bell peppers, eggplants, potatoes, tomatoes, zucchini, cheeses, chicken, fish , and pork
- Use in salad dressings, sauces, marinades, or dry rubs
- Combine with garlic powder, rosemary, thyme, or oregano

Lemon Balm



- Citrusy flavor
- Pairs with: vegetables, light grains, baked fish and chicken
- Crush leaves and add to iced tea or lemonade, as well as incorporate it into baked goods
- Use in salads, soups, sauces, stuffings, candies, and fruit drinks

Oregano



- Earthy flavor
- Pairs with: artichokes, tomatoes, bell peppers, zucchini, potatoes, mushrooms, beans, chicken, fish, lamb, and pork
- Use in soups, salad dressings, tomato sauces, dry rubs, or marinades
- Combine with chili powder, bay leaves, or thyme

Parsley



- Slightly bitter flavor
- Pairs with: broccoli, brussel sprouts, cucumbers, and serves as a garnish for many foods
- Use as a garnish or in soups, sauces, and marinades

Herb Guide

Rosemary



- Earthy flavor
- Pairs with: mushrooms, peas, potatoes, onions,, beans, chicken, lamb, pork, and fish
- Use in marinades
- Combine with garlic powder, oregano, basil, or thyme

Sage



- Strong herbal flavor
- Pairs with: winter squash, potatoes, broccoli, brussel sprouts, carrots, pecans, chicken, and sausage
- Use in robust dishes such as sausage or creamy pasta dishes
- Combine with thyme and rosemary

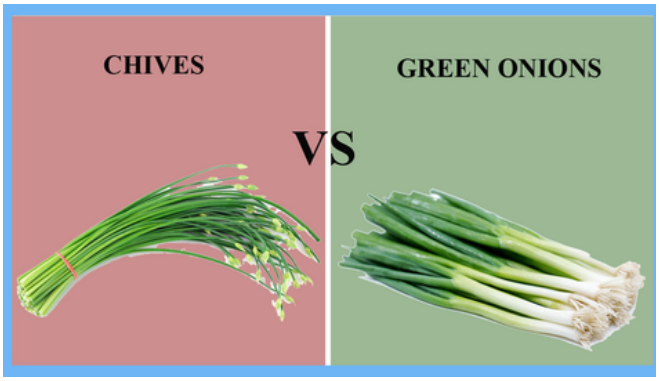
Thyme



- Earthy flavor
- Pairs with: carrots, tomatoes, zucchini, cauliflower, green beans, peas, beef, chicken, fish, lamb, pork, or lentils
- Use in soups, salad dressings, dry rubs, or marinades
- Combine with oregano or rosemary

Vegetable Guide

Leaf Vegetables





Bok Choy



Leek

CHIVES

- Used in soups, fish dishes, and in garnishes
- Have a savory and spicy flavor, similar to leeks

GREEN ONIONS

- Used in soups, salads, salsa, curries, and seafood dishes
- Mild onion taste
- Good source of potassium

BOK CHOY

- Often used in Southern and East Asian dishes
- Slightly sweet and peppery taste
- Rich source of vitamin A, C, and potassium

LEEKS

- Used in salads, vinaigrettes, soups and other various cuisines
- Edible portions are the white base of the leaves and the light green parts. Dark green exterior is discarded
- Mild, onion like flavor
- Rich source of potassium and manganese

Vegetable Guide

Leaf Vegetables



KALE

- Used in salads and pairs with apples, brussels sprouts, cabbage, carrots parsley, thyme, beef, chicken, and lamb
- Strong earthy taste
- Rich source of potassium, vitamin A, C, B6, folate, and manganese

COLLARD GREENS

- Pairs with spinach, kale, mixed greens, and smoked meats
- Bitter in flavor
- Rich in potassium, vitamin A, vitamin C, and manganese



Swiss Chard

SWISS CHARD

- Used in salads, stir-fries, soups, omelets and are typically boiled or sautéed
- Mild sweet taste similar to spinach
- Rich in fiber, potassium, and dietary minerals



Rhubarb

RHUBARB

- Most commonly used in pies, jams, and other baked goods
- Sour and sweet in flavor
- Rich in potassium

Vegetable Guide

Leaf Vegetables



Kohlrabi



Fennel



Tatsoi

KOHLRABI

- Used in salads and slaws
- The two dense outer layers should be removed before cooking
- Mild and sweet flavor
- Rich in vitamin C and fiber

FENNEL

- Used in salads, stews, soups, and pasta dishes
- Many different parts of fennel are utilized including the bulb, leaves, and fruits
- Mild anise or licorice flavor

TATSOI

- Used in pestos, salads, stir-fries, and garnishes
- Replacement for spinach
- Mustardy taste, between sweet and earthy flavor
- Rich in vitamin C, carotenoids, folic acid, calcium, and potassium

Vegetable Guide

Leaf Vegetables



Arugula



Read Leaf Lettuce



Garlic Scapes

CABBAGE

- Commonly eaten raw, steamed, or pickled
- Distinct, strong earthy flavor
- Rich source of potassium and vitamin C

ARUGULA

- Used in salads, pasta dishes, pizza
- Pairs well with fish
- Bitter and peppery in flavor
- Rich in folate and potassium

RED LEAF LETTUCE

- Used in salads, garnishing, wraps, and sandwiches
- Bitter-sweet in flavor
- Rich in potassium and magnesium minerals

GARLIC SCAPES

- Used in dishes as a replacement for garlic cloves or scallions
- Used in stir-fries, omelets, frittatas, pestos, soups and salads.
- Tastes like a combination of onion and garlic, but not as potent

Vegetable Guide

Peppers

BELL PEPPER

- Used in salads, soups, salsa, stews, and commonly eaten raw
- Green and purple bell peppers are slightly bitter and grassy in taste
- Orange, yellow, and red bell peppers are sweeter and fruitier in taste
- Rich in vitamin C, vitamin A, and vitamin B6



Bell Pepper

JALAPENO

- Used in salads, pickled dishes, jellies, salsa and many spicy dishes
- Sweet and spicy in flavor
- Rich in vitamin C, B6, and E



Jalapeno



Serrano Pepper

SHISHITO PEPPER

- Similar to jalapenos
- Used in salads or as a replacement for jalapenos
- Sweet and slightly smoky flavor, typically not spicy but 1 out of 10 peppers will be hot



Poblano Pepper

BANANA PEPPER

- Used to garnish pizza and sandwiches
- Pair well with Italian sausage and various cheeses
- Mild, tangy flavor
- Rich in vitamin B6 and vitamin C



Banana Pepper



Shishito Pepper

Vegetable Guide

Squashes

BUTTERNUT SQUASH

- Used in soups, casseroles, breads, muffins, and pies
- Sweet and nutty in flavor, similar to a pumpkin
- Rich source of vitamin A and C



Butternut Squash



ACORN SQUASH

- Commonly baked, but can be sautéed or steamed
- Used in rice dishes and many sweet baked dishes
- Mild sweet and nutty flavor
- Good source of fiber and potassium

YELLOW SQUASH

- Used in baked desserts, wraps, spreads, and sautéed with other vegetables
- Great source of vitamin C, vitamin B6 and manganese



Yellow Squash



Acorn Squash

Vegetable Guide



Radish



Turnip

RADISH

- Can be eaten raw or used in salads, slaws, and garnishes
- Peppery in flavor
- Good source of vitamin C

TURNIP

- Prepare similar to how you would a potato. They are best baked, boiled, or steamed and are used in stews, soups, and stir-fries
- Mildly spicy when raw, sweeter and earthy when cooked.
- Good source of vitamin C

BEET

- Can be eaten raw with salads or cooked like spinach or collards
- Best eaten roasted, baked into chips, or boiled until tender
- Rich source of folate



Beet

Vegetable Guide



Eggplant



Okra

EGGPLANT

- Best eaten baked, grilled, steamed, or sautéed with other vegetables
- Mild and rich flavor when cooked
- Good source of fiber, manganese and potassium

OKRA

- Used in gumbo and are also best fried, oven-roasted, or pickled
- Sweet grassy flavor
- Rich source of fiber, vitamin C, and vitamin K

SNAP/GREEN BEANS

- Used eaten raw or steamed, boiled, stir-fried, and baked
- Grassy and slightly bitter in flavor
- Good source of vitamin C, vitamin K, vitamin B6, and manganese



Snap/Green Beans

Vegetable Guide



Broccoli

BROCCOLI

- Used in salads, soups, vegetable platters, roasted with other vegetables
- Slightly sweet and bitter flavor
- Rich source of vitamin C and vitamin K

BRUSSELS SPROUT

- Used in slaws, stews, and roasted with other vegetables
- Earthy, sweet flavor
- Good source of vitamins C and K

CARROT

- Used in salads, soups, stews, vegetable platters, roasted with oil and seasonings, and stir fries
- Slightly sweet and earthy flavor
- Good source of vitamins A, K, and B6



Brussels Sprout

CELERY

- Used in vegetable platters, salads, soups, and stews
- Bitter and salty in flavor
- Rich source of vitamin K



Carrot

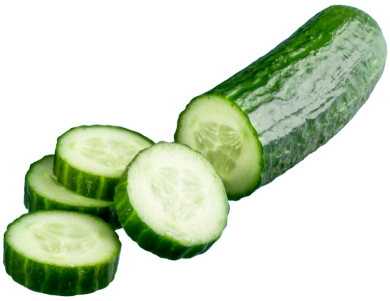


Celery

Vegetable Guide



Corn



Cucumber



Garlic

CORN

- Used in salsa, soups, stews, salads, roasted with other vegetables, eaten boiled off the cob
- Sweet with a soft buttery flavor
- Rich in thiamine/ vitamin B1

CUCUMBER

- Used in vegetable platters, salsas, salads, and added to water for flavoring
- Crisp and refreshing flavor
- Rich in copper, potassium, vitamin B, vitamin K, vitamin c, and manganese

GARLIC

- Combines well with onions and additional herbs
- Pungent, spicy flavor, mellows with cooking
- Contains vitamin B6, manganese and phosphorus

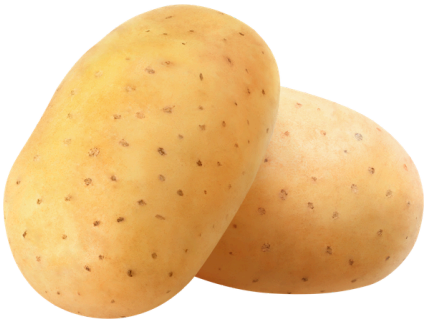
PEAS

- Used in soups, salads, dips, sauces, and eaten raw
- Sweet and savory in flavor
- Great source of protein and B vitamins

Vegetable Guide

POTATO

- Used in stews, salads, roasted with other vegetables, baked into healthier fries, and mashed
- Mild earthy flavor
- Good source of vitamin B6 and C



Potato

TOMATO

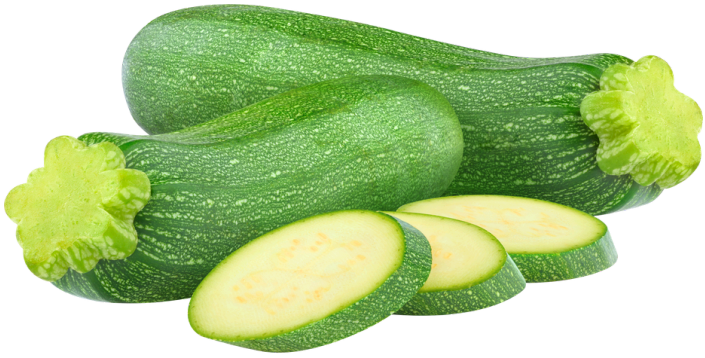
- Used in salsa, sauces, soups, stews and toppings on salads and sandwiches
- Sweet and acidic flavor
- Good source of vitamin A, vitamin C, vitamin K and potassium



Tomato

ZUCCHINI

- Used in pasta dishes, baked into sweet bread, stir fries, marinated and grilled
- Mild flavor, slightly sweet and bitter
- Great source of vitamin C and vitamin B6



Zucchini

VITAMIN/MINER AL	BENEFITS	GOOD FOOD SOURCES
Vitamin A (Retinoids and Carotene)	Essential for vision. Keeps tissues and skin healthy. Plays an important role in bone growth and in the immune system.	Sources of retinoids: beef liver, eggs, shrimp, fish, fortified milk, butter, cheddar cheese, Swiss cheese Sources of beta carotene: sweet potatoes, carrots, pumpkins, squash, spinach, mangoes, turnip greens
Vitamin B2 (Riboflavin)	Helps convert food into energy. Needed for healthy skin, hair, blood, and brain.	Milk, eggs, yogurt, cheese, meats, green leafy vegetables, whole and enriched grains and cereals.
Vitamin B5 (Pantothenic Acid)	Helps convert food into energy. Helps make lipids (fats), neurotransmitters, steroid hormones, and hemoglobin.	Wide variety of nutritious foods, including chicken, egg yolk, whole grains, broccoli, mushrooms, avocados, tomato products

Vitamin C (Ascorbic Acid)	Foods rich in vitamin C may lower the risk for some cancers, including those of the mouth, esophagus, stomach, and breast. Helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls. Helps make the neurotransmitters serotonin and norepinephrine Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Bolsters the immune system.	Fruits and fruit juices (especially citrus), potatoes, broccoli, bell peppers, spinach, strawberries, tomatoes, Brussels sprouts
Vitamin D (Calciferol)	Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Helps form teeth and bones.	Fortified milk or margarine, fortified cereals, fatty fish
Vitamin E (Alpha-Tocopherol)	Wide variety of foods, including vegetable oils, Acts as an antioxidant, neutralizing unstable molecules salad dressings and that can damage cells. Diets rich in vitamin E may help margarines made with prevent Alzheimer's disease.	Wide variety of foods, including vegetable oils, salad dressings and margarines made with vegetable oils, wheat germ, leafy green vegetables, whole grains, nuts
Folate (Vitamin B9, Folic Acid, Folacin)	Helps prevent brain and spine birth defects when taken early in pregnancy; should be taken regularly by all women of child-bearing age since women may not know they are pregnant in the first weeks of pregnancy. May reduce heart disease risk. May reduce risk for colon cancer. Offsets breast cancer risk among women who consume alcohol.	Fortified grains and cereals, asparagus, okra, spinach, turnip greens, broccoli, legumes like black-eyed peas and chickpeas, orange juice, tomato juice

Vitamin K (Phylloquinone, Menadione)	Activates proteins and calcium essential to blood clotting. May help prevent hip fractures.	Cabbage, liver, eggs, milk, spinach, broccoli, sprouts, kale, collards, and other green vegetables
Calcium	Builds and protects bones and teeth. Helps maintain healthy blood pressure	Yogurt, cheese, milk, tofu, sardines, salmon, fortified juices, leafy green vegetables, such as broccoli and kale (but not spinach or Swiss chard, which have binders that lessen absorption)
Iron	Helps hemoglobin in red blood cells and myoglobin in muscle cells ferry oxygen throughout the body.	Red meat, poultry, eggs, fruits, green vegetables, fortified bread and grain products
Magnesium	Works with calcium in muscle contraction, blood clotting, and regulation of blood pressure. Helps build bones and teeth.	Green vegetables such as spinach and broccoli, legumes, cashews, sunflower seeds and other seeds, halibut, whole-wheat bread, milk

Phosphorus	Helps build and protect bones and teeth. Helps convert food into energy.	Wide variety of foods, including milk and dairy products, meat, fish, poultry, eggs, liver, green peas, broccoli, potatoes, almonds
Potassium	Balances fluids in the body. Helps maintain steady heartbeat and send nerve impulses. Needed for muscle contractions. A diet rich in potassium seems to lower blood pressure.	Meat, milk, fruits, vegetables, grains, legumes
Sodium	Balances fluids in the body. Helps send nerve impulses. Needed for muscle contractions. Impacts blood pressure; even modest reductions in salt consumption can lower blood pressure.	Salt, soy sauce, processed foods, vegetables
*Information taken from the Harvard School of Public Health		

Herb Storage

Hardy Herbs

Arrange them lengthwise in a single layer on a slightly damp paper towel, rolling them up like a jelly roll, then transfer the bundle to a plastic zipper lock bag or wrap it in plastic wrap. Store in the refrigerator. Below are a list of hardy herbs and their lifespan.

- **Chives- 1 week**
- **Rosemary- 3 weeks**
- **Sage- 2 weeks**
- **Savory- 2 weeks**
- **Thyme- 2 weeks**
- **Oregano- 2 weeks**



Tender Herbs

Snip off the bases of the stems and remove any discolored or wilted leaves. Transfer them to a large mason jar with an inch of water in the bottom. Seal the jar with the lid (if it fits), or cover the top of the jar with an overturned plastic bag sealed with a rubber band. Store in the refrigerator. Below are a list of tender herbs and their lifespan

- **Cilantro- 3 weeks**
- **Dill- 2 weeks**
- **Mint- 2 weeks**
- **Tarragon- 3 weeks**
- **Parsley- 3 weeks**

Storing Basil

Snip off the bases of the stems and place the bunch in a vase or a mason jar with an inch or two of water at the bottom, just like a bouquet of flowers. Store at room temperature in a light area but out of direct sunlight.

Good for 2 weeks.

Freezing Herbs

1 Strip the leaves off the stems. Chop them as you would if using them fresh.

2 Fill an ice cube tray half way full of water.

3 Place the herbs in each section of the tray - about a Tablespoon in each. This way you know when you use them how much each cube holds. (The herbs may float. Don't worry about it too much. Just get them under the water as much as possible with no fuss.)

4 Place your tray in the freezer.

5 The next day take them out and top off each cube. This way the herbs will be fully covered and frozen. Replace in your freezer.

6 After the trays are fully frozen. Pop out the herb cubes and store in a freezer bag. Be sure to label and date.

Cooking Greens Without a Recipe

Prepping the Greens

Grab a bundle of greens and prep for cooking. Wash them by rinsing each leaf under running water or by filling a clean sink or a large bowl with water and dunking them in. The water clings to the greens and helps cook them down in the pan. For kale and collards, remove the stems and compost or throw out. For bok choy and swiss chard, remove the stems and cut into small pieces—you can cook them with your greens. Then roll the greens in a bundle then slice bite size pieces off.

Cooking the Greens

Heat about a tablespoon of olive oil, canola oil, bacon fat, or other cooking fat in a large sauté pan over medium heat. Add minced garlic, onion, ginger, shallots, or a combination. Cook for about a minute. If you are using any stem pieces, add them first and cook another minute. Then add greens tossing with tongs. Add a tablespoon of something acidic like citrus or vinegar (apple cider, rice, or white wine vinegar work well) then cover for a minute or two until the greens are tender and bright green. Don't cook too long, or they will lose a lot of their vitamin C, which gets damaged by heat.

Finishing Touches

Add cheese, nuts and seeds, or dried fruit. Taste before serving and season with salt and pepper.

Other Cooking Ideas

Braised

A quick braise in vegetable or chicken stock is also a great way to enjoy your greens. In a large sauté pan bring 1 or 2 cups of stock to a simmer. Add greens, cover and cook until wilted but still green. Taste and season with salt and pepper.

Pasta

Throw the washed and chopped greens into the boiling water with the pasta a couple minutes before the pasta is done, simply drain the pasta and greens all together and top with your favorite sauce- quick and easy!

Eggs

Add greens into scrambled eggs or make a frittata.

Flavor Ideas

Olive oil, garlic, red bell pepper, greens, and balsamic. Olive oil, tomato, greens, blue cheese, and toasted walnuts. Sesame oil, garlic, ginger, greens, soy or lemon. Sesame oil, garlic, ginger, greens, sunflower seeds, and tahini. Bacon fat, garlic, greens, cooked white beans or sausage.

Freeze

To freeze greens for later use, remove stems, clean and chop greens. Bring a large pot of salted water to boil. Blanch greens by cooking for one minute, then use tongs or a slotted spoon to transfer to a bowl of ice water. Freeze cooled greens in one and two cup containers to use later in the week. Thaw and use in soups, stews, and sautés.

Steamed

If you have a steamer pot or basket great, if not, you can also use a metal strainer in a pot. Just get an inch or two of water boiling in the pot with the greens suspended just above the water. Cover the pot with a lid and steam on medium heat for several minutes until the greens are vibrant and tender. When cooking this way- often all you need is a squeeze of lemon at the end.

Soup

Toss washed and chopped greens into any soup- home made or store bought. Just add the greens to the soup and heat up as usual.

Cooking Methods

Raw	Sautéed	Braised	Steamed	Boiled
• Arugula • Baby Arugula • Cabbage • Endive • Kale • Lettuce • Microgreens • Spinach • Watercress	• Arugula • Beet • Bok Choy • Collard • Kale • Spinach • Turnip	• Beet • Bok Choy • Cabbage • Chard • Collard • Kale • Mustard • Spinach • Turnip	• Beet • Bok Choy • Cabbage • Chard • Collard • Kale • Spinach • Turnip • Watercress	• Beet • Cabbage • Chard • Collard • Kale • Mustard • Spinach • Turnip
Method: Chop or tear into bite sized pieces and dress with oil and vinegar	Method: Remove stems and chop greens. Cook over medium heat in a little olive oil or broth for 2-10 minutes, until greens turn tender & brighter in color	Method: Chop greens. Sauté a diced onion in a little olive oil. Add beer, broth, or water & bring to a boil. Add greens, reduce heat & cook greens until very tender	Method: Remove stems & chop greens. Place steamer basket in a large pot and add an inch of water. Bring to a boil. Add greens, cover, and steam 4-6 minutes, until tender.	Method: Add chopped greens to your favorite soup or stews. Or bring plain water or broth to a boil, add chopped greens, and cook until tender.

FREEZING VEGETABLES

VEGETABLE	PREPARATION	BLANCHING TIME	COOKING METHOD AND TIME
Green beans or wax beans	Trim ends. Leave whole or cut into 1 inch pieces	Whole - 4 minutes Cut - 3 minutes	Whole - boil 5-7 minutes Cut - boil 4-6 minutes
Beets	Remove tops leaving 1 in. stems. Cook until tender, chill, peel, slice, and pack.	None	Thaw sliced beets for 30 min to separate. Reheat- 9-10 min Bake- 90 min at 325° F
Beet greens	Remove tough stems and imperfect leaves.	2 minutes	Boil - 1-2 minutes
Broccoli	Remove woody stems & cut into 1½ inch pieces.	Medium stalks- 3 min Large stalks- 4 min	Boil- 3-5 min
Brussel sprouts	Trim stems and outer leaves.	Small- 3 min Medium- 4 min Large- 5 min	Boil- 4-6 min
Cabbage	Trim outer leaves and core. Cut into wedges or shred coarsely.	Wedges- 2 min Shredded- 1 min	Wedges: thaw 20-30 min; boil 9-10 min Shredded: thaw 2 hr; boil 45 min

FREEZING VEGETABLES

VEGETABLE	PREPARATION	BLANCHING TIME	COOKING METHOD AND TIME
Carrots	Remove tops, trim and scrape or peel. Leave small carrots whole and cut large carrots into ½ in. cubes, slices, or strips.	Whole- 5 min Cubes, slices, or strips- 3 min	Whole: boil 6-8 min Cut-up: boil 5-7min Bake- 75 min at 325° F, breaking apart after 30 min. Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Cauliflower	Cut into 1 inch pieces.	3 minutes	Boil 3-5 minutes
Celery	Trim and cut into 1 in. pieces.	3 minutes	Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Celeriac	Remove skin. Cut into 1 inch pieces	2 minutes	Whole: boil 6-8 min Cut-up: boil 5-7min Bake- 75 min at 325° F, breaking apart after 30 min. Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Corn - whole kernel	Remove husks and silk	4 min- cut kernels from cob and freeze on tray before packing	Boil 4-5 minutes

FREEZING VEGETABLES

VEGETABLE	PREPARATION	BLANCHING TIME	COOKING METHOD AND TIME
Corn - on the cob	Remove husks and silk. Trim cobs to even lengths.	Small- 7 min Medium- 9 min Large- 11 min	Thaw 2 hr; boil 3-5 min
Eggplant	Slice or cube	Roast	Drop the frozen cubes into soups or stir fries. Rounds: remove needed number
Fruit/Melons	Cube. Can leave berries whole. Lay them flat on a baking pan. Freeze until firm, a few hours. Transfer to freezer bags and store.	None	Place berries or fruit in a single layer on a plate at room temperature or in the fridge. Do not line with paper towel as this will absorb the natural juices.
Garlic	Peel outer skin	Do not blanch. Freeze on tray before packing	Thaw- 20 min Chop and add to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Greens- Swiss chard, collards, kale, mustard greens, spinach, turnip greens	Remove tough stems and imperfect leaves. For chard, cut into 1 in. pieces or separate leafy parts from stalks and cut into 4 in. pieces. Can also use to make into smoothie base and freeze (see recipe at end).	Greens- 2 min Collards and stems- 3 min Keeps for 6 months.	Boil- 1-2 min Thaw smoothie base and add fruit of choice

FREEZING VEGETABLES

VEGETABLE	PREPARATION	BLANCHING TIME	COOKING METHOD AND TIME
Herbs	Chop or slice.	Do not blanch. Measure into Tbsps. and freeze in ice cube tray before packing.	Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Kohlrabi	Remove tops and roots; Wash, peel and leave whole or cut into 1/2-inch cubes	Whole – 3 min Cubed – 1 ½ min	Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Mushrooms	Slice and sauté 2 cups mushrooms in 2 tbsp butter for 4 min.	None	Reheat 15 minutes
Leeks	Wash and slice or dice	1 minute	Use as you would onions
Onions	Remove outer skin, root, stem ends, and chop.	None Freeze on tray before packing.	Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.
Parsnips	Remove stem and root ends, peel, and cut into 1 in. finger or ½ in. slices.	1 minute	Boil- 7-8 min Bake- 45-55 min at 325° F

FREEZING VEGETABLES

VEGETABLE	PREPARATION	BLANCHING TIME	COOKING METHOD AND TIME
Peas	shell	2 minutes	Boil 3-5 minutes
Peppers, green or red	Remove stem, seed, leave whole, cut in half, or chop.	None	Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking. Thaw- 1 hr, stuff and bake
Potatoes - mashed	Place in mounds on baking sheet. Freeze 1 hour & pack in containers.	None	Thaw- 30 min Reheat- 15-20 min
Pumpkin - mashed	Prepare.	None	Reheat - 30 minutes
Rhubarb	Cut stalks into 1-inch pieces; lay them flat on a baking pan. Freeze until firm, a few hours. Transfer to freezer bags and store.	None	The frozen rhubarb can be added directly to baked goods and pies while still frozen.
Rutabaga, turnip	Peel and dice. Boil until tender and mash if desired.	Diced- 2 min	Reheat- 30 min
Squash, vegetable marrow, zucchini	Trim and cut into ½ in. slices.	2 min	Thaw- 5 min Boil- 6-8 min

FREEZING VEGETABLES

VEGETABLE	PREPARATION	BLANCHING TIME	COOKING METHOD AND TIME
Squash, acorn, butternut, hubbard	Cut in half and remove seeds and fibers. Cut into pieces, bake until tender, cool and remove from rind. Mash if desired.	Diced- 2 min	Diced: boil 7-8 min; bake 60-75 min at 325° F Mashed: reheat 30 min
Spaghetti squash	Cut in half and remove seeds. Cook until tender and cool. Pull a fork lengthwise through to separate into long strands.	None Keeps for 9 months frozen.	Strands: reheat 30 min
Tomatoes	Blanch for 30 sec, cool, remove skin, cut in half crosswise, and remove seeds. Or just place whole tomatoes in a bag.	None	Add frozen to sauces, soups, casseroles, stews, or to a stir-fry during cooking.

Follow these steps to freeze and thaw your veggies

Blanching

Blanching vegetables before freezing (except onions and peppers) preserves their quality. To blanch, bring water to a boil in a large covered pot. Place clean, trimmed vegetables in the boiling water and stir. Cover and immediately begin to count blanching time. Keep heat on high to quickly return water to a boil. Blanching time for each vegetable is provided in the chart above.

Chilling

After blanching, remove vegetables from boiling water and immediately plunge into ice-cold water to stop the cooking process. Drain vegetables to remove water.

Freezing

Place chilled vegetables in freezer containers/bags, remove excess air, and freeze. For best results, freeze no more than 3 lb at a time. Many vegetables can be frozen as individual pieces. Spread on a shallow pan, freeze until firm (1 hour), then pack in freezer containers or bags in portions that are usable (½ cup increments). Vegetables store well frozen for about 1 year.

Thawing

Most vegetables do not need to be thawed before cooking. If thawing is necessary, thaw vegetables in their sealed packages at room temperature.

Cooking Methods for Frozen Vegetables

Boiling

Use minimal amounts of water to cook frozen vegetables to retain the best flavor and nutrition. For every 2 cups of vegetables, use ¼ - ½ cup water and ½ tsp salt if desired. (Cook corn in enough boiling water to cover and avoid toughening the kernels by not using salt.) Bring water to a boil. Add vegetables, cover, and return to a boil. Once at a boil, begin counting cooking time, reduce heat, and simmer gently until vegetables are tender. Drain before serving.

Microwaving

For leafy vegetables and those with high water content (mushroom), reheat 4-6 minutes per 1 lb. For dense vegetables reheat 8-10 minutes per 1 lb with 1/3 cup water and drain excess water after heating.

Pan frying

Melt butter or oil in a frying pan over medium heat, add frozen vegetables, season, cover and cook over medium heat, stirring occasionally until tender.

Baking

Frozen vegetables (carrots, parsnips, peppers, squash) can be baked along with a roast or in a casserole. Alternatively, place frozen vegetables in a lightly greased baking dish, season, cover, and bake at 325° F until tender. Stir occasionally.

Fermenting

Fermenting is the process that produce chemical changes through enzymes. It can be done to alter the taste of vegetables and make them last longer on the shelf.

ITEMS NEEDED

• Wide mouth Canning Jar with a two-part lid
• Vegetables of Choice
• Sea Salt or Kosher Salt (DO NOT USE IODIZED SALT) Filtered Water

INSTRUCTIONS

1. Chop or shred vegetables very finely and place in a bowl. For each quart of veggies add 1 tablespoon of salt. Mix and let sit for a half hour.
2. Using a wooden spoon or cocktail muddler pound the vegetables to bring out the juices.
3. Place veggies and the juice into the canning jar along with any herbs or spices. Pack tightly, pushing down the chopped veggies until they are 1½ inches from the top.
4. If liquid in jar does not cover veggies by a half inch, add filtered water. Place a weight on top using a large end of one of the chopped vegetables, making sure all vegetables are covered with water, leaving one inch of space (about 1/2 inch below jar threads).
5. Place two-part lid on, tighten the band until closed.
6. Place jar in a bowl or shallow cookie sheet and leave the jar in a dark, warm place for 3-7 days. The warmer the temp the less time it takes to ferment.
7. Each day slowly twist open the band to allow gas to escape. Recap tightly after “burping” (letting gas out). After it reaches the taste you like, take out the weight and place the jar in the refrigerator.
8. Use within 3 months.

Quick Pickled Vegetables

INGREDIENTS

- Fresh Vegetables (beets, carrots, radishes, turnips, green beans, onion, zucchini, summer squash, cucumbers, peppers, fennel)
  - Optional add-ins: garlic, dill, onion, dill seed, fresh ginger slices, chilies or chili flakes, celery seeds, whole cloves, cumin seeds, star anise, fresh herbs
- 2 cups vinegar (white, red wine, rice wine, apple cider)
- 2 cups water
- 2 T kosher salt
- 4 T sugar

1. Prep your veggies. Wash well and either slice, quarter, or cut into spears, or leave whole (like green beans)
2. Bring the water, vinegar, salt and sugar to a boil in a small pot. Meanwhile, pack the jars.
3. In 4 pint-sized mason jars, divide any spices you opted to use. Begin adding the veggies and any fresh herbs you would like to include leaving about an inch at the top of the jar.
4. Using a funnel, carefully pour the hot liquid into the jars, making sure to submerge all the veggies, pressing down on them with the end of a wooden spoon. You may be able to add more veggies at this point, just make sure the liquid completely covers the veggies leaving at least a half inch of room between the liquid and lid.
5. Cover and let sit on the counter to cool, and after an hour or two, place in the fridge. These will taste good after 6-8 hours, but much better after a couple days. Keeps up to two weeks.

Simple Green Smoothie

A perfect formula to make a healthy and nutritious green smoothie. This can be used to use up any leftover veggies in your share.

2 cups leafy greens

- Spinach
- Kale
- Romaine
- Bok Choy
- Swiss Chard
- Collards

2 cups liquid base

- Water
- Coconut Water
- Coconut Milk
- Almond Milk

2 cups ripe fruit

- Banana
- Mango
- Berries
- Orange
- Avocado
- Peach
- Pear
- Apple
- Pineapple
- Grapes

Blend leafy greens and liquid base together first. You can simply freeze this and add fruits later or add fruits now, blend again, and freeze.

Simple Pasta Salad

An easy pasta salad, simple yet very yummy. Almost any type of pasta (or vegetables) may be used. Best if left to sit overnight.

Ingredients

- 1 (16 ounce) package uncooked rotini pasta (or pasta of choice)
- 1 (16 ounce) bottle Italian salad dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch green onions, chopped
- 4 ounces grated Parmesan cheeses
- 1 tablespoon Italian seasoning



Directions

1. Gather all ingredients
2. Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8-12 minutes, until al dente, and drain.
3. Toss cooked pasta with Italian dressing, cucumbers, tomatoes, and green onions in a large bowl. Mix Parmesan cheese and Italian seasoning in a small bowl, and gently mix into the salad.
4. Cover, and refrigerate for at least 30 minutes before serving.

Stir-Fry Guide

Have you ever wondered what to do with the few stalks of celery about to go limp, or the bunch of spinach that is about to wilt? You don't have to wonder anymore, because you can toss them into a stir-fry with your favorite protein and not worry about wasting food.

Stir-Fry Guide

Choose Ingredients

The main ingredients to a stir-fry are:
Proteins – chicken, beef, pork, seafood, tofu, tempeh, seitan
Aromatics – garlic, green onions, shallots, ginger
Vegetables – anything goes for this category

Prepare Ingredients

Stir-fries consist of cooking over high heat, which helps maintain the ingredients' flavors, as well as keep the color and texture of the foods. Because of this quick cooking, it's best to have everything prepped and chopped and ready to go. Once you have this step ready, all you have to do is toss the ingredients into the wok, and you won't have to worry about ingredients getting burned.
Have your ingredients prepped into prep bowls, so that they can be easily tossed into the wok. You can also chop everything in advance to cut down on time when you start prepping!
If you're using meat, make sure to slice against the grain and tenderize with a fork first. This simple step will cut the tough fibers in the meat and allow for maximum flavor absorption.
COOKING TIP:
Chop the ingredients in small or thin pieces. This helps them cook quickly, especially ingredients that take a longer time to cook, like carrots.

Stir-Fry Guide

Make Stir-Fry Sauce

Sauces add flavor to any dish, so it's important to not leave this step out. Just like your ingredients, make your sauce before you start cooking to make sure that it gets added in at the right time without your veggies and meat getting overcooked.
A stir-fry sauce is made with basic ingredients that you most likely have in your pantry – soy sauce, rice vinegar, brown sugar, and cornstarch.
To make the sauce, you can either mix all the sauce ingredients together in a bowl, or shake it up in a jar. Just remember to give the sauce another stir or shake before adding it to the wok, so that the cornstarch does not settle to the bottom.
COOKING TIP:
Cornstarch helps thicken the sauce of a stir-fry, which will then coat each piece of veggie and protein. For the cornstarch to dissolve properly, it must be mixed with lukewarm or cold liquids.

Stir-Fry

Now you're ready to make your stir-fry!

Cook your proteins and vegetables separately, since they have different cooking times. Start off with your wok on medium-high heat and cook your protein until golden. It doesn't have to be cooked all the way, since you'll be adding it back into the wok in the end for a final toss. Remove from the wok.
If you plan on using aromatics, add them next until fragrant. Then add your veggies until tender but still crunchy.

Once your veggies are near done, add the protein back in, toss together, and then make a donut by pushing all the ingredients to the sides of the wok, leaving an empty hole in the middle.

Give your stir-fry sauce a stir or a shake and then pour the sauce into the hole. The heat will activate the cornstarch, which acts as a thickener, and the sauce will start to darken
and bubble. That's when you know your stir-fry is about done. Toss everything together until every piece is coated with the now-thick sauce, and you've got your stir-fry!

COOKING TIP:
Take your wok off the heat before the veggies are fully done cooking. They'll continue to cook in the wok as you finish the dish.

Stir-Fry Guide

Finish the Dish

This step might seem unnecessary, but it makes a huge difference. We like to finish a dish with a squeeze of lemon or lime juice to really bring out all the flavors.
Taste your food to see if it needs more lemon or lime juice, or even just a bit of salt.

Garnish Your Stir-Fry

Garnishes can add a new flavor component to a dish, so don't write them off as just something to make the dish look pretty! Add a bit of sharpness with freshly chopped green onions, some freshness with minced cilantro, or some crunch with toasted peanuts or cashews. If you like a little kick, top with your favorite hot sauce.



How to Make Vegetable Broth from Kitchen Scraps

INGREDIENTS

- Approximately 4 cups of vegetable scraps
- 1 carrot, roughly chopped
- 1 rib of celery, roughly chopped
- ½ onion (including skin) roughly chopped
- 3 cloves of garlic, peeled
- 2 bay leaves
- A few sprigs of any fresh herbs you have on hand (rosemary, thyme, parsley, cilantro, etc.)
- Salt to taste
- 12-14 cups of clean water

Veggie Broth

Step One

Place everything in a large stock pot. Add water and bring to a boil. Reduce heat and simmer (covered) for 1 hour.

Step Two

Turn off heat, let cool, then strain off all solids.

Step Three

Store in an airtight jar in the fridge for up to 1 week. Alternatively, freeze in small portions for later use.

Egg Bake Guide

Choose Veggies

Choose your favorite veggies, you can't go wrong!

- Mushrooms
- Greens (kale, spinach)
- Zucchini
- Squash
- Peppers
- Tomatoes
- Onions
- Garlic Scapes

Choose a Protein

Protein is a great way to add more flavor till your meal.

- Sausage
- Turkey
- Ham
- Veggies "sausage" crumbles

Prep Your Ingredients

- Sauté vegetables like onions and peppers beforehand
- 8 eggs will usually work well for a 9x13 pan.
- Whisk eggs with a 1/2 cup of milk, 1 cup of shredded cheese, and salt and pepper
- All measurements are suggestions

Assemble and Bake

- Preheat to 375 degrees
- Grease your baking pan with oil or butter so nothing sticks
- Pour veggies in and pour egg mixture on top
- Sprinkle cheese over everything
- Bake for 50-55 minutes, until golden brown

Grill Like a Pro

Make sure that you clean your grill (especially the rack) well before cooking.

Oil the rack before heating to prevent food from sticking. Make sure not to overdo it on the oil to prevent flare-ups!

The area of fire has to be wider than the size of the food you're grilling.

Preheat charcoal grill for at least 30 minutes before cooking. Wait until fire dies down to glowing coals to put food on.

Preheat gas grills for at least 15 minutes before cooking.

Consider investing in a vegetable grilling pan to place on the grill for easy delicious veggies!

There are two major ways to grill: using direct or indirect heat. Check out the chart below to get a better idea of how you should be cooking on the grill.

	Direct Heat	Indirect Heat
Food Placement	Above flames and coals	Adjacent to flames or coals
Cooking times	25 minutes or less	More than 25 minutes
What to grill?	kabobs, tofu, veggies, sausages, steaks, burgers, most seafood	Whole chicken or turkey, ribs, roasts, or leg of lamb
Bonus!	Quick and easy	Wood chips can be added to a charcoal grill for extra smoky flavor

Roasting Vegetables

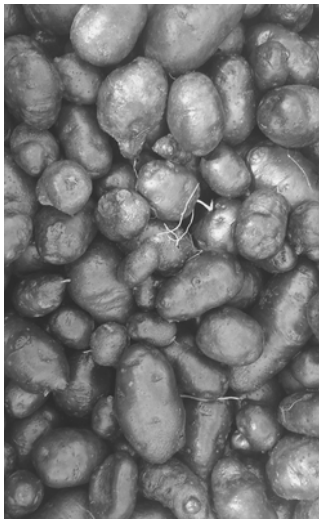
1. Heat the oven to 425°F with a rack in the middle position.
2. Chop up the vegetables: Cut the vegetables into uniform pieces so they cook evenly. Smaller pieces will cook more quickly; larger pieces will take a bit longer to cook. If your vegetables still have some moisture after washing, be sure to pat them as dry as possible; the drier the vegetable, the better it will roast.
3. Toss the vegetables with olive oil and salt: Transfer the vegetables to a mixing bowl. Toss with olive oil, salt, and pepper. Add more olive oil if the vegetables still look dry or don't seem evenly coated.
4. Spread onto a baking sheet: Spread the vegetables out onto a baking sheet, into an oven-proof skillet, or into a baking dish. Make sure they are in a single layer with a little space in between; if they are too crowded, your vegetables will steam instead of roast.
5. Estimate your cooking time: In general, softer vegetables, like green beans and cauliflower, will cook in 10 to 20 minutes, and tough, hard vegetables, like squash and potatoes, will take 30 minutes or longer. Large pieces will also take longer to cook than smaller pieces.
6. Roast the vegetables until tender: Place the vegetables in the oven and begin roasting. Check and stir the vegetables every 10 to 15 minutes. Continue roasting until the vegetables are easily pierced with a fork or knife and they are showing crispy, charred bits at the tips and edges.
7. Serve: Transfer the vegetables to a serving dish and taste; sprinkle with additional salt or pepper if needed. Serve while still hot.











GENERAL ROASTING TIMES FOR VEGETABLES

- Root vegetables (beets, potatoes, carrots): 30 to 45 minutes, depending on the size you cut
- Winter squash (butternut squash, acorn squash): 20 to 60 minutes, depending on the size
- Crucifers (broccoli, cauliflower, Brussels sprouts): 15 to 25 minutes
- Soft vegetables (zucchini, summer squash, bell peppers): 10 to 20 minutes
- Thin vegetables (asparagus, green beans): 10 to 20 minutes
- Onions: 30 to 45 minutes, depending on how crispy you like them
- Tomatoes: 15 to 20 minutes

Notes:

Although best served immediately, you can refrigerate and use later in the week.

Try tossing with balsamic or red wine vinegar for a variation. Makes a nice meal if tossed with pasta or put on some hearty bread for a sandwich.

You can also roast pairing "vegetable friends": ones that roast at roughly the same rate. For instance, you could roast cauliflower and broccoli together, or butternut squash with potatoes.