

Use the WHOLE FOOD

Broccoli



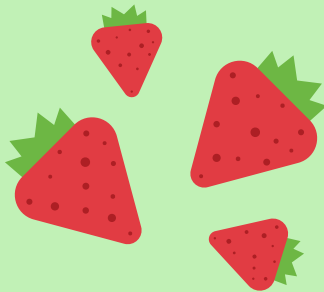
When cutting broccoli don't just toss the stem! Broccoli stems are edible and taste just like the florets. Cook them up just as you would the florets or slice them into "chips" to snack on or dip in hummus!

Herbs



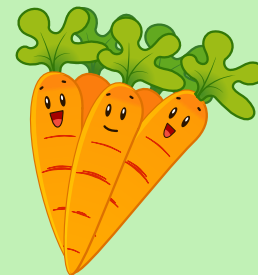
Use the whole herb, leaves and stem, when cooking! The stems of many herbs (cilantro, parsley, basil, dill, etc) taste just like the fragrant leaves and can be used in any dish that calls for the herb!

Strawberries



Did you know that the green leaves on top of strawberries are completely edible? You can use the whole strawberry when making salads, smoothies, or topping desserts!

Carrots



Don't throw away your carrot tops or skins! You can use the green tops in pesto or cook them with other greens. If you chose to peel your carrots save the skins as they can be chopped up and added to salads or stir fry, or boiled with other veggie scraps to make broth!

