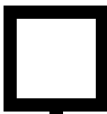


# Recipes:



# Broccoli

## Storage

Mist/dampen the unwashed heads and wrap loosely in damp paper towels, then refrigerate for up to 5 days.



## Preparation

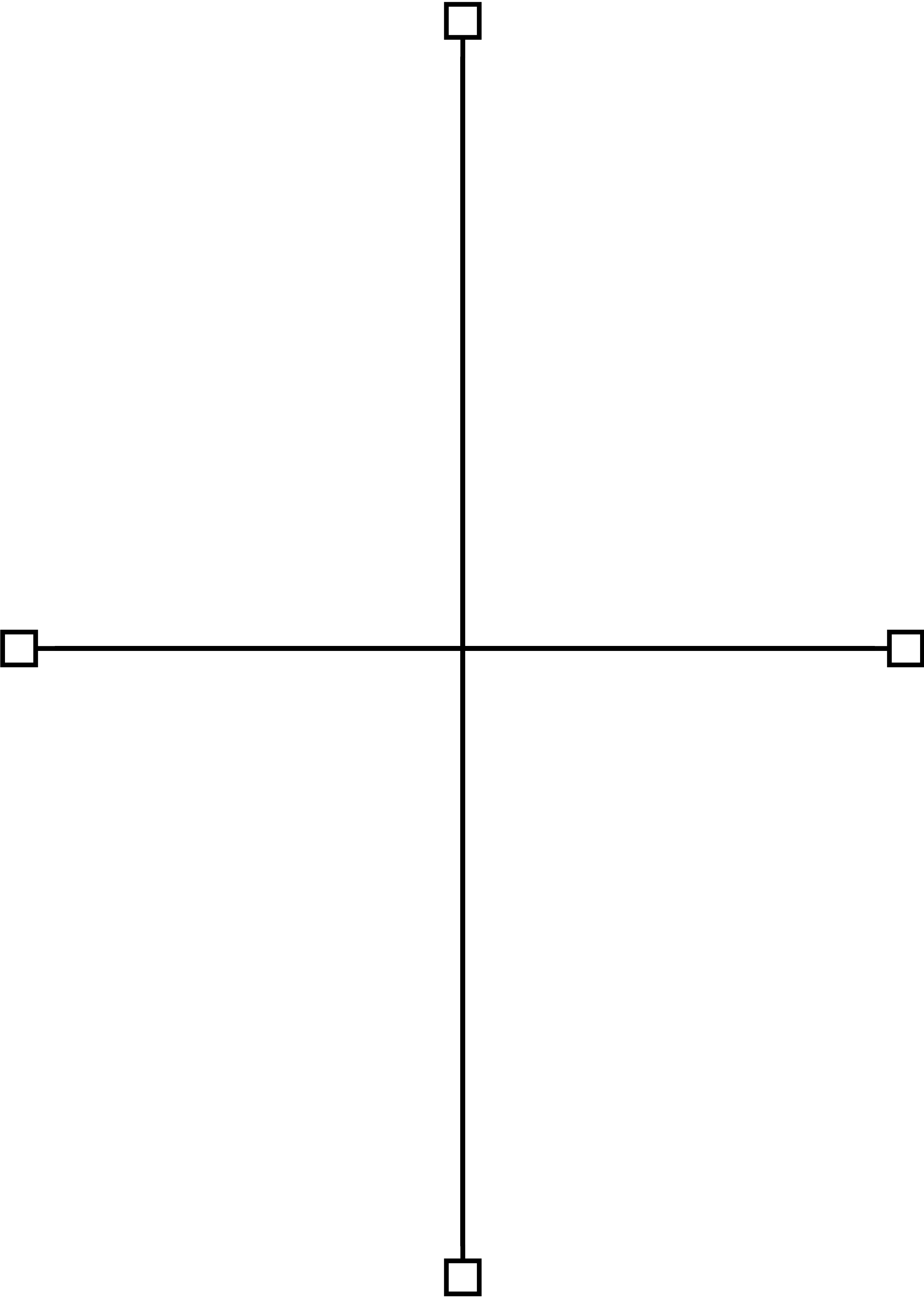
All parts of the broccoli can be eaten, wash in cold water, chop, then prepare as you would like. Broccoli is best steamed or blanched, as overcooking leads to a loss of flavor and nutrition.



## Nutrition

Broccoli has an incredible amount of compounds that help prevent cancer and many studies demonstrate its anti-inflammatory, detoxification, and antioxidant benefits. Broccoli is also beneficial for cardiovascular, digestive, eye, and skin health. Cooked broccoli has more available nutrients than raw broccoli. Steaming it maximizes its nutritional benefits.

Recipes:





# Brussel Sprouts

## Storage

Store unwashed in refrigerator for up to three days, leave the individual buds on the stalk until ready to use.

## Preparation

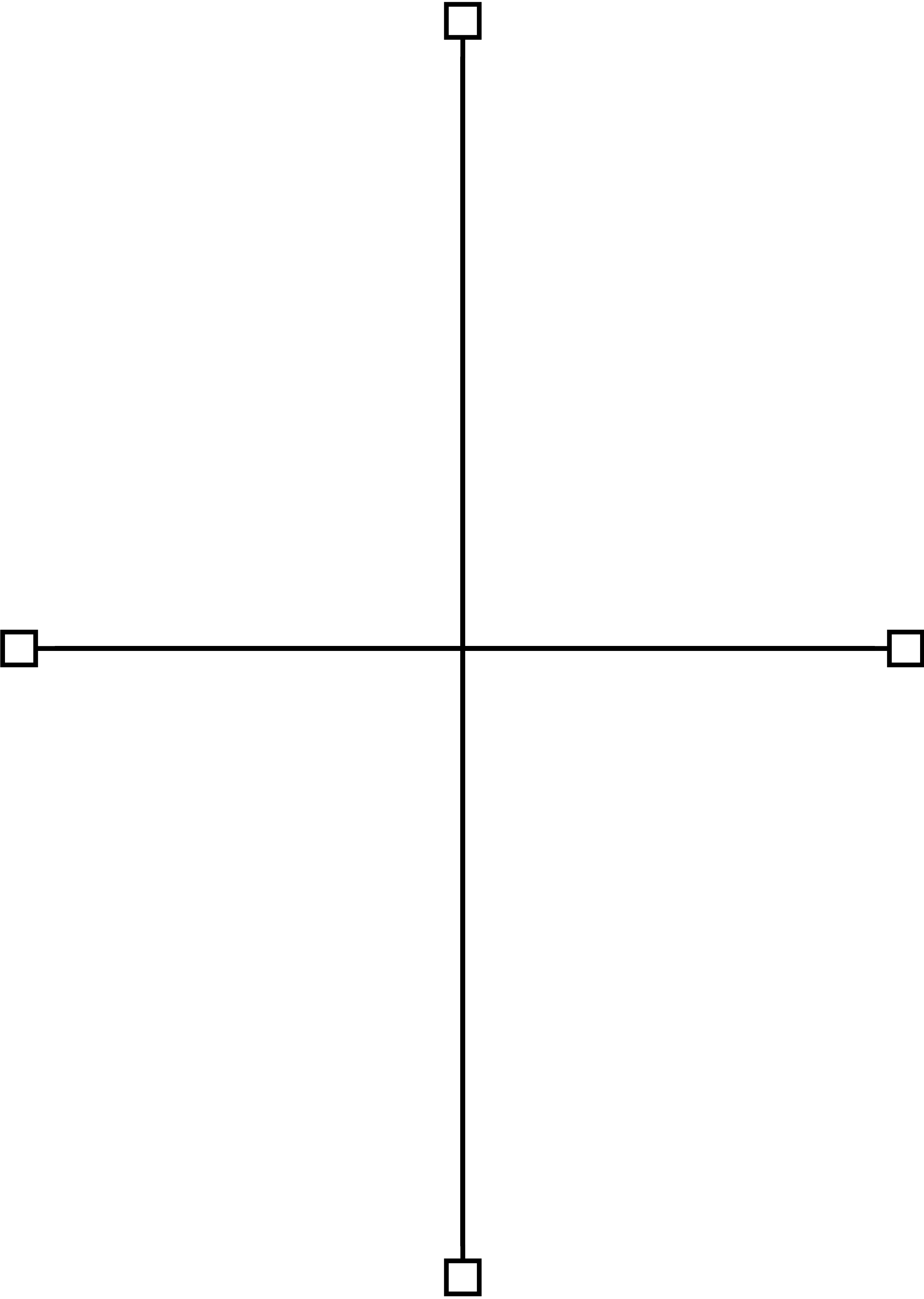
Cut the sprouts from the stalks, cut larger sprouts in half, then remove any discolored or wilted leaves. Brussels sprouts can be steamed, boiled, or roasted. Be careful not to overcook.

## Nutrition

Brussel sprouts have anti-inflammatory, antioxidant, and anticancer benefits and are particularly useful for detoxing the body of harmful substances. They also support cardiovascular and digestive health.



Recipes:





# Kale

## Storage

Wrap loosely in paper towels and store in crisper drawer for up to three days.



## Nutrition

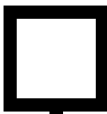
Kale is an extremely nutrient rich leafy green. It has anti-oxidant, anti-inflammatory, and cancer preventative benefits and also improves heart health by reducing cholesterol.

## Preparation

Wash well in cold water then trim the stalks and central veins. Kale can be boiled, steamed, sauteed or roasted. It is a tougher green and may take up to 20 minutes to cook down.



# Recipes:





# Kohlrabi

## Preparation

Wash well in cold water, then peel the skin from the bulb. Kohlrabi can be eaten raw in a salad or as a relish. Chop, slice, or grate to desired size. To boil or steam, leave in the skin and cook until tender. Let cool a bit then peel the skin and season to taste.

## Storage

Trim the green leaves and minor stems. The greens can be kept wrapped in a paper towel in the refrigerator for 2-3 days. The bulbs can be kept stored and unwrapped in the refrigerator for up to two weeks.

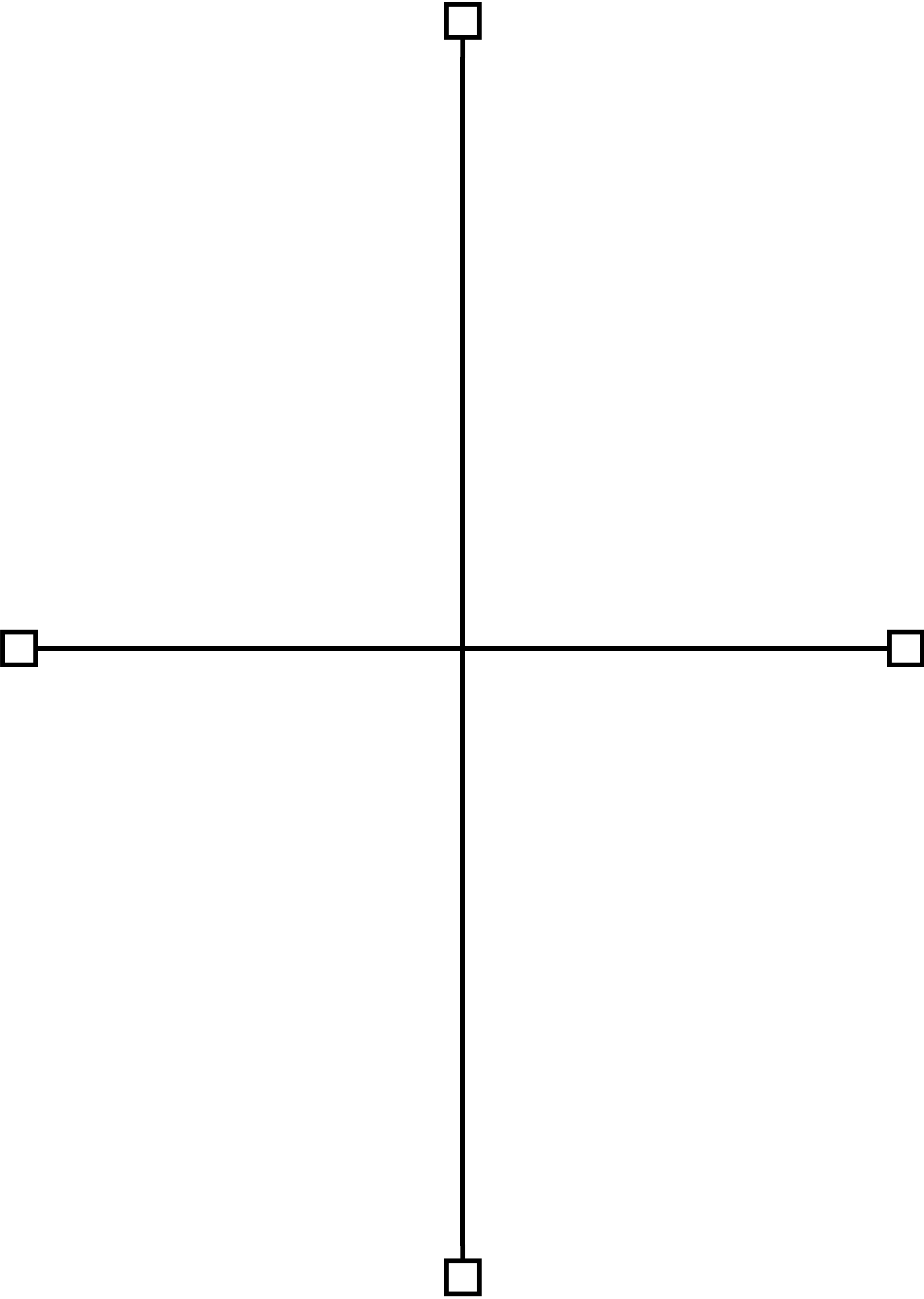


## Nutrition

Wash well in cold water, then peel the skin from the bulb. Kohlrabi can be eaten raw in a salad or as a relish. Chop, slice, or grate to desired size. To boil or steam, leave in the skin and cook until tender. Let cool a bit then peel the skin and season to taste.



# Recipes:



# Mustard Greens

## Storage

Wrap loosely in paper towels and refrigerate for up to four days.



## Preparation

Wash well in cold water, trim the stalks and central veins, then chop to desired size. Young mustard greens can be eaten raw in salad, and you can cook them by boiling, steaming, sauteing, or stir-frying. They can also be added to soups and stews.

## Nutrition

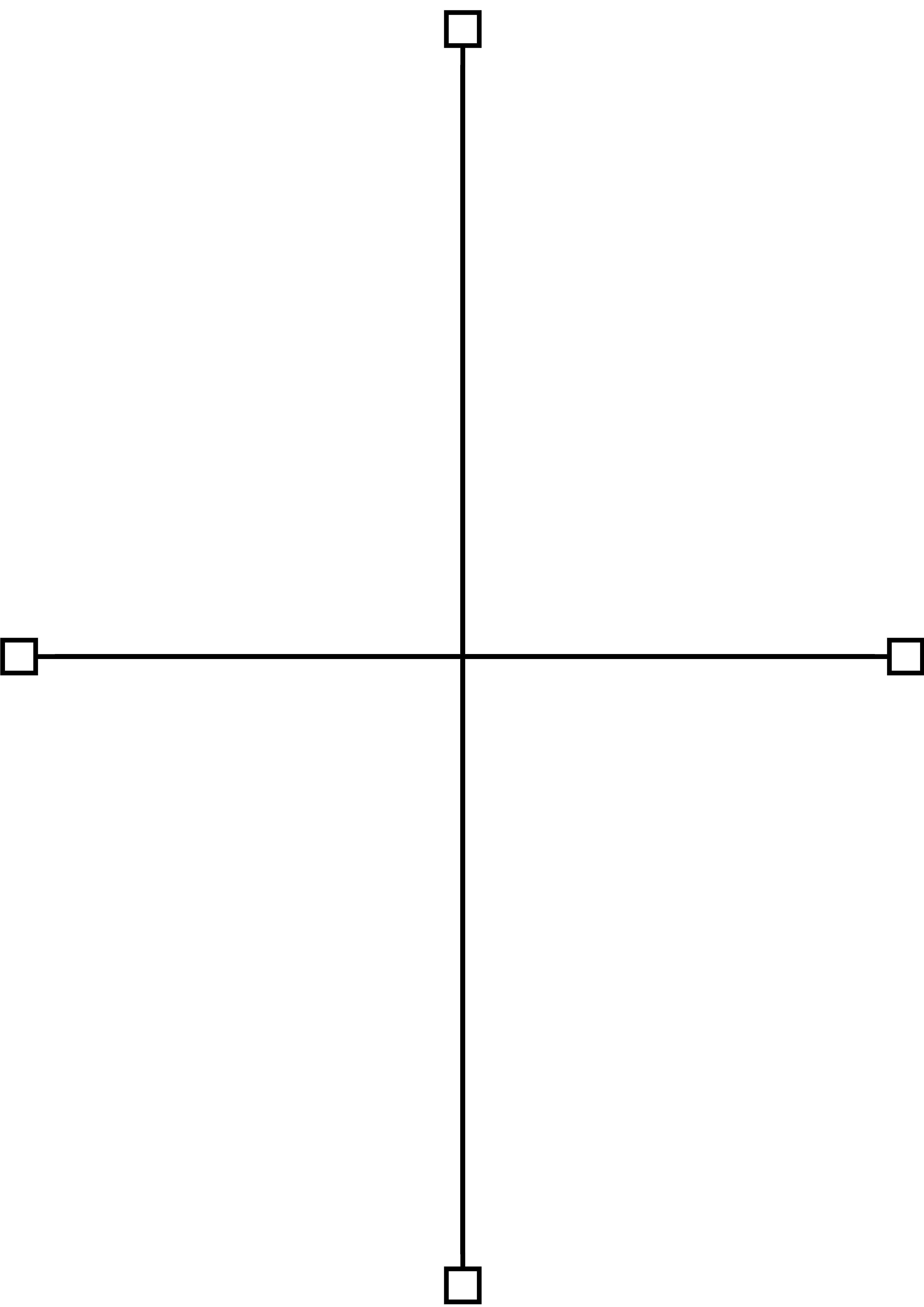
Mustard greens are nutrient rich and are great sources for Vitamin K, E, C, and A. They can help lower cholesterol and boost overall cardiovascular health.

They also have anti-inflammatory, antioxidant, and anticarcinogen benefits that can improve the immune system and overall health.





Recipes:





# Radish

## Storage

Separate the greens from the root. Store the roots in the crisper drawer where they will keep for up to a week. Wrap the unwashed greens loosely in a paper towel and refrigerate, where they will keep for 2-3 days.

## Preparation

Trim the roots and greens. The greens are edible and can be eaten as any other green - on a salad or sandwich, or sauteed, steamed, or boiled. The radishes can be eaten raw, sliced thinly in salad, but you can also boil, steam or roast them.

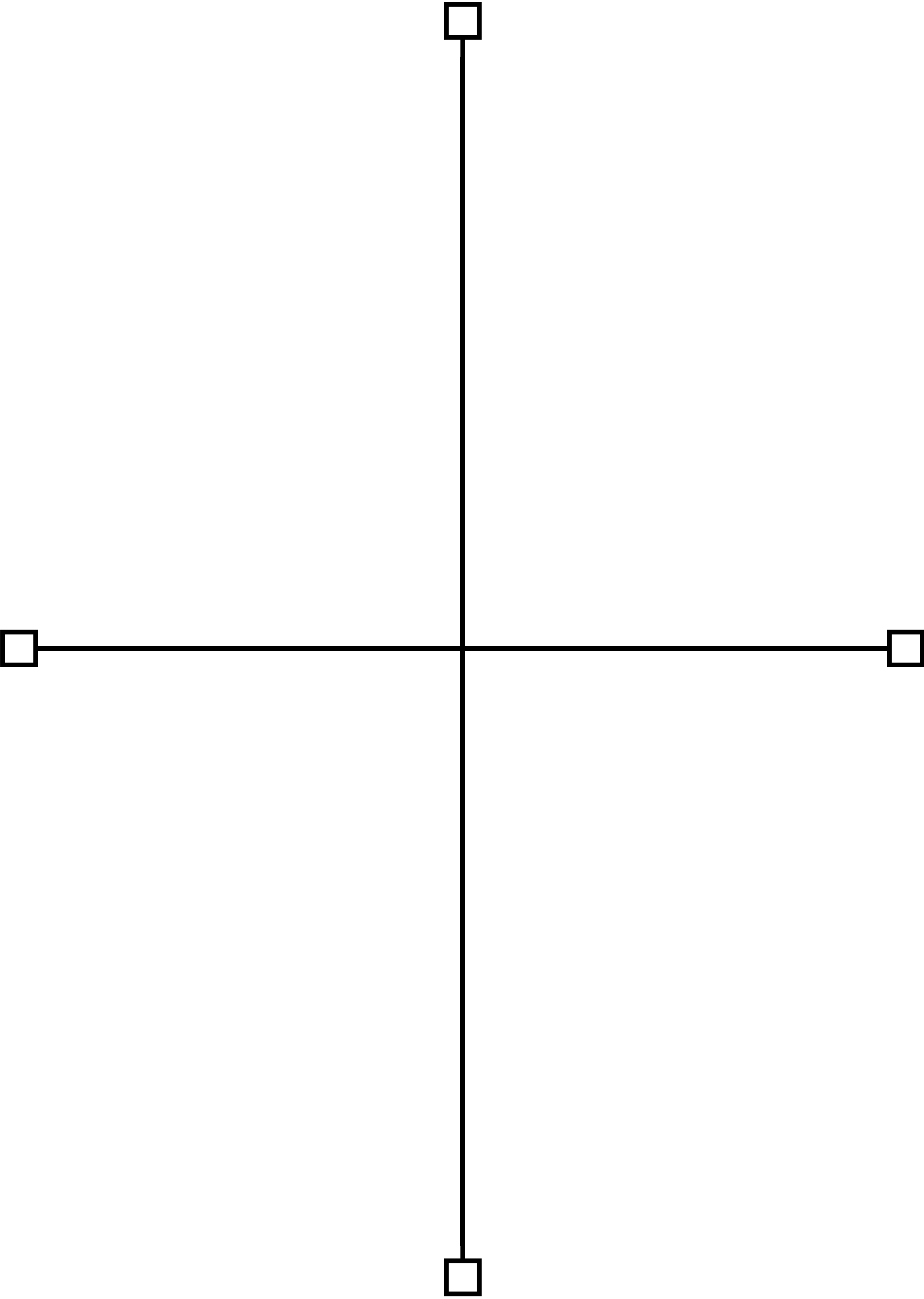
## Nutrition

Radishes are rich in Vitamin A and B-6 and are a good source of antioxidants, electrolytes, fiber, and minerals like iron, magnesium, copper, and calcium. They contain anti-inflammatory benefits and a cancer preventative antioxidant compound.





Recipes:



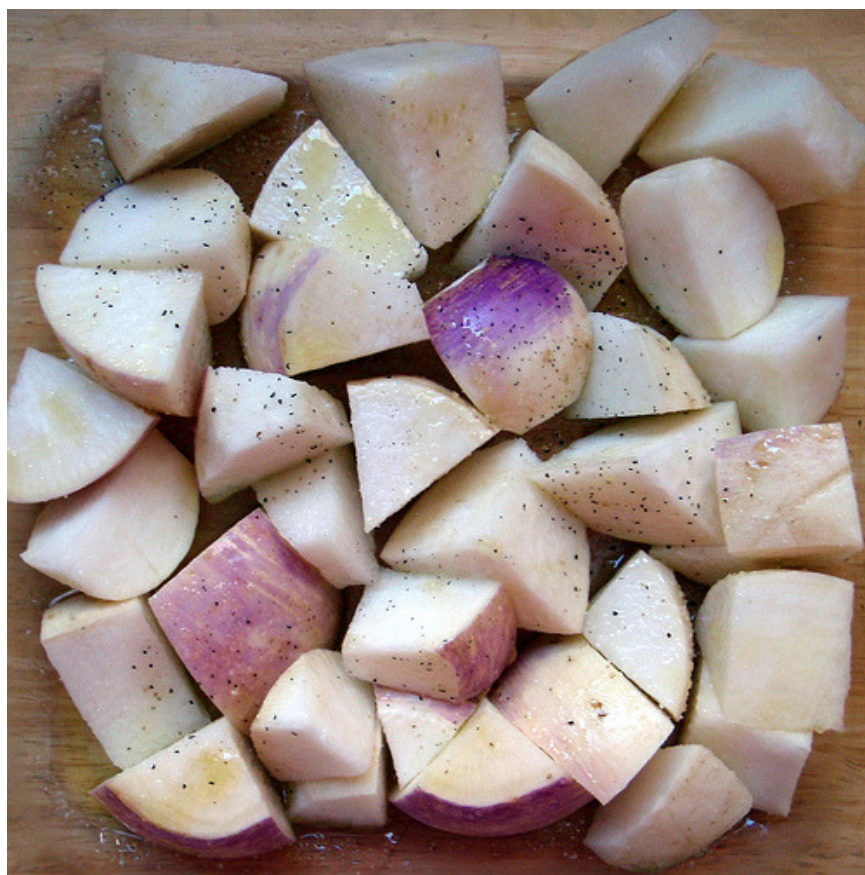
# Turnips

## Storage

Trim greens and store separately, wrapped in loose paper towels, in the refrigerator for up to three days. Store the uncut root for up to one month in the crisper drawer of your refrigerator.

## Preparation

Wash well under colder cold water, trim any leaves or stem, and chop to desired size. You can eat raw in salads, on sandwiches, or as a snack. You can also boil, grill, steam, saute, stir-fry, bake or roast turnips. Furthermore, they can be used in soups, chilis, stews, and pureed to make sauces and dressings.

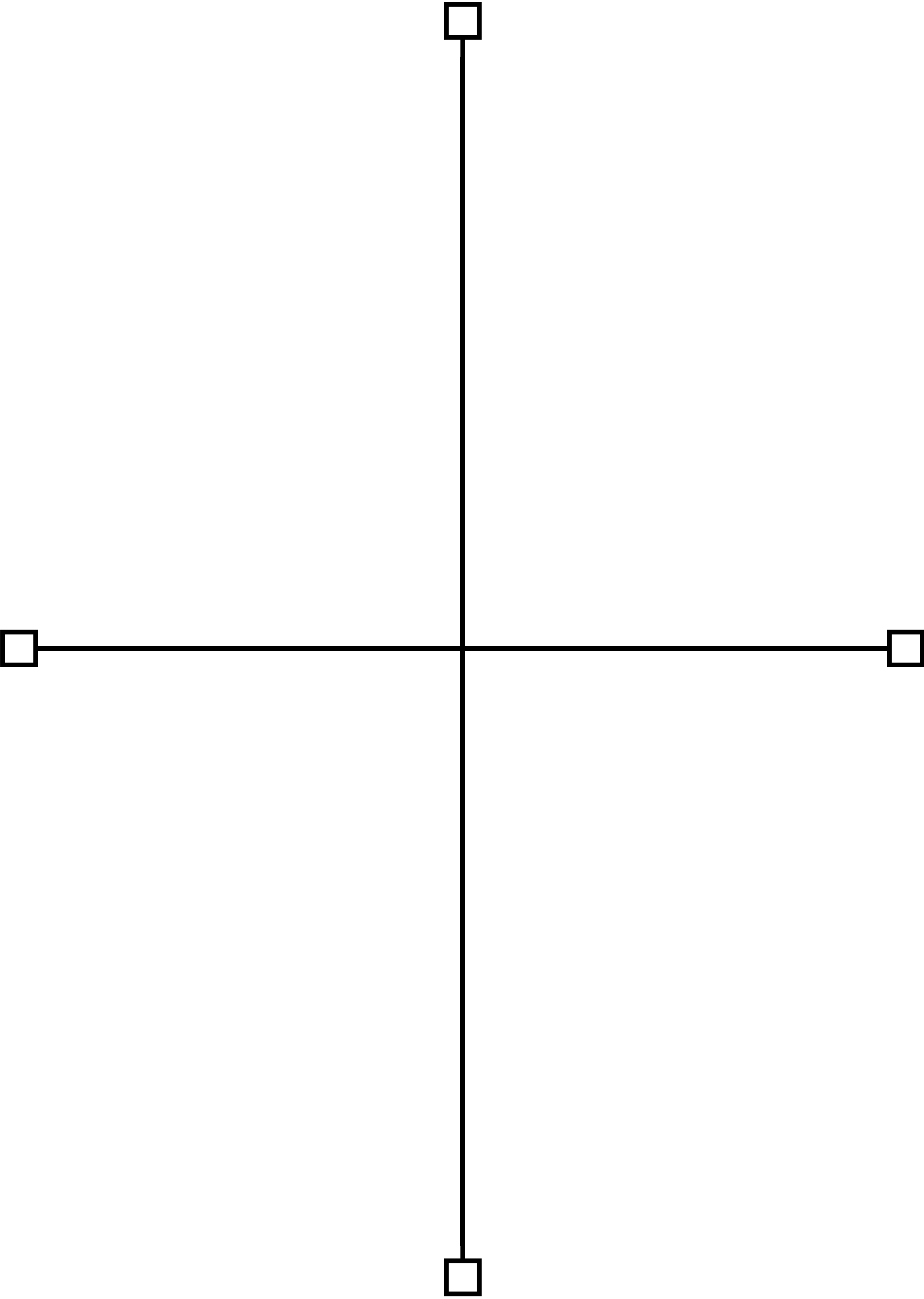


## Nutrition

Turnips are a good source of fiber and boosts digestive help, lowers blood pressure, reduces the risk of cancer, and can help with weight loss. Turnip greens are also an excellent source of vitamins and nutrients and can be prepared by sauteing them separately.



Recipes:



# Acorn Squash



## Storage

Store uncut and unwashed in a dark, well-ventilated, cool place. Will keep for several weeks.

## Preparation

Cut in half and remove stem, then remove seeds, pulp, and stringy portion. Cut into small pieces and peel. You can steam, boil, or roast acorn squash. It also makes a good addition to many soups and stews.

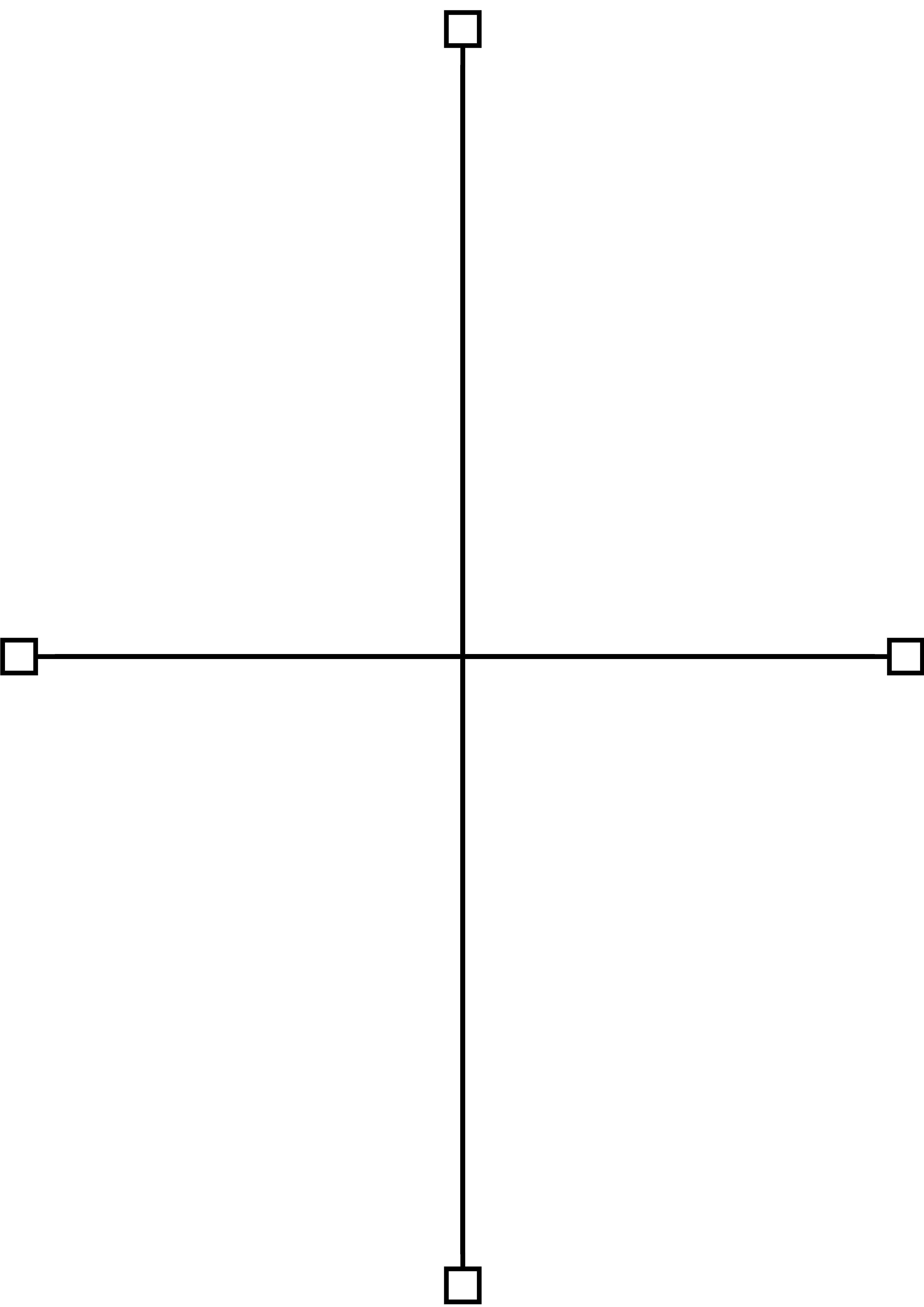
## Nutrition

Acorn squash is nutrient dense and improves the immune system, bone strength vision and skin health, blood pressure, and helps with digestion and diabetes. Because of its high levels of antioxidants, acorn squash also reduces the risk of cancer.

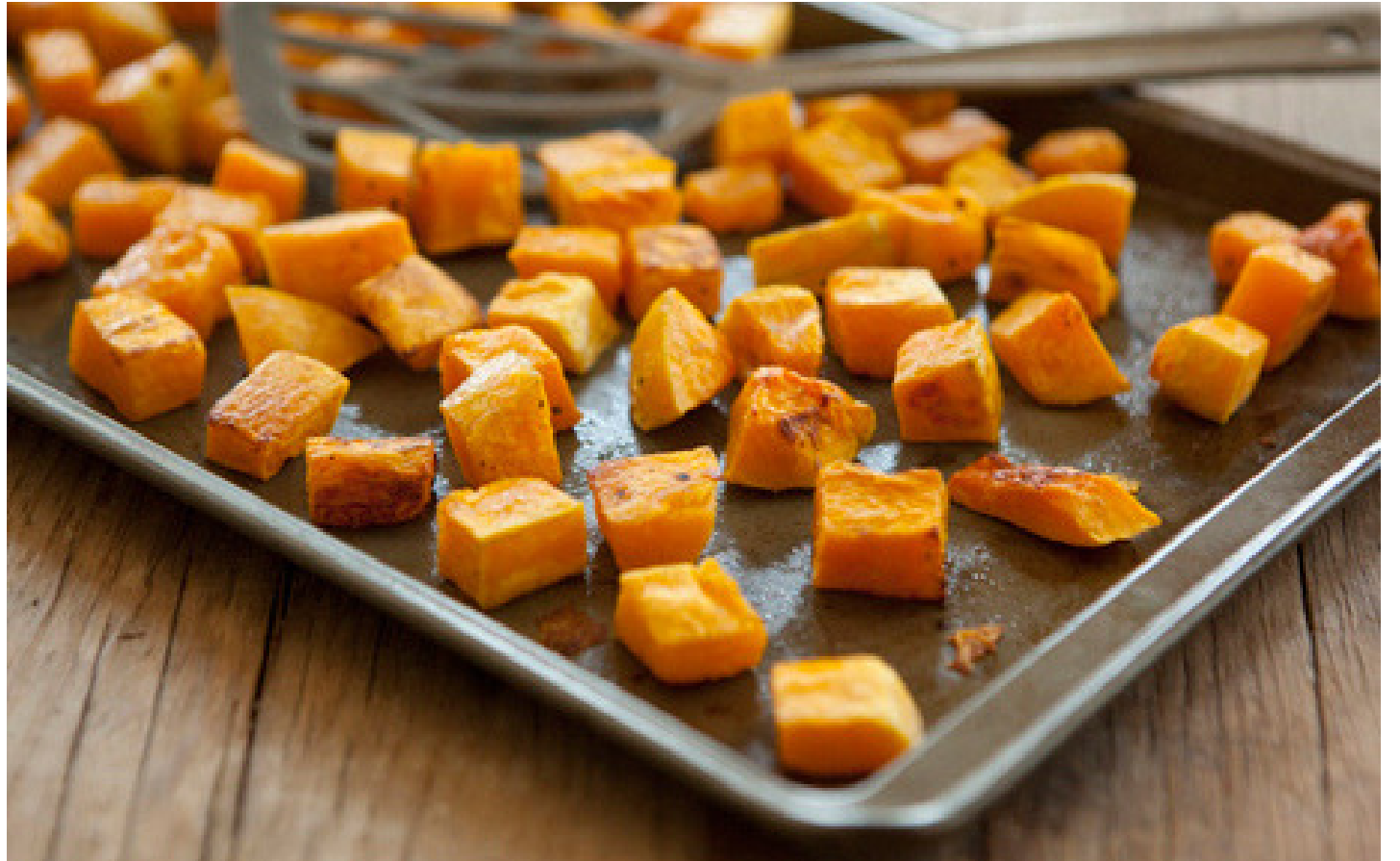




# Recipes:



# Butternut Squash



## Storage

Store uncut and unwashed in a dark, well-ventilated, cool place. Will keep for several weeks.

## Preparation

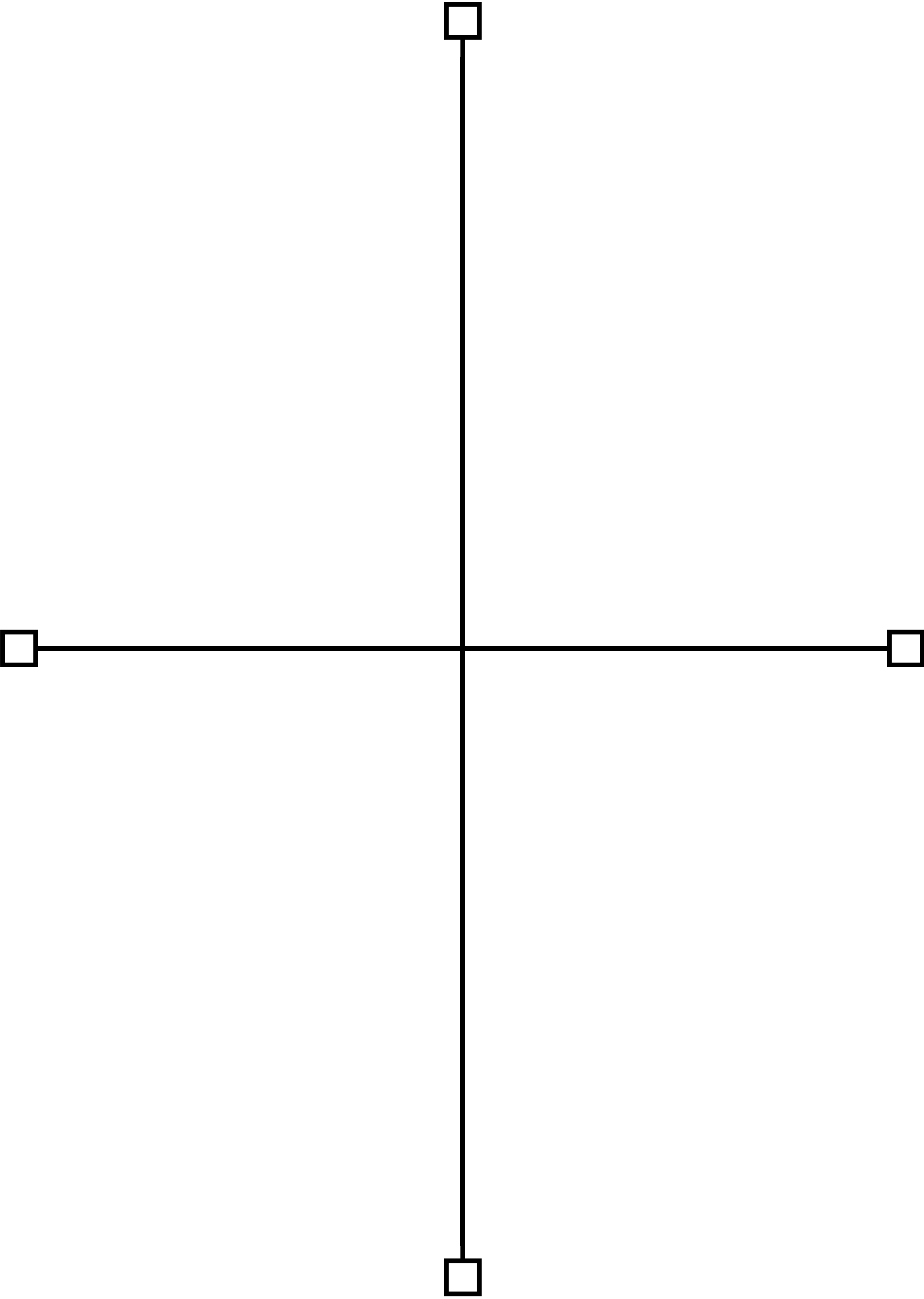
Cut in half and remove stem, then remove seeds, pulp, and stringy portion. Cut into small pieces and peel. You can steam, boil, or roast butternut squash. It also makes a good addition to many soups and stews.

## Nutrition

Butternut squash nutrient rich and improves skin and hair health, boost the immune system, lowers blood pressure, and reduces the risk of cancer. It can also help prevent asthma attacks and help manage diabetes.



Recipes:



# Cantalope

## Storage

Store uncut in a cool place for up to a week. If cut, wrap in plastic and refrigerate for up to three days.



## Preparation

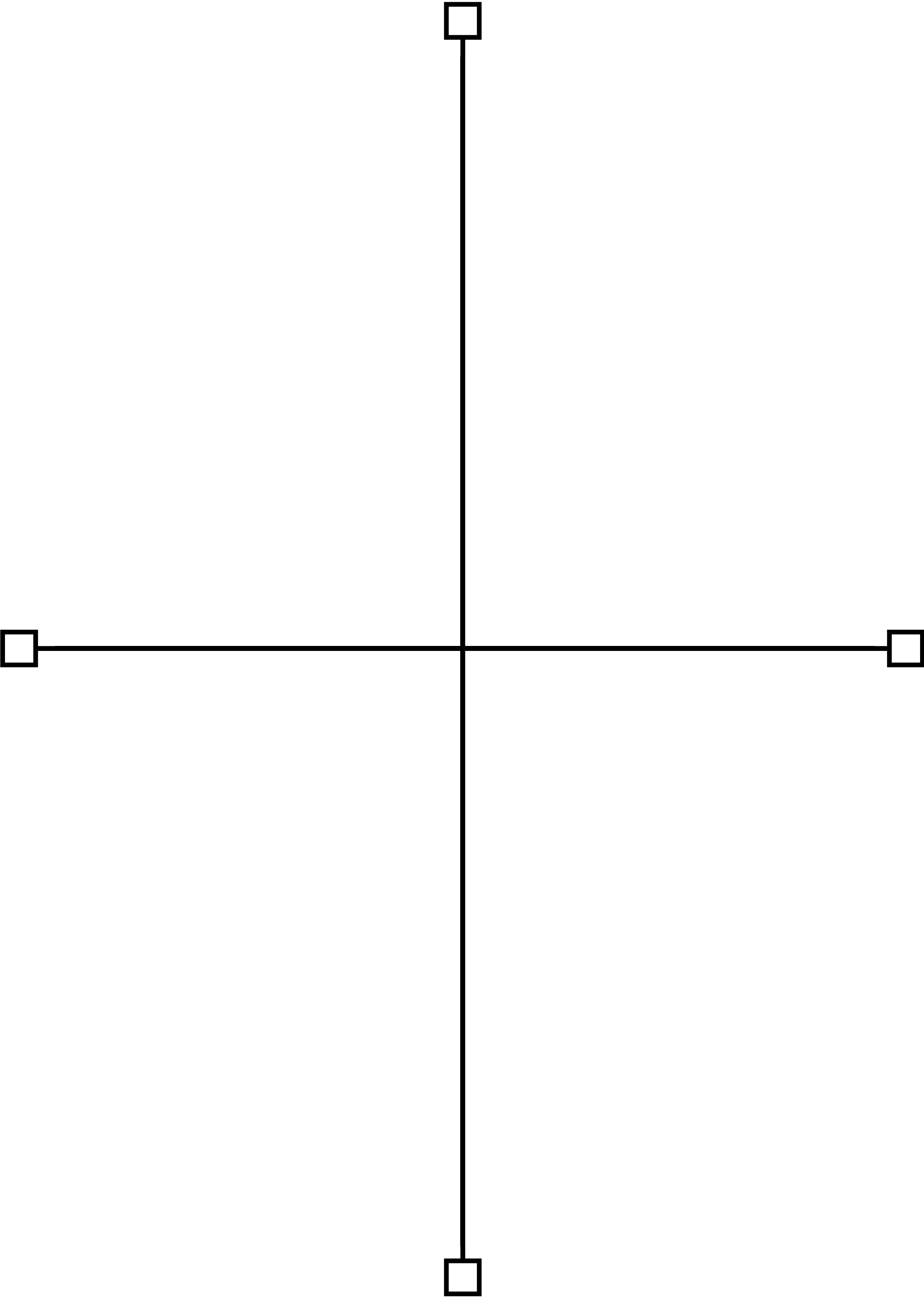
Wash the melons before using, then cut lengthwise and remove the pulp and seeds. Chop to desired size and eat, best flavor will be at room temperature.

## Nutrition

Cantaloupe is incredibly rich in many different nutrients and has antioxidant and anti-inflammatory benefits. It is an excellent source of vitamin A, B, C, K, and good source of fiber and magnesium.



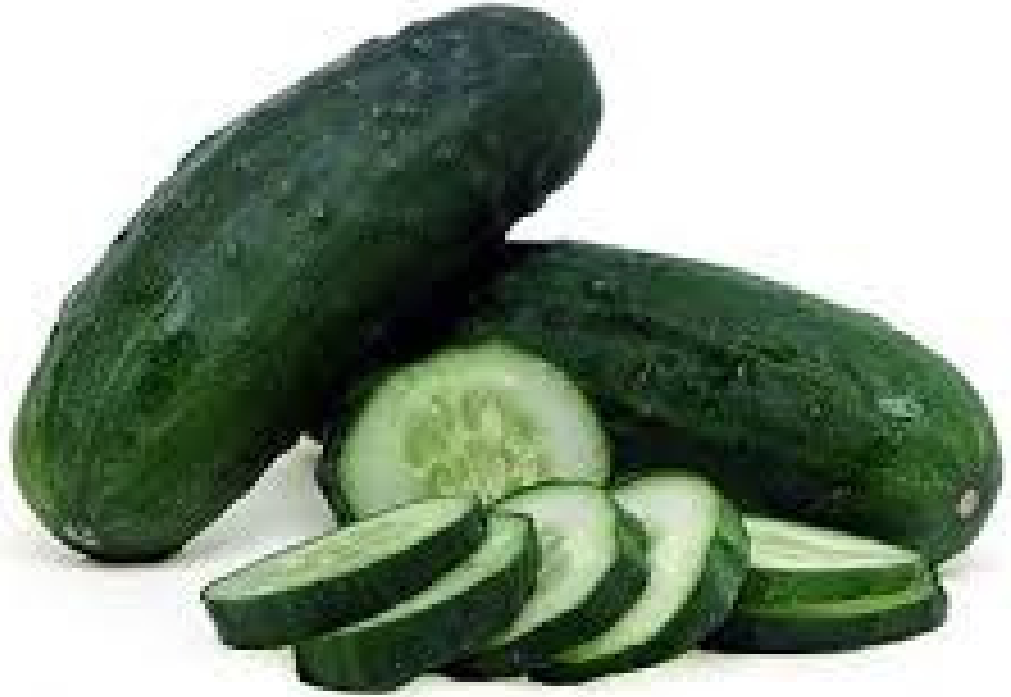
Recipes:



# Cucumber

## Storage

Refrigerate uncut in a crisper drawer for up to one week.



## Nutrition

Cucumbers are nutrient rich and have both antioxidant and anti inflammatory benefits. Because of these benefits they can be helpful in reducing the risk of cancer. Pickling cucumbers can improve digestive health by bringing more probiotics into the body.

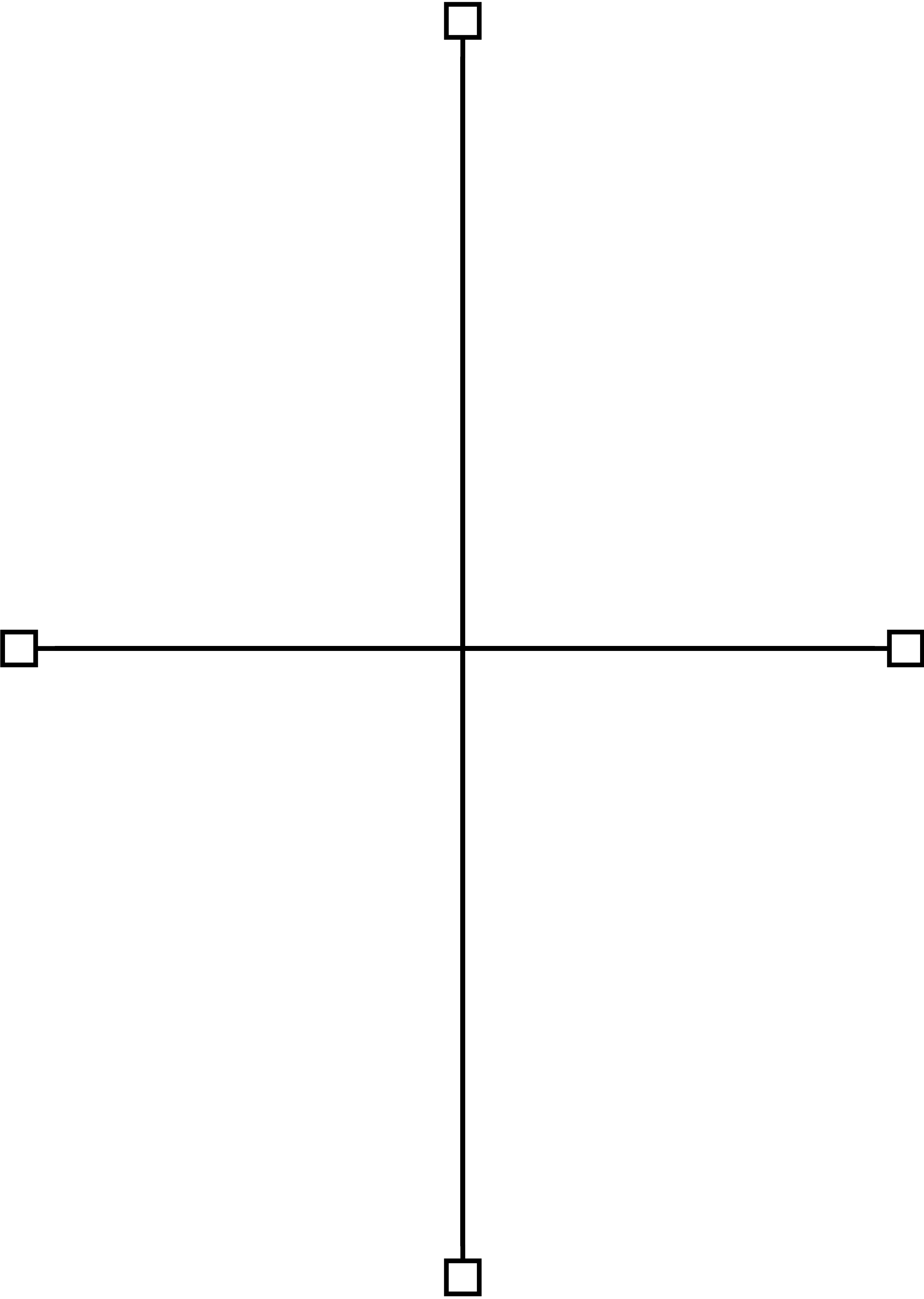
## Preparation

Wash well in cold water and peel skin if desired. Cucumbers are best eaten raw in salads, on sandwiches, or as a snack.





Recipes:



# Summer Squash

## Storage

Store unwashed and uncut in refrigerator crisper drawer for up to 4 days.



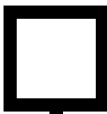
## Nutrition

Summer squash is a good source of vitamin C and manganese which helps protect eyes against cataracts. The nutrients in summer squash also help with blood sugar and reduce the risk of type 2 diabetes. Summer squash also has antioxidant benefits that help reduce the risk of cancer and support a healthy prostate.

## Preparation

Wash well in cold water then cut off both ends and cut to desired size. You can boil, roast, steam, grill, saute, and stir-fry summer squash. Slice it thin or grate it and eat it raw on salads and sandwiches, or cut into sticks and eat with dip for a snack.

# Recipes:





# Watermelon

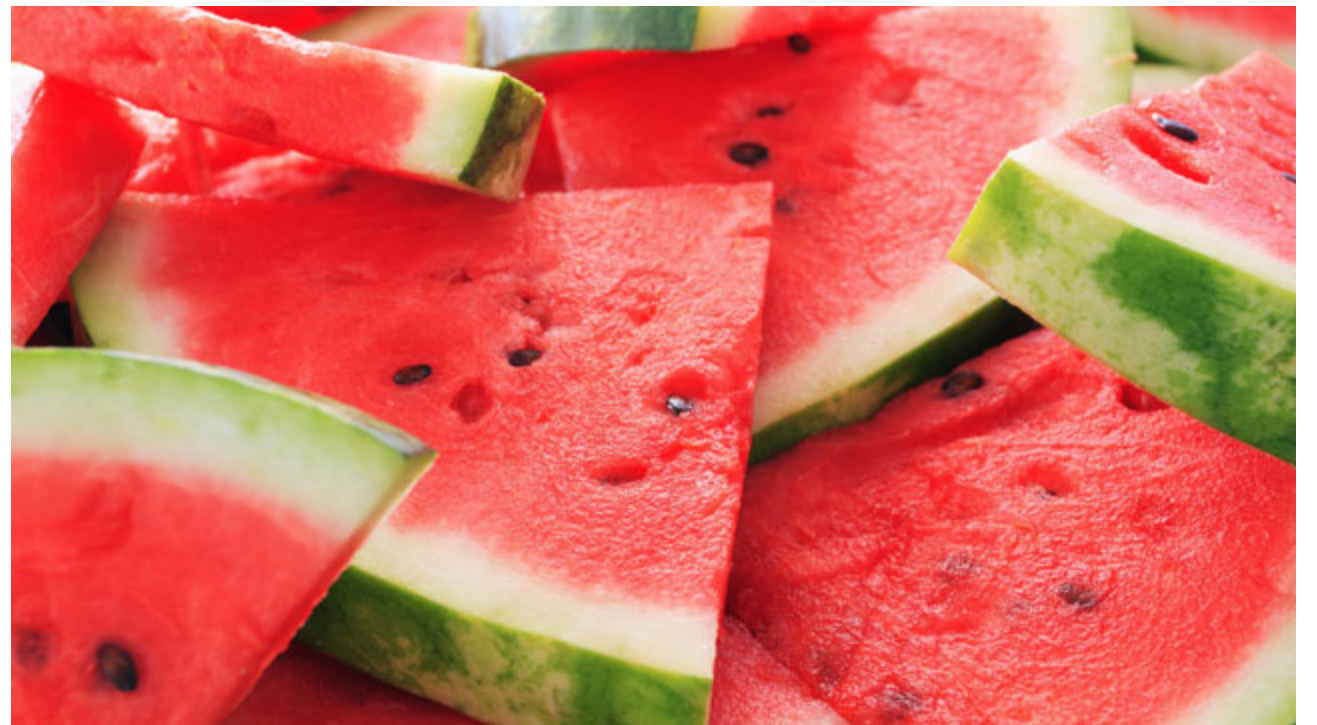
## Storage

Store uncut in a cool, dark, well-ventilated place for up to two weeks. If cut, store in covered container and refrigerate for up to three days.



## Preparation

Wash in cold water then cut, slice or cube to the size you want.



## Nutrition

Watermelon is rich in nutrients and antioxidants.

It can help with blood pressure and is a good source of fiber when consumed in large amounts. To get the most nutrients it is best to eat watermelon when it is ripe. To check ripeness tap the outside and if it makes a hollow sound it is ripe.

