



CSA MEAL IDEAS

Use these lists to find a use for your veggies!

Try a stir-fry

Roast it

Freeze it for later

Stir into a skillet meal

Make a sheet pan meal

Put it in your freezer stock bag

Cook into soup

Put in a salad

Chop for pesto

Bake into quiche/frittata

Throw it in a slow cooker

Grill it

Blend in a smoothie

Eat it raw

Put in a wrap or sandwich

Blend in a dip

Chop for salsa

Toss on pizza

Make a chili

Cook into sauce

Serve on tacos

Make a marinade

Preserve in a pickle

Make fried rice

Whip up an omelet or eggs

Chop for slaw

Blend into hummus

Juice It

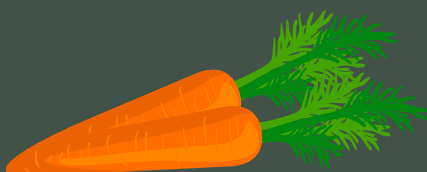
Create a grain or pasta bowl

Dehydrate it

To prevent food waste, use these veggies first:



Lettuces



Root Veggie Tops



Fresh Herbs



Loose Greens