

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: For raw beets, take the skin off with a wide vegetable peeler. For cooked beets, leave the skin on and wash.

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.



Find local and organic foods at www.oak-ky.org/find-a-farm-directory.



ROASTING VEGETABLES

Roasting is a great way to use up extra vegetables in the fridge. Set oven to 400 - 425 degrees. Cube vegetables and toss in a high-heat oil (i.e., olive, sunflower or grapeseed oil) with seasoning of choice. Spread vegetables 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 some balsamic, tahini, or other dressing. Add roasted vegetables 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

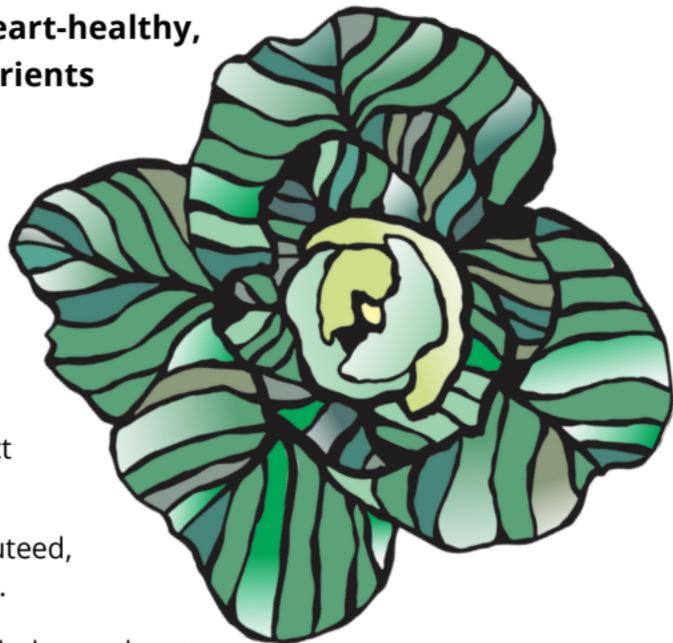
This cruciferous vegetable is gut-friendly, heart-healthy, and packed with vitamin C, K, and phytonutrients that are rich in antioxidants.

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 SLAW

A satisfying slaw calls for good texture and flavor. Maximize the crunch by adding 1 tbsp. of salt to a shredded head of cabbage and let it stand for 5 -15 minutes. Rinse the salted cabbage and dry it in a salad spinner or towel. This step will remove extra moisture and keep it from being too salty. Try different dressings, both creamy and vinegar-based. Include fresh herbs for more flavor. Use slaw for a side dish, tacos, or as a garnish for a sandwich.

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.

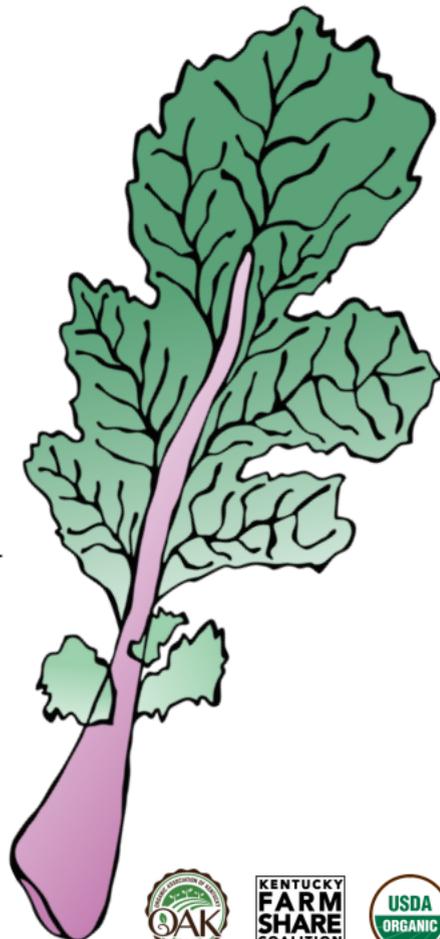
Store it: Place kale in a breathable container in the crisper drawer of the fridge. If leaves go limp, trim the ends and place in a pitcher of water in the fridge.

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. Take a few handfuls and add extra virgin olive oil, toasted nuts, garlic, and cheese. It can be made with a blender, a food processor, or using a sharp knife and a cutting board. Once it's prepared, store it in the fridge with a thin layer of olive oil on top or put it in an ice cube tray in the freezer without cheese to use later. 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 the 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.

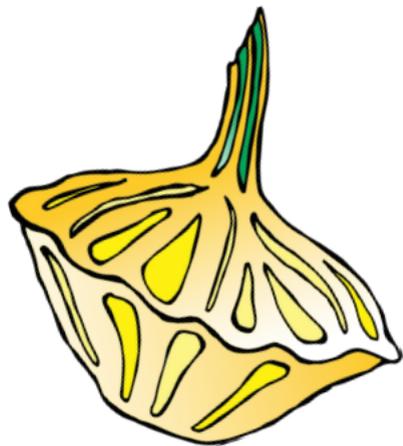
Store it: Place summer squash unwashed in an aerated bag in the crisper drawer of the fridge. It should last up to 2 weeks or can be cubed and stored in the freezer for up to 6 months.

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

Keep the kitchen cool and opt for grilling vegetables! Start by chopping them into long slices, wedges, or adding them to skewers. Ensuring the shape can be easily flipped. Brush with oil and seasoning. Place on a medium-high heat grill. Cook each side for 3-5 minutes or until they have noticeable grill marks. Remove and use in pasta, salads, or for a pizza topping.

Squash Grain Salad

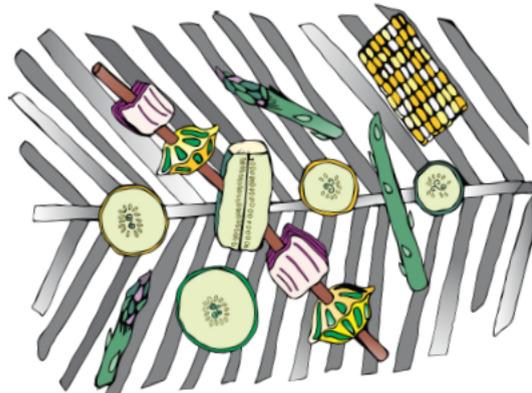
Ingredients:

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 to taste

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, grilled vegetables with quinoa and toss.
- Top with feta and more fresh herbs.

Infuse 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