Alternative Ways to Eat Common Vegetables

			· 7 - 7 - 7			= / ' '				
	Grated	Smoothie	Blended	Whole	Ice Tea	Roasted	In Vinegar	As Chips	Powdered	Ice Cubes
■ Snap Peas				1		1				
Snow Peas	112		1 or	1		1				
Bush & Pole Beans				1	N V V N N N N N N N N N N N N N N N N N	1				
■ Beet	1	1	1	1		1		1	1	
Radish	√		✓	1		1			1	
Carrot	1	1	1			1				6
■ Turnip	✓			1		1		1	1	
Parsnip	-1					1		1	1	
■ Broccoli				1		1				
■ Cauliflower			1	1 1 mg						
■ Tomato			1	1		1			√	
■ Celery	1	1				1	1			
■ Fennel	✓					1	✓			
■ Hot Pepper	, 1						1			
Sweet Pepper				1		1			1	
■ Cabbage	√					1	X	• •		
■ Kohlrabi	✓			1		1				
■ Cucumber		1	1		1	1	1			√ -

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Alternative Ways to Eat Common Greens

	Smoothie	Blended	Whole	Roasted	Powdered	As Chips
Swiss Chard			1		✓	1
■ Kale	1		1	1	1	
■ Lettuce			1			
■ Spinach			1			
Mustard Greens	√		1		1	1
Mizuna			1			
Bok Choi			1			1
Pac Choi			1			
Nasturtium Greens			1			
Pea Shoots		1-1-3	1			
Sorel	√	√	1			
■ Beet Greens	1.7	1			1	1
Radish Leaves	√		√		√	
■ Turnip Leaves			1	X		
Bean Leaves			1			
■ Carrot Greens	1	1	1			









Alternative Ways to Eat Common Herbs

	<u> </u>						
	Smoothie	Blended	Whole	Ice Tea	In Vinegar	Powdered	Ice Cubes
Basil		1	1	1	1	1	1
l Parsley	1	1	S 1000			1	- 1
Oregano		1	✓		1	1	1
l Sage			Aldin			1	
Cilantro		1	✓		1	1	1
Loveage		1	1		1	1	
Summer Savory		1	1	1	1	1	1
Rosemary			1	1	1	1	
Lavender		1	✓	√	1	1	1
l Tarragon		196	1	1	1	1	1
Chervil		1	✓	1	1	1	1
l Dill		1			1	1	1
Mint	1	1	1	√	1	1	1
Lemon Verbena		1	1	1	1	1	1
Thyme		1	✓		1	1	1
Chamomile	12/12	1	1		1	- 1	1
Borage		1	✓	✓	1	√	1
Chives		1	1		1	- √	1
Garlic Chives		1	✓		1	1	1
Garlic Scapes		1	1		1	1	1









Alternative Ways to Eat Common Fruits

	Grated	Smoothie	Whole	Ice Tea	Roasted	In Vinegar	Powdered	Ice Cubes
Rhubarb	✓	√	✓	✓	√	✓	✓	1
■ Strawberry		1	1			1	1	1
Raspberry		√	√	✓		✓	1	√
■ Black Currant			1	- J				
Gooseberry		✓	√	✓		✓	✓	√
Haskap						1		1
Sea Buckthorn		√	1	√		√	1	√
Plum			1	1		1		
Cherry		√	1	√		√	1	√
■ Pear			1	1		1	1	
Apple		√	√	✓	√	✓	1	√
Apricot			1	1		1		1
■ Hazelnut			√		✓		1	
Grapes		1	1	1		-1	1	
Kiwi		✓	1	✓		√	✓	√
■ Sunberry								
Physalis			1	1			√	
Ground Cherry				1		Z	- 19	
■ Watermelon		√	1	1		1	1	J J J
■ Cantaloupe			1	1		1	1	√ .
Honeydew		✓	1	1		1	✓	√









Alternative Ways to Eat Common Flowers

	Whole	ice Tea	In Vinegar	Ice Cubes
■ Borage	√	√	√	✓
■ Nasturtium			1	1
Chive	1		1	1
Squash			1	
Pansy	1		1	√
■ Basil	1		1	
Dill	1		1	√
■ Sage	1			1
Caragana	1			
■ Dandelion			1	1
Mint	1	1	1	1
Chamomile	- 1		1	









Alternative Ways to Eat Common Weeds

	Smoothie	Blended	Whole	Ice Tea	Roasted	In Vinegar	Ice Cubes
Lambs Quarters	√	1	1				
■ Dandelion	1		1				-11
Pigweed			1		1		
Portulaca		1	1	1			
Pineapple Weed			1	1		1	√







