1. Parsnip is a root vegetable closely related to the carrot. With a hearty dose of fiber, it adds great crunch to any salad or roasted as a side dish.

2. Pea greens, or pea shoot, add a soft touch of green to any plate. It’s best fresh and eaten as soon as possible. Toss it into your salad or make it into a pesto.

3. Ramps and watercress are green leafy vegetables that have a peppery flavor and pairs well with meat and fish.

4. Want to eat more fruits & vegetables? Use your plate as a guide and fill half of it with fruits and vegetables.
1. Asparagus is a versatile vegetable, grilled, roasted, chopped in a salad, pureed in a soup or add it to your pasta. Pairs well with parmesan cheese, olive oil, and garlic.

2. Fava beans are large legumes that provide a fresh mild creamy flavor to any spring dish. It has a short season, so grab it when you can.

3. Garlic scapes are the stem and flow bud of hard neck garlic. It has a mild and sweet flavor like chives and scallions. And can be eaten raw or cooked, whole or chopped.

4. Bring out flavor in food by adding more herbs and spices instead of salt.
1. There are about 8 varieties of summer squash, and all have a thin edible skin packed with fiber and nutrients. Slice them, shred them, or make noodles out of it.

2. Beet greens are edible raw or creamed, sautéed, or blended in a smoothie (just like spinach!). The stems can be picked for a crunchy snack or salad topping.

3. All berries are anti-inflammatory and packed with antioxidants to fight against toxins. Eat as a snack or add to cereal or yogurt.

#EatTheRainbow