



1. Choose your veggies.

Almost any veggie is good for grilling. Some favorites are corn, eggplant, summer squash, onions, peppers, broccoli, cantaloupe, cherry tomatoes, fennel, garlic scapes, beans & potatoes. You can even grill hardier greens like bok choy, kale, cabbage, radicchio, romaine or little gem lettuce.

2. Prep your veggies.

More surface area = more flavor, as well as ease of mobility. Cut veggies like zucchini and eggplant into planks; quarter peppers and onions. Cut cabbage into wedges. Thickly slice cantaloupes. Leave whole: cherry tomatoes, asparagus, green onions, garlic scapes, thin carrots & green beans.

3. Season your veggies.

To highlight the farm fresh flavor of veggies simply toss or brush with olive oil and season with salt and/or pepper. Feeling more adventurous? Toss with a balsamic vinaigrette; brush on melted butter with your favorite dried herbs; marinate veggies in a seasoning of your choice for about 30 min (shorter for softer veggies); serve with a spiced yogurt or herby dressing.

3. Choose your method.

Grilling vegetables in foil packets seals in moisture for more of a steaming effect. Try for corn, small potatoes, or mushrooms (cut veggies the same size so they cook the same time.) Other options: in a grill basket (prevents smaller items like cherry tomatoes from slipping through the grates), in a cast iron skillet, or directly on the grates (for larger veggies and beautiful char lines).

3. Grill it .

We prefer to grill slow and low (at medium heat). Timing depends on thickness/hardness of veggies. Average 10-15 min. For best results cook in a single layer and flip as they brown. Move to area of indirect heat if browning too fast. Grill until tender and lightly charred all over.

TOOLS: Charcoal or gas **grill**; Long **tongs**; long **spatula** (12-16"); **grill basket**; **basting brush**; instant read **thermometer** (for meats); **cast iron skillet** (great heat conduction for meat/fish, or use on indirect heat for a berry crisp, eggs or cornbread); **pizza stone**; **grill brush** for clean up