












Vegetable	Photo	Recipes	Storage
Arugula		<p>Baby Arugula leaves are delicious, peppery greens that can be enjoyed in salads and on sandwiches and pizzas, or even made into pesto! If you haven't already, try arugula in a salad with pear, walnuts, Parmesan and a lemony vinaigrette.</p> <p>Here is an arugula pesto recipe to try: https://www.simplyrecipes.com/recipes/arugula_pesto/</p>	<p>Most greens will last 7-10 days if stored properly in the fridge in a sealed container. Some suggest putting a dry paper towel sheet in with the greens to absorb extra moisture. If you will eat your greens within the first few days, no need to do this.</p>
Basil		<p>A popular and very aromatic herb used in a wide range of dishes. Basil is very often used in pesto. I have often substituted pine nuts for sunflower seeds, almonds or event walnuts!</p> <p>Basil is also delicious on pizza: https://www.abeautifulplate.com/the-best-homemade-margherita-pizza/ and in salads.</p>	<p>Basil is a soft herb that keeps best with its stems in a jar of water and on your kitchen counter. The leaves will turn black/brown if kept in the fridge! Be sure to give it a rinse before you eat it. Basil can be frozen in olive oil, pesto or blanched and frozen. I've had great success freezing ice cube trays of pesto to use year-round.</p>

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<p>Beans</p>		<p>Long pods housing delicious, crunchy, fresh beans. Try roasting, pan frying or steaming them. They pair well with garlic, onions, shallots, tomatoes and many other vegetables! Beans can be added raw to salads (potato salad is common) or cooked as a side. Beans are often cooked with butter, olive oil, garlic, Parmesan or lemon flavours.</p> <p>Here is a very simple recipe I have made when the beans are in full swing: https://www.allrecipes.com/recipe/230103/buttery-garlic-green-beans/</p>	<p>Beans should store for a week if kept in a sealed container in the fridge. Wash the beans just before using.</p>
<p>Beets</p>	 	<p>At Simple Riches we are growing golden and purple beets. They both have a sweet, earthy flavour, with golden beets being slightly milder in earthiness. Beets are an excellent source of vitamin C, folate, potassium and fiber and can be prepared in so many different ways! Try pairing roasted beets with goat cheese, pumpkin seeds and balsamic vinaigrette. Purple beets are a classic pickling beet. Both types of beets are great raw and shredded into salads and noodle bowls.</p> <p>Here is a recipe for one of our all-time favourite rice bowls that uses raw beets: https://whitewatercooks.com/portfolio_page/glory-bowl/. The dressing is addictive! Beet greens can be used in salads or prepared as kale or chard would be!</p>	<p>Store beet greens separately in a sealed container in the fridge. Beet roots can be stored in a sealed container in the fridge or in a root cellar. Beets can also be frozen after being cooked.</p>

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<p>Bok Choi</p>		<p>An Asian Green also called Bok Choi, has light green stems leading to darker oval-shaped leaves. Bok Choi is high in nutrients and eaten raw or cooked. Slightly sweet, with a very mild, mustardy flavour, Bok Choi is a crisp addition to stir fries and noodle bowls. Or, try pan-frying on it's own as a nutritious side. Some like to eat baby Bok Choi raw in salads!</p>	<p>Store Bok Choi in a sealed container in the crisper of your fridge. It is best to use the Bok Choi within a few days.</p>
<p>Broccoli Sprouting</p>		<p>Sprouting broccoli I is a leafy-green vegetable with thick stalks and a similar taste to broccoli. The bud, leaves and stems are all edible. Often paired with garlic, ginger or red meats.</p>	<p>Keep sprouting broccoli in a sealed container in the fridge.</p>

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<p>Broccoli</p>		<p>Broccoli is a vitamin-packed vegetable (A, C and K) with great versatility. Broccoli is terrific raw with veggie dip or cooked in a number of different ways. It is a great addition to hearty soups, stews and casseroles. Try lightly steaming or stir-frying! The leaves and stalk are edible as well as the flowering head. Pan fried broccoli and almonds with a bit of salt is one of my favourite ways to eat broccoli.</p> <p>Here is a roasted broccoli recipe with Parmesan: https://damndelicious.net/2014/09/19/garlic-parmesan-roasted-broccoli/.</p> <p>Here is another roasted recipe with tahini sauce: https://www.bonappetit.com/recipe/crispy-roasted-broccoli-with-tahini-sauce</p>	<p>Broccoli is best eaten within the first few days. It stores best when wrapped in damp paper towel and kept in the fridge. Another suggestion that I haven't tried - keep the stalk in a glass of water and with a plastic bag over top (just like cilantro). Apparently it will keep longer this way. If you aren't interested in eating the leaves/stalk, consider freezing them for stock making!</p>
<p>Brussels Sprouts</p>		<p>Brussels Sprouts are miniature cabbages growing on a long stalk. They can be quite challenging to grow, but so rewarding to eat! Try thinly slicing them raw into salads or a slaw: https://www.loveandlemons.com/shaved-brussels-sprout-salad/</p> <p>They are also so tasty roasted and pan-seared: https://www.onceuponachef.com/recipes/roasted-brussels-sprouts.html#tabrecipe I have a friend who even pickles them!</p>	<p>Store in a sealed container in the crisper of your fridge.</p>

