



Green Tips - Nov 2020

Eat with the Seasons!

Carrots

Best Season:
November - April

My Green Pledge: Eat More Vegetables

Why Eating Seasonally?



More nutritious
& taste better



Better for the
environment



Supply is abundant
so it's cheaper!

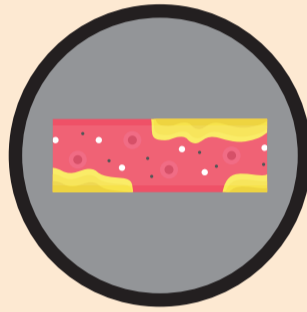
Read more:

- 5 Reasons Why Eating Seasonally Is Better For You (And The Planet) | Green Queen
- Farming Calendar (and What's in season) 農耕日歷 (及時令食物) | Kadoorie Farm and Botanic Garden

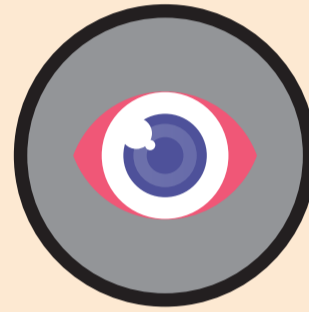
What Are The Health Benefits Of Eating Carrots?



Reduce risk
of cancer



Lower blood
cholesterol levels



Improve eye
health



Lose weight

Read more: Carrots 101: Nutrition Facts and Health Benefit | Healthline

Let's add
carrots
into your
diet!

Easy Recipe: Carrot and Kudzu Juice

Makes 3-4 servings

Ingredients:

- 350g carrot (peeled)
- 350g kudzu (peeled and cut into big chunks)

Instructions:

Put all ingredients into a juice extractor and collect the juice. Serve fresh. Enjoy!

Source: Vegan Mama Kitchen 純素媽媽廚房

More recipes (Chinese only):

- 印度椰子粟米紅蘿蔔湯 | Green It Yourself 綠在家中
- 甘筍小蛋糕 (純素) | 素食整色整水-尹嘉蔚Kriswan

Where To Buy Local Carrots? (And Other Locally Grown Foods)



'Local Fresh' app



Plant Right Now

Read more:

Benefits of eating
local food (Green
Tips - Feb 2019)