

Root Vegetable Cooking Ideas

Beets, Radishes and Turnip Greens:

- Sauté like you would chard or kale
- If greens are young and tender, may be consumed raw in salads
- Cook greens and bulbs separately
- Use in soups, pesto or chimichurri, egg dishes, raw in green smoothies

Carrot Tops:

- Discard lower, thick stems and remove any discolored leaves
- Finely chop and use in place of parsley
- Use in soups, pesto, chimichurri, or tabbouleh, salads, or sauté with kale or chard



Bulb & Stem Vegetable Cooking Ideas

Fennel stalks and fronds:

- Salads, stuff in cavity of fish, turkey or chicken, braise with pork roast, or stems can be candied

Celery leaves:

- Soups, salads, pesto, or stir-fry (add to very end of cooking time)

Asparagus ends:

- Creamy asparagus soup, or stock

Leek greens:

- Soups, stir-fry, stuffing/dressing, wrap fish with greens, or dehydrate into chips



Waste Not From Root to Stalk

This list shows commonly eaten vegetables in addition to their less-frequently eaten parts. Try incorporating secondary edible plant parts as well so they don't end up in the trash.

Vegetable	Common Edible Parts	Other Edible Parts
Beans, snap	pod with seeds	leaves
Beans, lima	seeds	pods, leaves
Beets	root	leaves
Broccoli	flower	leaves, flower stem
Carrot	root	leaves
Cauliflower	immature flower	flower stem, leaves
Celery	leaf stems	leaves, seeds
Corn, sweet	seeds	young ears, unfurled tassel, young leaves
Cucumber	fruit with seeds	stem tips and young leaves
Eggplant	fruit with seeds	leaves edible but not flavorful
Kohlrabi	swollen stem	leaves
Okra	pods with seeds	leaves
Onions	root	young leaves
Parsley	tops	roots
Peas, English	seeds	pods, leaves
Peas, Southern	seeds, pods	young leaves
Pepper	pods	leaves after cooking, immature seeds
Potatoes, Sweet	roots	leaves and stem shoots
Radish	roots	leaves
Squash	fruit with seeds	seeds, flowers, young leaves
Watermelon	fruit -- interior pulp and seeds	rind of fruit