

# Cauliflower

**Store:** Refrigerate cauliflower in a plastic bag for up to 5 days. Make sure the bag is slightly closed because cauliflower needs air circulation.

**Prep:** Remove the outer leaves and slice the cauliflower from top to bottom through the stem. Cut the stem off and continue to cut cauliflower into small florets.

**Serve:** Can be eaten raw with dips or salads. Cook by steaming, sautéing, or roasting in the oven. Can chop finely and added to coleslaw. Can be added as a pizza topping.

**Tips:** Boiling loses some valuable nutrients.



**INTER-FAITH  
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# Garlic

**Store:** Store in an open container, in a cool dark place for up to 8 weeks. Once cloves are broke off, they will last up to 10 days.

**Prep:** Break individual cloves off of garlic head and mash with flat edge of a knife. Remove loosened skin and chop.

**Serve:** Chop finely and add to any dish-sauces, soups, dressings, pastas, stir-fry, or marinades.

**Tips:** After peeling a garlic clove, keep in a container in the refrigerator for up to 3 days.



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# Onion

**Store:** Store in paper bag, or in a dark, cool place for up to 2 months. Once cut, wrap in plastic and store in the refrigerator.

**Prep:** Cut in half and remove outer layer of protective skin.

**Serve:** Use cooked or raw in salads, pasta, or rice dishes, eggs, or stir-fry.

**Tips:** Great for adding flavor to any dish without adding extra fat or sodium.



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# Parsnips

**Store:** Refrigerate greens and roots separately. Lasts about 3 weeks or more. Wash just before use!

**Prep:** Scrub using brush or hand to clean off dirt from root.

**Serve:** Cook by steaming, microwaving, sautéing, or roasting. Can also eat them raw. Boiling loses some of the nutrients. Can slice thin and use in salads. Steam and mix in with potatoes for mashed potatoes.

**Tips:** Don't have to peel them, the skin has fiber. Good for immune system. Helpful in lowering LDL cholesterol and contains Vitamin K.



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# Potatoes

**Store:** Keep in a cool, dry, dark place. Do not refrigerate.  
Wash just before use.

**Prep:** Scrub using a brush or your hand to clean off dirt  
from root.

**Serve:** Cook by steaming, microwaving, or roasting in the oven. Boiling will lose some  
nutrients. Bake potato strips as a healthier alternative to fried fries.

**Tips:** Potato skin is edible and contains fiber. Make sure to  
wash the skin well before eating.



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# Turnip

**Store:** Wrap leaves in damp paper towel and store in the crisper drawer of your refrigerator.

**Prep:** Fill a bowl with warm water. Dunk and swish leaves in the water to remove dirt before cooking. Avoid greens that are brown or yellow, dry, wilting, or have bad spots

**Serve:** Remove tough stems and cook by steaming, micro-waving, or stir-frying. Boiling loses nutrients. Add turnip greens to soups, pastas, omletes and casseroles.

**Tips:** Great source of vitamin A—helpful for your vision! Turnip greens also contain iron and calcium.



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