



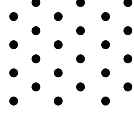



# Alternative Ways to Eat Common Vegetables

	 Grated	 Smoothie	 Blended	 Whole	 Ice Tea	 Roasted	 In Vinegar	 As Chips	 Powdered	 Ice Cubes
■ Snap Peas				✓		✓				
■ Snow Peas				✓		✓				
■ Bush & Pole Beans				✓		✓				
■ Beet	✓	✓	✓	✓		✓		✓	✓	
■ Radish	✓		✓	✓		✓			✓	
■ Carrot	✓	✓	✓	✓		✓		✓	✓	
■ Turnip	✓			✓		✓		✓	✓	
■ Parsnip	✓			✓		✓		✓	✓	
■ Broccoli				✓		✓				
■ Cauliflower			✓	✓		✓				
■ Tomato			✓	✓		✓			✓	
■ Celery	✓	✓	✓	✓		✓	✓		✓	
■ Fennel	✓					✓	✓			
■ Hot Pepper				✓		✓	✓		✓	
■ Sweet Pepper				✓		✓			✓	
■ Cabbage	✓	✓				✓				
■ Kohlrabi	✓			✓		✓				
■ Cucumber	✓	✓	✓	✓	✓	✓	✓			✓

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# Alternative Ways to Eat Common Greens

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

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# Alternative Ways to Eat Common Herbs

	 Smoothie	 Blended	 Whole	 Ice Tea	 In Vinegar	 Powdered	 Ice Cubes
■ Basil		✓	✓	✓	✓	✓	✓
■ Parsley	✓	✓	✓		✓	✓	✓
■ Oregano		✓	✓		✓	✓	✓
■ Sage		✓	✓		✓	✓	✓
■ Cilantro		✓	✓		✓	✓	✓
■ Lovage		✓	✓		✓	✓	✓
■ Summer Savory		✓	✓	✓	✓	✓	✓
■ Rosemary		✓	✓	✓	✓	✓	✓
■ Lavender		✓	✓	✓	✓	✓	✓
■ Tarragon		✓	✓	✓	✓	✓	✓
■ Chervil		✓	✓	✓	✓	✓	✓
■ Dill		✓	✓		✓	✓	✓
■ Mint	✓	✓	✓	✓	✓	✓	✓
■ Lemon Verbena	✓	✓	✓	✓	✓	✓	✓
■ Thyme		✓	✓		✓	✓	✓
■ Chamomile	✓	✓	✓	✓	✓	✓	✓
■ Borage		✓	✓	✓	✓	✓	✓
■ Chives		✓	✓		✓	✓	✓
■ Garlic Chives		✓	✓		✓	✓	✓
■ Garlic Scapes		✓	✓		✓	✓	✓

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# Alternative Ways to Eat Common Fruits

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








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# Alternative Ways to Eat Common Flowers

	 Whole	 Ice Tea	 In Vinegar	 Ice Cubes
<b>Borage</b>	✓	✓	✓	✓
<b>Nasturtium</b>	✓		✓	✓
<b>Chive</b>	✓		✓	✓
<b>Squash</b>	✓		✓	✓
<b>Pansy</b>	✓		✓	✓
<b>Basil</b>	✓	✓	✓	✓
<b>Dill</b>	✓		✓	✓
<b>Sage</b>	✓		✓	✓
<b>Caragana</b>	✓			
<b>Dandelion</b>	✓		✓	✓
<b>Mint</b>	✓	✓	✓	✓
<b>Chamomile</b>	✓	✓	✓	✓

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# Alternative Ways to Eat Common Weeds

	 Smoothie	 Blended	 Whole	 Ice Tea	 Roasted	 In Vinegar	 Ice Cubes
<b>Lambs Quarters</b>	✓	✓	✓				
<b>Dandelion</b>	✓		✓				
<b>Pigweed</b>			✓		✓		
<b>Portulaca</b>		✓	✓	✓			
<b>Pineapple Weed</b>			✓	✓		✓	✓

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