

# NEW VEGETABLE CHALLENGE

**WEEK**

**COMPLETED? VERDICT?**

1 - ESCAROLE

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2 - ARUGULA

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3 - SWISS CHARD

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4 - YAMS

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5 - BROCCOLI RABE

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6 - RADISHES

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7 - ASPARAGUS

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8 - LEEKS

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9 - ARTICHOKE

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10 - COLLARD GREENS

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11 - YUCCA

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12 - BEETS

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*Possible substitutes for the above: kale, cabbage, brussels sprouts, bok choy, endives, wheatgrass, ginger, parsnip, broccolini, dandelion, turnips, spaghetti squash*

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