

Exit Strategies

N E V E R W A S T E
A N O T H E R V E G G I E !

KEEPING UP IN THE KITCHEN

No matter how inspired & empowered you are feeling, or how much you are loving your fresh produce. There are going to be weeks where you cannot possibly keep up with the veggies. Life happens, travel happens, and we want you to be prepared!

This is when an Exit Strategy becomes crucial, helping you to preserve the bounty when you cannot consume it all!

WEEKNIGHT WINNERS

- **GRILL:** Toss with Olive Oil + S&P + Citrus Juice/Apple Cider Vinegar
- **ROAST:** Olive Oil + S&P + Orange Juice/ Balsamic Vinegar
- **STIR FRY:** Sesame Oil + Grated Ginger & Garlic + Rice Vinegar
- **BREAKFAST FOR DINNER:** Garden Omelets, Wilted Greens + Fried Egg, Quiche, Frittata & Spanish Tortilla!

THINK BIG

- **COOK DOUBLE BATCHES & FREEZE:** Think Pizza, Quiche, Lasagna, Stews, Braises, Dumplings, Ravioli, Soups and Stews.
- **PLAN FOR THE NEXT SEASON:** You'll be glad you did! Freeze spring spinach for your favorite summer pastas, put up summer tomatoes for winter sauces and stews. Think ahead, eat well all year!

GO RAW!

- **PESTO:** Greens + Nuts + Dried Cheese + Olive Oil. For more dynamic flavors try Pine Nut, Pecan, or Walnut!
- **GREEN CUBES:** Blanch a Bunch of greens, puree them together, freeze in ice cube tray. Later incorporate them into soups, smoothies, sauces!
- **HARVEST SALAD:** Fridge Pickled Veggies + Assorted Greens + S&P + Vinaigrette + Soft Boiled Egg + Grated Cheese!

PRESERVATION

- **Quick Fridge Pickles** -Onions, Cucumbers, Garlic, Green Beans, Chard Stems, Herbs, Peppers, Carrots, Beets & More!
- **Fermentation**- Kraut, Kimchi, Pickles,
- **Freezing:** Kale, Garlic, Pepper, Tomatoes, Carrots, Beets, Peas, Onions, Shredded Zucchini can all go straight into the freezer!