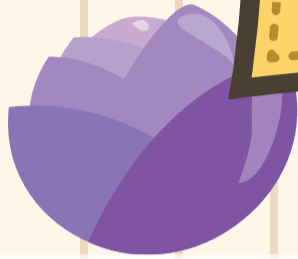


Green Tips - May 2021

My Green Pledges: Eat more vegetables



'WEIRD' VEGETABLES



Do these vegetables look unusual and weird to you? They are actually wonderful and beneficial for our health! Let's get better acquainted with them!



Peel away the armor and you will find a sweet heart inside!



It is delicious when roasted, stir-fried or even steamed!

Artichoke (朝鮮薊/雅枝竹)

Artichoke is the unopened flower bud of a large plant in the thistle family. It is frequently cited as a superfood because it is low in fat while rich in fibre, vitamins, minerals, and antioxidants.

Brussels sprout (抱子甘藍)

Low in calories and low-carb, Brussels sprout is a highly nutritious winter vegetable. Its alleged health benefits include lower blood sugar levels and reduced risk of chronic diseases.



Romanesco Broccoli (羅馬花椰菜)

Being part of the cauliflower family, the most unusual part of Romanesco Broccoli is the spiral patterns in the florets. Rich in vitamin C, vitamin K, and dietary fibre, it has a somewhat nutty and mildly sweet flavour.

It can be consumed raw and cooked!



Read More:

[15 Weird and Unusual Vegetables You Need to Try - Healthy Food Tribe](#)
[Hong Kong's Best Organic Produce Delivery Boxes - green queen](#)