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.
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.