



Juicy Chef Words

- **Frond**: the formal name for the green tops of root vegetables like carrots and fennel. Farmers tend to cut these off when harvesting, but they can be a sign of freshness.
- **Grate**: the process of transforming solid, firm food items (e.g. vegetables or cheese) into small pieces by rubbing the item against a grater or running it through a food processor with a grating attachment.
- **Baton**: refers to cutting an ingredient into small, stick-shaped pieces.
- **Umami** (*ooh-MAH-mi*): a meaty, savory taste from foods such as aged cheeses, roasted tomatoes, cured meats, mushrooms, or fish.



Nutrition Tidbits

- **The Vitamin A in carrots helps our eyes, hair, nail, skin and bones to grow and stay healthy.**
- **We absorb more Vitamin A out of our carrots when they are cooked with a fat like butter or olive oil.**
- **Carrot fronds are loaded with minerals and nutrients, and lend themselves well to being sautéed, or blanched and shocked.**
- **Cut your garlic at least 10 minutes before cooking it with heat to get the most health benefits out of it.**
- **When adding Parmesan cheese to a recipe, it is important to remember that the cheese will also add salt to the recipe. Always taste your food before adding any additional salt or seasoning to taste.**