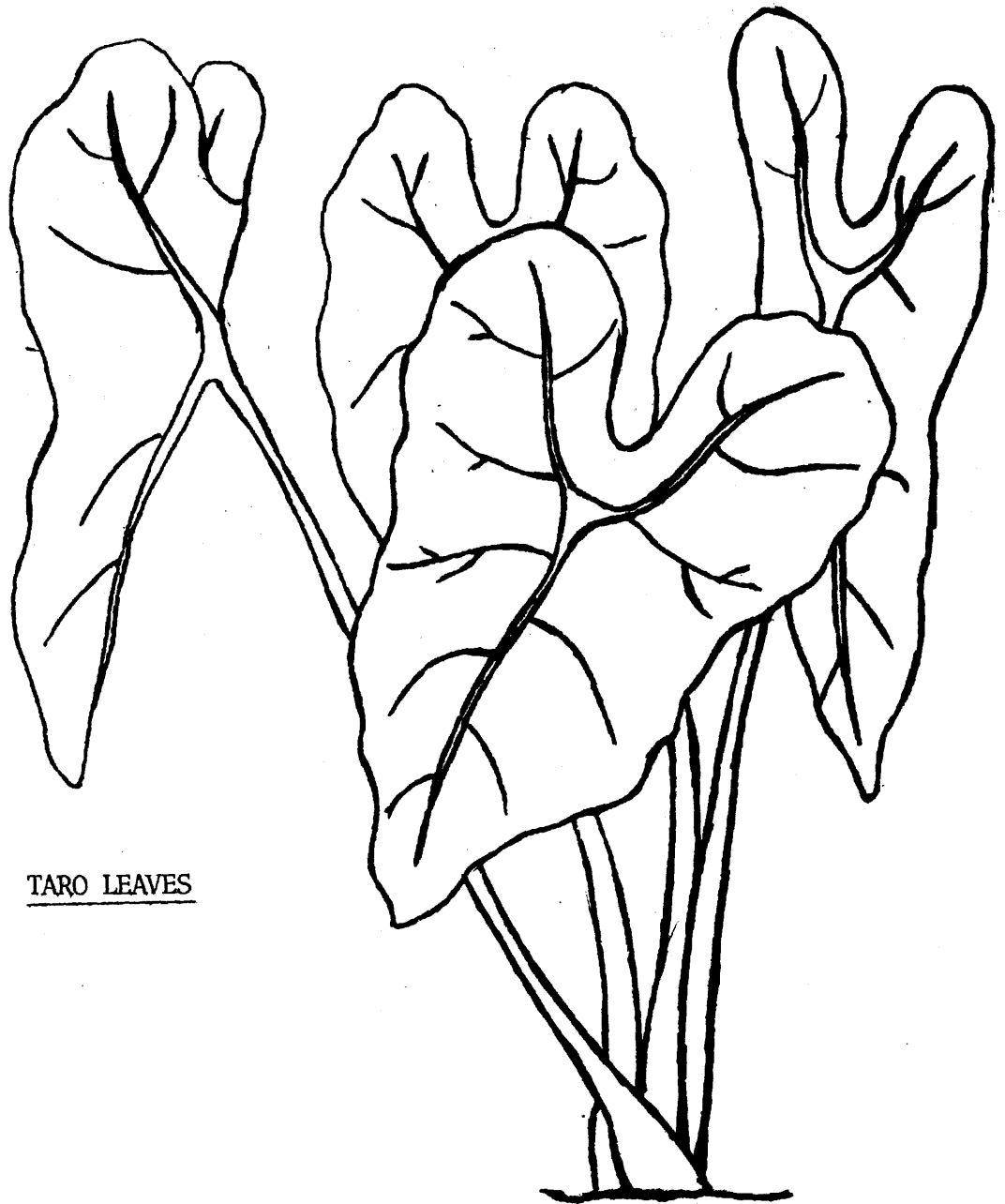


Pumpkin Tips and Sweet Potato Tops: Use the young shoots with crisp stems and young leaves. To prepare remove the tough leaves and thick lower part of the stems. It is easy to snap the crisp top part of the stem away from the tougher, stringier lower section. Many cooks prefer to remove the strings from the pumpkin tips.

Can be boiled in coconut cream or added to mums.

To serve as a European style vegetable, cook in boiling salted water for 2 to 5 minutes and serve with butter.

SEASONINGS: basil, dill, parsley, tarragon



TARO LEAVES