PLANT-POWERED SUMMER!
32 WAYS TO EAT MORE VEGGIES

SOOTHING SELF-CARE, FROM HEAD TO TOE

THE SECRET TO BOOSTING YOUR OPTIMISM
(HINT: IT'S RIGHT OUTSIDE YOUR DOOR)

GET MOVING WITH OUR EASY AT-HOME WORKOUT

PLUS
COPING WITH FINANCIAL UPS & DOWNS
TRY SOMETHING NEW

Tired of the same veggies week after week? Shake it up with these six swaps—all recommended by Dawn Jackson Blatner, RDN, author of The Superfood Swap—to keep yourself engaged with a veg-forward routine.

If you like CARROTS, try PARSNIPS.
Another root vegetable, parsnips look like white carrots but have an earthy, nutty flavor. You can eat them raw on a veggie tray or roasted.

If you like BROCCOLI, try KOHLRABI.
The texture is similar to a broccoli stem but sweeter; you can eat it raw or roasted or sautéed.

If you like CUCUMBERS, seek out JICAMA.
It's crisp and watery, like cucumbers.

If you like ONIONS, try LEEKS.
Both are members of the onion family, but leeks pack in more nutrients.

If you like ROMAINE, try WATERCRESS.
It's a leafy green that's both great in salads or on sandwiches—and has been ranked as one of the healthiest of all vegetables because it's nutrient-dense and high in antioxidants.

If you like BUTTERNUT SQUASH, look for DELICATA (when it's in season). It tastes squasy, but the best part is no peeling—you can eat the skin!