Asparagus: roast, steam, sauté, grill
(Source: www.asparagus.org)

Beets: roast, stew
(Source: en.wikipedia.org/wiki/beet)

Bell Peppers: raw, roast, sauté, grill, stew
(Source: en.wikipedia.org/wiki/Bell_pepper)

Broccoli: raw, roast, steam, sauté
(Source: http://en.wikipedia.org/wiki/Broccoli)

Brussels Sprouts: raw, roast, steam, sauté
(Source: http://www.lesliebeck.com/ingredient_index.php?featured_food=77)

Cabbage: raw, steam, sauté, stew
(Source: http://localfoods.about.com/od/cabbage/ss/Cabbages-Types.htm)

Green cabbage

Savoy Cabbage

Red Cabbage

Napa Cabbage

Cauliflower: raw, roast, steam, sauté, stew

Purple Cauliflower

Romanesco

Bok Choy: raw, roast, sauté, grill

Carrots: raw, roast, sauté, stew (Source: carrotmuseum.co.uk)

Collard Greens: sauté, stew
(Source: http://en.wikipedia.org/wiki/Collard_greens)

Eggplant: roast, sauté, grill
(Source: www.lifeworksrestaurant.com)

Fennel: roast, sauté, grill, stew
(Source: http://www.schreiberandsons.com/fennel.html)
String Beans: raw, roast, steam, sauté (Source: www.grow-it-organically.com)

Peas: raw, steam, sauté, stew

Kale: raw, roast, sauté, stew
(Source: http://ilovekale.com/know-your-kale-variety/)

Curly Kale

Lacinato/Nero/Tuscan Kale

Red Winter Kale

Kholrabi: raw, roast, stew
(Source: http://gardening.yardener.com/YardenersPlantHelper/FoodGardening/VegetableFiles/Kohlrabi)

Leeks: raw, roast, sauté
(Source: http://www.growit.umd.edu/Vegetable%20Profiles/Leeks.cfm)

Mushrooms: raw, roast, sauté, grill
(Source: http://gourmetfood.about.com/od/wheretobuygourmetfoods/ig/Edible-Mushroom-Varieties/)

Common Button Mushrooms

Crimini Mushrooms

Mushrooms continued...

Portabello Mushrooms

Shitake Mushrooms

Mustard Greens: raw, sauté, stew
(Source: http://en.wikipedia.org/wiki/Brassica_juncea)

Onions: raw, roast, sauté, stew, grill
(Source: http://www.ufseeds.com/Onionology_73664549f8e5fe08e209.html)

Potatoes: roast, steam, stew
(Source: http://www.thekitchn.com/potato-varieties-64061)

Radishes: raw, roast, sauté
(Source: http://en.wikipedia.org/wiki/Radish)

Spinach: raw, sauté, stew
(Source: http://urbanext.illinois.edu/veggies/spinach.cfm)

Patty pan

Yellow squash

Sweet Potatoes/Yams: roast, steam, stew, sauté (Source: http://www.thekitchn.com/potato-varieties-64061)

Yams (Source: http://www.thekitchn.com/potato-varieties-64061)


Cherry tomatoes

Roma tomatoes

Variety of tomatoes

**Cooking Methods**

Roast: add olive oil, salt, pepper, and roast uncovered at 400 degrees. Cooking time may vary from 10-15 minutes (asparagus, zucchini, broccoli) to 20-30 minutes (winter squash, tomatoes, cauliflower, potatoes) to up to or over an hour (beets covered in tin foil).

Sauté: add olive oil, salt, pepper and sauté until tender or crispy.

Steam: option 1- pop in a steamer until tender; option 2- “pan steam” in an inch of water in a large sauté pan until vibrant in color and tender.

Grill: add olive oil, salt, pepper, grill on each side until tender or crispy. Stew: add vegetables to a soup, stew or flavorful liquid. Cook until tender.