

STOP FOOD WASTE DAY: ROOT TO STEM



USABLE PORTIONS BY VEGETABLE:

By incorporating more Root to Stem, the usable portion of your produce will increase.

Broccoli/
Cauliflower



90%

Tomatoes



95%

Honey Dew/
Cantaloupe



70%

Onions



80%

Celery



80-100%*

Cucumbers:
peeled and sliced



75-80%

Mushrooms



95%

Purifies the body
Carrots help the liver flush out toxins. The fiber in carrots also helps the colon movements

Cancer prevention
Carrots contain Falcarinol, a mild antiseptic, which consumed reduces risk of some sorts of cancer by up to 33 %

Good for skin
Carrots are rich in Vitamin A which protects skin against the sun. Carrots also prevent wrinkles, acne, and drying of skin.

Better teeth
Carrots clean the teeth just like brushing and also stimulate saliva helping to keep the mouth clean.

How to eat?
- Cooking, grinding, juicing leads to 600 % more uptake of vitamins
- Eating with fats gives 1000 % more uptake of vitamins

Cook 'n Smile

to produce a milder flavor, some farmers use soil, straw, paper cylinders, or boards to shield celery from the sun

farmers used to add salt to the soil before planting celery; through absorption the celery acquired a pleasant, salty flavor

for milder flavor, use light green ribs and leaves; deep green may indicate bitterness

celery hearts (inner ribs) are more tender and mild than the outer ribs

storage sweetens celery hearts but can diminish the quality of the outer ribs

Chinese celery is picked young as individual branches; it is strongly flavored and is usually eaten cooked

if the soil is allowed to dry out while celery is growing, it can become bitter

celeriactops are fibrous, with an intense celery flavor

part root, part stem, celeriac is a different variety from common celery

celeriac is milder and sweeter than celery, and its flavor is improved by a light frost

celery

Anatomy of a Vegetable

LEAVES

STEM

ROOT

BULK

#STOPFOODWASTEDAY

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