



# Manifest Love Cookbook

EDUCATIONAL GUIDE & RECIPES FOR SEASONAL EATING



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# WELCOME TO MANIFEST LOVE



Welcome to the Manifest Love! All of us at Round the Bend Farm (RTB), a Center for Restorative Community, are thrilled that you are joining us this season!

Manifest Love began in March of 2020, in direct response to the COVID-19 pandemic. RTB collaborated with YWCA Southeastern MA, Youth Opportunities Unlimited (Y.O.U.), and NorthStar Learning Centers to provide healthy, local foods for families in New Bedford. The Executive Directors of these respective organizations – Desa VanLaarhoven, Gail Fortes, Bernadette Souza, and Maria Rosario – decided that RTB would provide free, weekly food shares from early March 2020 to mid-December to approximately 125 local families directly connected to these New Bedford organizations. Together, we grew, gleaned, sourced, and distributed nutritious, organic, local food. We also created educational resources, including videos, blogs and letters, which were sent out with the shares each week. Our partners at the YWCA meticulously translated each letter and video into Spanish and Portuguese; NorthStar Learning Centers picked up the food shares twice weekly and delivered them with love; and Y.O.U. provided cooking classes for children whose families receive shares through their program. In 2023, we were thrilled to have Sacred Birthing Village join as our newest Manifest Love partner. We want to share an abundance of gratitude and appreciation to our incredible Manifest Love partners - we could not do this without you.

We are very excited about this educational resource and cookbook, and hope that it will be of use to you. In past seasons of Manifest Love, we sent weekly letters along with the shares which included a list and photo identification of the contents, nutrition information, and a recipe using contents of the share. We will continue to send a list of the share contents each week so that they are easier to identify. Then, we hope you will refer to the information in this book to learn more about the health benefits, how to prepare and store the food, and recipes using the produce that we grow and distribute.

Manifest Love is continuing to grow and evolve. We have finally received the Manifest Love Food Truck, which will allow us to take this project on the road and interact directly with you through cooking demonstrations and workshops. We are looking forward to the many opportunities that the food truck will provide for everyone involved in Manifest Love.

Throughout the season, if you have any questions or feedback, please don't hesitate to reach out. This project is all about you and we want to best serve you! This cookbook is the second of many editions, so we also welcome feedback on what works for you and what could be improved, as well as any recipes you would like us to include in future editions.

Thank you for participating in Manifest Love and thank you for your willingness to receive whatever vegetables, fruits, and herbs our land has to offer. We wish you a happy and healthy year full of love and good food!

With heaps of gratitude and humility,

Desa, Maddie & the RTB Team



# MEET THE CHEFS



## BENOIT AZAGOH-KOUADIO

Benoit's passion for the culinary arts and ecological interdependence, as well as his drive to live in the most direct and sustainable way possible, turned his attention to agriculture and brought him to Round the Bend in 2012. Throughout his time at RTB he has been a Resident Foodie, preserving the bounty and cooking meals with farmed and foraged foods. He is now the Garden Manager, devotedly growing annual vegetables and perennial fruits, nuts, berries, and herbs to sustain the community that lives, works, and volunteers at RTB.

Benoit graduated from Boston College in 2010 with a B.A. in psychology, focusing on neuroscience, psychopharmacology, and holistic clinical practice. He has traveled near and far exploring roles, skills, and issues in reclaiming and restoring agricultural life — including spending time living in the Mediterranean, as well as developing livestock and cheesemaking skills in Vermont's Northeast Kingdom.



## LAURA KILLINGBECK

Laura, a member of the Round the Bend team since its inception, has been working with farm education centers since 2009. She specializes in farm-to-table food system design and program development. Over the last decade, she's taught over 2,000 people how to use whole foods.

Laura is also a writer and photographer. She covers topics like adventure, ecology, biking, backpacking, tiny houses, food, foraging, absurdity, hope, humor, and despair. Her work is filtered through the lens of intersectional feminism. She's committed to authentic stories that spark healthy physical, emotional, and social motion.



## COLLEEN PINA-GARRON

Colleen Pina-Garron is a wife, mother, and auntie from a large Cape Verdean family. She is a retired Massachusetts probation officer in-charge and a proud Cape Verdean woman. Colleen is committed to preserving Cape Verdean recipes and has edited two cookbooks: The Pina Family Cookbook and The Bay Village Cookbook.

Her jag recipe is included in New York Times food columnist Molly O'Neill's cookbook, "One Big Table: 600 Recipes from the Nation's Best Home Cooks, Farmers, Fishermen, Pit-Masters, and Chefs." She lives in New Bedford, Massachusetts.

### Other Contributing Chefs:

Laurel Branco, Hallie Escola, Soraya DosSantos, Maxx Fidalgo, Madigan Kay, Josh Louro, Linda Rose



## MICHELLE RODRIGUEZ

Michelle was born in Arecibo, Puerto Rico, and raised in New Bedford, MA. She is a Spanish Bi-Lingual Translator and Parent Communicator. At a young age she knew that she wanted to devote her life to working with children. It has always been her belief that children are our future and our greatest natural resource, and allowing them to explore and learn will give them the skills they need to blossom and grow.

She graduated from UMASS Dartmouth with a Bachelor's Degree in Psychology and has an Associate's Degree in Human Behavior. In addition to children, her other passion is cooking! She is in her element in the kitchen and has experimented with many different types of cuisine, giving each recipe her own unique "Latina" touch! She brought both of these passions together while working for Youth Opportunities Unlimited (Y.O.U.) where she developed many delicious recipes - using Manifest Love shares - for the children in the programs.

She was a finalist for a spot on the TV show "Master Chef" and is currently in contention for a spot on the new Gordon Ramsay production, "Next Level Chef."



## SHAUN VANLAARHOVEN

In 2009, Shaun started volunteering at Round the Bend Farm. His renaissance skills quickly made him an invaluable member of the RTB team. Shaun is now the Kitchen Director and Executive Chef at RTB. He is constantly creating new and unique recipes to incorporate the farm surplus, and crafting delicious and nutritious farm-based meals for the farm team. A natural leader, he is a 2016 graduate of the Leadership SouthCoast program, whose mission is to “engage, educate, and empower diverse individuals to become active community leaders.”

Shaun is passionate about transgender rights, underserved marginalized communities, access to nutritious good tasting food for all, youth, culturally competent medical care, housing for all and so many other things...but most important: overall HUMANITY!!! He is a resident of the City of New Bedford and is a proud board member of the local New Bedford non-profit, Youth Opportunities Unlimited (Y.O.U.).

## Catch Manifest Love on the Road!

The Manifest Love Food Truck, which we received in 2023, will allow us to bring fresh food from RTB and other local farms directly into the community. We'll be able to provide healthy prepared meals, sell local farm goods, accept SNAP/HIP, and provide cooking demonstrations and workshops about healthy eating and food preparation.



We are excited to take Manifest Love on the road and to continue to empower even more members of the community to learn healthy recipes and incorporate more fresh and local foods into their diets. We look forward to seeing you out there!

# COOKING TIPS



Recipes are great guides to help us make delicious meals, but don't feel like you have to follow them exactly. Add different vegetables, herbs, or spices to make them your own! We have included some suggestions for variations in the recipes - let them serve as inspiration and get creative with them!



Taste as you go! Sometimes we can work really hard on a dish and it doesn't end up tasting how we like. Make it a habit to test your dish frequently while following the recipe and adjust the seasonings to your liking.



Don't underestimate the power of salt! Salt helps bring out the flavor in any dish or vegetable. A good rule of thumb for when you are boiling vegetables (or pasta or rice) is to add enough salt to the water so that it tastes as salty as seawater. As the vegetables cook in the salted water, they will absorb the salt and their flavors will be more pronounced when they are done. In most recipes, we have not included specific amounts of salt and instead have written "salt to taste." Everyone has a different tolerance for salt, so add it according to your liking.



All cooking times are an estimate - it depends on your oven and your personal preference of cooked vegetable textures, flavor, etc. Check the vegetables frequently, either by piercing them with a fork or tasting them to see how much longer they need to be cooked. Many of the recipes include visual or textural cues, such as "cook until golden brown" or "cook until tender," and an approximate time estimate. If the recipe says 5-8 minutes until golden brown, but your zucchini is still pale at 8 minutes, keep cooking until it turns golden brown.





# RECIPES

The following are tried and true recipes from members of the RTB community and our Manifest Love partner organizations.

Each recipe contains at least 1 (though usually more) of the vegetables, herbs, or fruits that you will be receiving in your shares.

If you are looking to use a certain vegetable, refer to the glossary at the end of the book.





# Arugula & Mizuna Salad with Roasted Beets

MAKES 4 servings | PREP 10 min | READY 10 min

## INGREDIENTS

½ cup olive oil  
¼ cup lemon juice  
Salt to taste  
2 handfuls arugula & mizuna, (or other fresh greens), washed and dried  
4 medium-large beets, cubed and roasted  
½ cup feta or goat cheese, crumbled (or any cheese you have on hand)  
¼ cup walnuts, pecans, sunflower, or pumpkin seeds (or other seed or nut)

## DIRECTIONS

1. Pour olive oil, lemon juice, and a pinch of salt in a jar. Cover with a lid and shake until combined. Taste and adjust seasonings.
2. Place arugula and mizuna in a large bowl and toss with salad dressing until leaves are coated. Sprinkle with roasted beets, goat cheese, and walnuts. Serve!

Contributed By: Hallie Escola, RTB Farm

# Asparagus & Turnip Stir-Fry with Ginger Scallion Sauce

MAKES 6 servings | PREP 10 min | COOK 20 min | READY 30 min

## INGREDIENTS

2 cups quinoa or rice, uncooked  
1 Tbsp olive oil  
2 cups turnips, peeled and chopped into ½ inch cubes  
2 cups asparagus, cut into ¼ inch pieces  
1 cup soy sauce or tamari  
¼ cup scallions, finely chopped  
1 Tbsp fresh ginger, minced (or ginger powder)  
2 cloves garlic, peeled and minced (or 1 Tbsp garlic powder)  
1 Tbsp peanut butter  
Parsley, finely chopped

## DIRECTIONS

1. Cook quinoa or rice according to package instructions.
2. Place a large pan over medium heat and add olive oil. Add turnip and sauté until tender, about 10 minutes.
3. Add asparagus to the pan and cook until almost tender, about 3 minutes. Remove pan from heat and set aside.
4. In a bowl, whisk together soy sauce, scallions, ginger, garlic, and peanut butter until combined. Pour sauce over the veggies and stir to combine. Allow to marinate for 5 minutes.
5. Serve veggies over the quinoa or rice and garnish with parsley.



Contributed By: Laura Killingbeck, RTB Farm



# Baked Sweet Potato with Goat Cheese

MAKES 4 servings | PREP 5 min | COOK 50 min | READY 55 min

## INGREDIENTS

4 medium-large sweet potatoes, washed  
Butter to taste  
¾ cup goat cheese



Contributed By: Maxx Fidalgo, RTB Farm

## DIRECTIONS

1. Preheat oven to 375°F. Place sweet potatoes on a baking sheet and bake until tender all the way through, about 45-50 minutes.
2. Remove from oven. Cut each sweet potato open lengthwise and add a pat of butter and sprinkle of goat cheese inside.

# Basil Parsley Chimichurri

MAKES 16 servings | PREP 15 min | READY 15 min

## INGREDIENTS

½ cup parsley, destemmed  
1 ½ cup basil, destemmed  
3 cloves of garlic, peeled  
1 Tbsp chili flakes or hot pepper  
3 Tbsp red wine vinegar  
Salt and pepper to taste  
Olive oil (as much as necessary for blending)



Contributed By: Shaun VanLaarhoven, RTB Farm

## DIRECTIONS

1. Place all ingredients except for olive oil in a food processor and pulse a few times until roughly chopped. Slowly pour in a few Tbsp of olive oil and continue to pulse. Scrape down the sides until herbs are in small pieces and the mixture has a spreadable consistency. Add more oil if necessary. Taste and adjust seasonings. Alternatively, finely chop the parsley, basil, and garlic by hand. Add to a bowl with chili flakes, vinegar, salt, pepper, and olive oil. Mix until combined. Taste and adjust seasonings.
2. Store in an airtight container in the fridge. It is best if used within 1 week, but it will keep longer.



# Braised Kale & Radishes

MAKES 4 servings | PREP 5 min | COOK 10 min | READY 15 min

## INGREDIENTS

- 1 Tbsp olive oil
- 4 cloves garlic, peeled and sliced or minced
- 1 large bunch kale, destemmed and roughly chopped
- 5-6 radishes, cut into ¼ inch thick semi-circles
- ½ cup vegetable or chicken stock or water
- Salt and pepper to taste
- ¼ tsp red pepper flakes
- 2 Tbsp lemon juice or red wine vinegar



Contributed By: Maddie Kay, RTB Farm

## DIRECTIONS

1. Place a pan over medium heat and add olive oil and garlic, cooking until soft, about 3-4 minutes.
2. Add kale, radishes, and stock or water to pan, then turn the heat up to high. Cover the pan and cook for 5-6 minutes until kale is wilted and radishes are just tender. Remove lid and cook until liquid has evaporated, turning heat down if necessary.
3. Remove pan from heat. Season with salt, pepper and red pepper flakes. Toss with lemon juice or red wine vinegar then serve.

# Broccoli Sweet Potato Soup

MAKES 4 servings | PREP 5 min | COOK 20 min | READY 25 min

## INGREDIENTS

- 2 bunches broccoli, stalks chopped into small pieces, florets set aside
- 2 sweet potatoes, chopped into small pieces
- Salt to taste
- 2 cloves garlic, peeled and minced
- 2 Tbsp soy sauce or tamari
- 1 red bell pepper, diced
- Fresh ground pepper
- Cheddar cheese or parmesan, grated for garnish

## VARIATIONS

Add cooked grains, beans, or other chopped vegetables in Step 3, and cook until tender.

## DIRECTIONS

1. Place broccoli stalks, sweet potatoes, and a few pinches of salt in a medium pot. Fill with water until veggies are just covered. Bring water to a boil and cook until veggies are soft, about 10 minutes.
2. Remove broccoli and sweet potatoes from water and blend in a blender or food processor, slowly adding the cooking water until you achieve your preferred soup consistency. Add garlic and soy sauce and continue to blend until incorporated, about 1 minute.
3. Place mixture back in the pot and add broccoli florets and bell pepper. Cook over medium-low heat until florets are fork tender. Serve hot with fresh ground pepper and grated cheese on top.

Contributed By: Josh Louro, RTB Farm

# Brussels Sprouts & Leek Stir-Fry

MAKES 6 servings | PREP 10 min | COOK 20 min | READY 30 min

## INGREDIENTS

1 Tbsp safflower oil  
1 lb brussels sprouts, outer leaves removed and sprouts cut in ½ lengthwise  
1 Tbsp butter  
3 leeks, ends trimmed and cut crosswise into ¼ inch thick slices  
4 cloves garlic, peeled and minced  
1 tsp smoked paprika  
Salt and pepper to taste

## DIRECTIONS

1. Place a large skillet over medium-high heat and add oil. Add brussels sprouts and butter, sautéing for 10-15 minutes until brussels are tender all the way through. Add a splash of water if the pan becomes dry.
2. Add leeks and garlic to the pan and sauté for 5-8 minutes, or until leeks are translucent. Sprinkle with smoked paprika and season to taste with salt and pepper.

Contributed By: Shaun VanLaarhoven, RTB Farm

# Cajun Cabbage Stir-Fry

MAKES 8 servings | PREP 5 min | COOK 10 min | READY 15 min

## INGREDIENTS

2 Tbsp butter  
1 cabbage, cored and sliced into ¼ inch thick slices  
3 Tbsp cajun seasoning  
Salt to taste

## DIRECTIONS

1. Place a large pan or cast iron skillet over medium high heat and add butter. Once melted, add cabbage and sprinkle the cajun seasoning on top, mixing to combine. Cook until cabbage is tender, about 10-15 minutes, adding a bit of water to the pan to speed up this process if necessary. Adjust seasonings as needed and serve.



Contributed By: Shaun VanLaarhoven, RTB Farm

# Cheeseburger Vegetable Casserole

MAKES 6 servings | PREP 10 min | COOK 1 hr 15 min | READY 1 hr 25 min

## INGREDIENTS

1 lb ground grass-fed beef  
1 Tbsp butter  
4 cups mushrooms, sliced ¼ inch thick  
2 cups leeks, sliced ¼ inch thick  
4 cloves garlic, minced  
1 pint of beef broth  
1½ cups milk or half & half  
½ tsp salt  
1 tsp ground black pepper  
1 tsp smoked paprika  
1 Tbsp Italian seasoning (or finely chopped herbs such as parsley, thyme, oregano)  
5 potatoes, thinly sliced into ⅛ inch thick rounds  
1 yellow onion, peeled, thinly sliced, and separated into individual rings  
8 ozs grated cheese (whatever type you prefer)



Contributed By: Shaun VanLaarhoven, RTB Farm

## DIRECTIONS

1. Preheat oven to 350°F and butter the bottom and sides of an 8x10 inch casserole pan.
2. Place a skillet over medium heat and add the ground beef, breaking it into small crumbles and cooking it until it browns. Once fully cooked, drain any liquid from the pan and transfer ground beef to a bowl.
3. Return skillet to heat and melt butter. Add mushrooms, leeks, and minced garlic, sautéing for 5 minutes. Add the beef broth, milk, sea salt, black pepper, smoked paprika, and the herbs. Mix together and heat all the way through.
4. On the bottom of the casserole dish, add a layer of potatoes, onions, and ground beef. Add another layer of potatoes and ladle some of the liquid mixture over the top. Repeat layers until casserole pan is filled about 1 inch from the top and most of the fillings are used. Sprinkle the top with cheese, cover with tin foil, and bake for 45 minutes. Remove tin foil and bake for another 15 minutes, or until potatoes are tender.

# Celeriac & Fennel Salad

MAKES 6 servings | PREP 15 min | READY 15 min

## INGREDIENTS

1 fennel bulb, fronds trimmed, core removed, and thinly sliced or grated  
½ large celeriac, peeled and grated  
2 tart apples, cores removed and grated  
1 Tbsp dijon mustard  
1 Tbsp honey  
2 Tbsp apple cider vinegar  
¼ cup olive oil  
Salt and pepper to taste

Contributed By: Maddie Kay, RTB Farm

## DIRECTIONS

1. Place fennel, celeriac, and apples in a large bowl.
2. Place mustard, honey, vinegar, olive oil, salt, and pepper in a jar with a tight fitting lid. Shake to combine. Pour over the fennel, celeriac, and apple and toss to coat. Taste and adjust dressing seasonings as necessary. Serve cold or at room temperature.

# Chive Pesto

MAKES 12 servings | PREP 20 min | READY 20 min

## INGREDIENTS

- ½ cup pumpkin seeds, toasted
- ½ cup lemon juice
- 1 cup safflower oil
- 2 Tbsp honey
- 2 tsp sea salt
- 2 Tbsp garlic powder
- 6-8 cups chives, roughly chopped



Contributed By: Laura Killingbeck, RTB Farm

## DIRECTIONS

1. Put all ingredients except chives in a food processor or blender and blend until smooth, about 5 minutes.
2. Add chives and continue to blend 1-2 minutes, or until fully incorporated and smooth.
3. Store in a glass jar and refrigerate for up to 1 week. We use chive pesto on just about everything! It's great as a sandwich spread, mixed with pasta, as a veggie or chip dip, or added as a topping to egg dishes or casseroles. Some people say it's addictive!

## VARIATIONS

Double the quantity of toasted pumpkin seeds to give this pesto a creamy, spreadable consistency and richer flavor.

# Chocolate Summer Squash & Zucchini Bread

MAKES 1 loaf | PREP 20 min | COOK 50 min | READY 1 hr and 10 min

## INGREDIENTS

- 1 cup flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 2 eggs at room temperature
- ¼ cup butter, melted and cooled
- ¼ cup melted coconut oil, cooled slightly (or canola, vegetable oil)
- 1 tsp vanilla extract
- ¾ cup maple syrup (or ¾ cup brown sugar)
- 1½ cups summer squash or zucchini, shredded

## VARIATIONS

Stir in 1 cup chocolate chips and/or 1 cup chopped walnuts along with the shredded summer squash for extra flavor and texture.

## DIRECTIONS

1. Preheat oven to 350°F. Grease a 9x5 inch loaf pan and set aside.
2. In a medium bowl, whisk together the flour, cocoa powder, baking soda, and salt. Set aside.
3. In a large bowl, add eggs, melted butter, coconut oil, vanilla extract, and maple syrup (or sugar). Stir until combined and smooth.
4. Stir dry ingredients into wet ingredients until just combined. Stir in shredded summer squash or zucchini and pour into prepared pan.
5. Bake for 50-60 minutes or until a toothpick inserted in the middle of the loaf comes out clean. Let bread cool in the pan for 15 minutes, then remove loaf from pan and transfer to a wire rack.

Contributed By: Maddie Kay, RTB Farm

# Creamy Steamed Broccoli & Avocado

MAKES 4 servings | PREP 5 min | COOK 10 min | READY 15 min

## INGREDIENTS

2 heads broccoli, washed, florets cut off and stalk sliced crosswise into ½ inch thick rounds  
1 ripe avocado, cut into medium chunks  
2 cloves garlic, peeled and minced  
1 lemon, cut in ½  
Salt and pepper to taste



Contributed By: Josh Louro, RTB Farm

## DIRECTIONS

1. Fill a pot or saucepan with 2 inches of water and place a steaming basket inside. Bring water to a simmer over medium high heat and place the broccoli stalks in the basket. Cover the pot and let steam for 1-2 minutes. Place florets on top of stalks and allow to steam until broccoli reaches your preferred texture, 5-8 minutes.
2. Place steamed broccoli, avocado, and garlic in a bowl. Squeeze half of a lemon on top, stirring to combine. The avocado should create a creamy sauce. Taste and adjust salt, pepper, and lemon juice to your liking. This dish can be served as a side dish, or over rice or pasta as a main dish.

## VARIATIONS

Toss in roasted pumpkin seeds or sunflower seeds. Add goat cheese or parmesan cheese.

# Crispy Marinated Brussel Sprouts

MAKES 4 servings | PREP 5 min | COOK 25 min | READY 30 min

## INGREDIENTS

1 lb brussels sprouts, washed, dried and sliced in ½ lengthwise (or ¼ for larger sprouts)  
3 Tbsp sesame oil, divided  
3 Tbsp soy sauce or tamari  
1 Tbsp honey, maple syrup or brown sugar  
2 Tbsp rice vinegar  
1 tsp red pepper flakes  
1 tsp garlic powder  
Salt and pepper to taste

Contributed By: Maddie Kay, RTB Farm

## DIRECTIONS

1. Preheat oven to 450°F. Toss sprouts with 2 Tbsp sesame oil and place in a single layer on a baking sheet. Roast until sprouts are browned and crispy, about 20-25 minutes.
2. Place 1 Tbsp sesame oil, soy sauce, honey, rice vinegar, red pepper flakes, and garlic powder in a small saucepan. Bring to a simmer, cooking until liquid thickens, about 3-4 minutes.
3. Remove brussels sprouts from oven, toss with sauce, and serve.

# Cucumber Mint Salad

MAKES 6 servings | PREP 25 min | READY 25 min

## INGREDIENTS

4 cucumbers, peeled, deseeded, and cut into ¼ inch thick semi-circles  
1 Tbsp salt  
2 Tbsp red wine vinegar  
3 Tbsp olive oil  
1 Tbsp honey (or sugar)  
Black pepper to taste  
1 handful of fresh mint, destemmed and leaves finely chopped

## DIRECTIONS

1. Place cut cucumbers in a colander and sprinkle with salt, tossing to coat them evenly. Let sit in sink for 20 minutes to drain (the salt will pull out some of the moisture in the cucumbers so that the salad doesn't become watery).
2. In a small bowl add vinegar, oil, honey, and a sprinkle of black pepper. Whisk to combine, then stir in the mint.
3. Shake the cucumbers in the colander to drain any excess water from the salting process, then transfer to a bowl. Pour dressing on top and toss to combine. Taste, adjust seasonings to your liking, and serve!

## VARIATIONS

Add some chili flakes to the dressing to give the salad a kick!

Contributed By: Shaun VanLaarhoven, RTB Farm



Follow along with [RTB's video of how to make cucumber mint salad](#) on our Youtube channel





# Fidjón Kongu: Cape Verdean Stewed Peas

MAKES 8 servings | PREP 15 min | COOK 2 hrs 20 mins | READY 2 hrs 35 mins- 3 hrs 5 mins

## INGREDIENTS

3 Tbsp extra-virgin olive oil  
1 medium onion, diced  
4 cloves garlic, minced  
1 tsp paprika  
½ tsp pepper  
12 oz piece of salt pork, cut into 1 inch cubes  
2½ cups dry pigeon peas, soaked in water overnight  
2 bay leaves  
1-2 large bouillon cubes  
1 lb linguça or chouriço, sliced into ½ inch thick rounds  
1 lb acorn squash (or other winter squash), peeled, deseeded, and cut into 1 inch cubes  
1 medium green cabbage, cored and sliced ¼ inch thick

## DIRECTIONS

1. Place a large pot over medium-high heat and add the olive oil. Add the onion and sauté until it is clear and fragrant, about 5 minutes. Add the garlic, paprika, and black pepper to the pot and cook for about 1 minute.
2. Add the cubed salt pork to the pot and brown the pieces on all sides, about 10 minutes.
3. Rinse the pigeon peas and add them to the pot with 5 cups of water, the bay leaves, and one bouillon cube. Stir and bring the water to a boil.
4. Once boiling, cover the pot and bring to a simmer over low heat for 1½ - 2 hours, stirring occasionally, and adding more water if it evaporates.
5. Taste the broth and add another bouillon cube if needed. Add the linguça (or chouriço) and squash to the pot and add just enough water to submerge them. Place the cabbage on top, cover the pot, and cook over low heat until the peas, cabbage, and squash are tender, about 30 minutes. Mix all ingredients together, then taste and adjust seasoning. Serve on its own or with rice.

Contributed By: Soraya DosSantos

## NOTES

Kongu was a favorite recipe of Soraya's grandmother, Mama Antonia.



Soraya's grandmother,  
Mama Antonia

# Farm Fresh Zucchini & Squash LoMein

MAKES 4-5 servings | PREP 15 min | COOK 15 min | READY 30 min

## INGREDIENTS

- 1 Tbsp sesame oil
- 1 onion, thinly sliced or diced
- 3 cloves garlic, peeled and minced
- 1 tsp fresh ginger, minced
- 1 zucchini, thinly sliced into strips
- 1 summer squash, thinly sliced into strips
- 1 cup cabbage, thinly shredded
- 2½ tsp soy sauce or tamari
- 1 Tbsp Asian stir-fry sauce



Contributed By: Michelle Rodriguez

## DIRECTIONS

1. Place a stir-fry pan over medium heat and add sesame oil. Add onion, garlic, and ginger. Stir-fry until golden brown, about 8-10 minutes.
2. Add zucchini, summer squash, and cabbage to the pan, mixing to incorporate. Briefly stir-fry until they are semi-tender but still crunchy, about 2-4 minutes.
3. Remove from heat and stir in soy sauce and Asian stir-fry sauce. Taste and add more of the sauces as needed.

## NOTES

All vegetables should be cut very thin so that they are quickly stir-fried and still crunchy. Using a pair of tongs to stir-fry the vegetable can make it easier to mix. Season to your liking and sample before serving. This is a simple dish. You can add meats and seafood to this LoMein recipe. It is delicious and quick for a family that is very busy during the week! Enjoy!

# Fresh Herb Vinaigrette

MAKES 4½ cups | PREP 10 min | READY 10 min

## INGREDIENTS

- 5 cloves garlic, peeled
- 2 Tbsp mustard
- 1 cup fresh herbs, washed and thick stems removed (chives, parsley, basil, fennel fronds, and dill are all good choices)
- 1 tsp black pepper
- 1 cup vinegar
- 3 cups oil
- Salt to taste



Contributed By: Laura Killingbeck, RTB Farm

## DIRECTIONS

1. Place all ingredients in a blender and blend on high until smooth and creamy, about 1 minute. Alternatively, mince garlic and herbs, place into a jar, and shake to combine.
2. Serve with salads and raw vegetables, or use as a marinade for vegetables or meats. Store in an airtight container in the fridge for up to 2 weeks.



Check out the blog post for more info [HERE](#)

# Fried Green Tomatoes

MAKES 4 servings | PREP 25 min | COOK 20-25 min | READY 45-50 min

## INGREDIENTS

4 green tomatoes, sliced into ½ inch thick rounds  
2 eggs  
1 cup all purpose flour  
½ cup cornmeal  
½ cup bread crumbs  
2 tsp salt  
¼ tsp black pepper  
1 quart vegetable oil, for frying



Contributed By: Hallie Escola, RTB Farm

## DIRECTIONS

1. Lay out tomato slices on a large kitchen towel in a single layer and let sit for 10 minutes (this will dry out the tomatoes and help the flour stick to them).
2. Whisk eggs together in a medium bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs, salt, and pepper on another plate. Dip tomatoes into flour to coat, then into the milk and egg mixture, then into the breadcrumb mixture to completely coat.
3. Place a large skillet over medium heat and pour in enough oil to coat the bottom of the pan in ½ inch of oil. When the oil starts to shimmer, gently place a tester tomato in the pan. The oil is hot enough if it immediately starts bubbling around the edges of the tomato. Place 4-5 tomatoes into the frying pan at a time without letting them touch one another and cook until golden brown on the bottom, about 2-3 minutes. Flip tomatoes and brown on the other side, then remove from oil and place on a paper towel lined plate. Repeat with remaining tomatoes and serve with a dipping sauce, such as chipotle mayo.

# Galinha Guisa

MAKES 4-6 servings | PREP 1 hr 10 min | COOK 1 hr 20 min | READY 2 hr 30 min

## INGREDIENTS

Vinegar to taste  
6-10 pieces of chicken (legs & thighs)  
1 Tbsp seasoned salt  
1 Tbsp garlic salt  
1 Tbsp lemon-pepper  
1 Tbsp paprika  
1 stick butter  
½ Tbsp olive or vegetable oil  
6-8 stalks of celery, chopped  
1 cup water or chicken broth  
6-10 red or white potatoes, cubed  
3-6 pieces mandioca (frozen or fresh), sliced into ½ inch thick rounds

Contributed By: Colleen Pina-Garron

## DIRECTIONS

1. Wash chicken parts thoroughly with cold water and vinegar. Rinse thoroughly.
2. Coat chicken with seasoned salt, garlic salt, lemon pepper, and paprika. Set aside in the fridge to marinate for at least 1 hour.
3. After chicken has marinated, melt the butter and oil in a large pot with a cover. Add the chicken pieces into the pot with the skin side down.
4. Add the celery and water (or broth) and cover pot. Cook over low heat, turning chicken occasionally for approximately 30 minutes.
5. After 30 minutes, add potatoes and mandioca. Cook until chicken is cooked through and potatoes and mandioca are fork tender, about 45 minutes. Taste and add more seasoning if desired. Serve!

# Garlic Scape Pesto

MAKES 15 servings | PREP 10 mins | READY 10 mins

## INGREDIENTS

2 cups garlic scapes, diced  
½-1 cup of olive oil  
Salt to taste



Contributed By: Laura Killingbeck, RTB Farm

## DIRECTIONS

1. Put all ingredients in a food processor or blender and blend on high until well combined. Taste and add more salt if desired.
2. Once blended, transfer to a glass jar and store in the fridge for up to 1 week or in the freezer for up to 6 months. Serve on pasta, toast, eggs, or other dishes, or use it as a base for stir-fries and soups instead of garlic.

# Gazpacho

MAKES 8 servings | PREP 20 min | CHILL 2 hrs | READY 2 hrs 20 min

## INGREDIENTS

3-4 red tomatoes, cored and roughly chopped  
1 sweet pepper, cored, deseeded, and roughly chopped  
1 cucumber, peeled and roughly chopped (deseeded if seeds are tough)  
1 onion, peeled and roughly chopped  
1 clove garlic, peeled  
2 tsp red wine vinegar  
Salt to taste  
½ cup olive oil  
Croutons and roughly chopped parsley for serving

## DIRECTIONS

1. Place tomatoes, pepper, cucumber, onion, and garlic in a blender. Blend until very smooth, scraping sides down occasionally, 2-4 minutes.
2. While still blending, pour in the vinegar and a pinch or two of salt. Slowly add the olive oil and blend until it becomes creamy and the color turns orangey pink.
3. Strain the mixture into a bowl through a fine mesh sieve, using a spatula to push all of the liquid through. Transfer bowl to fridge and allow to chill for at least 2 hours.
4. Before serving, taste and adjust seasonings, adding more salt, pepper, or vinegar if necessary. Top with croutons and parsley and serve.

Contributed By: Maddie Kay, RTB Farm

# Jalapeño Poppers

MAKES 20 pieces | PREP 10 min | COOK 25 min | READY 35 min

## INGREDIENTS

10 jalapeños, sliced in ½ lengthwise and deseeded  
½ cup cream cheese, softened  
1 tsp garlic powder  
¼ cup cheddar cheese, grated  
¼ cup parsley, chives or scallions, finely chopped  
¼ cup breadcrumbs

### NOTES

- Be sure to wear gloves when preparing hot peppers like jalapeños as the oils can cause a burning sensation on your skin!
- Make homemade breadcrumbs by placing stale bread in a paper bag and hitting it with something heavy, such as a rolling pin or a metal pan, or by pulsing it in a blender or food processor

Contributed By: Maddie Kay, RTB Farm

## DIRECTIONS

1. Preheat oven to 425°F. In a small bowl, mix together cream cheese, garlic powder, cheddar cheese and herbs.
2. Fill jalapeños with the cream cheese mixture and top with breadcrumbs. Place on a baking sheet and bake for 20-25 minutes, until breadcrumbs are golden brown. Remove from oven, let cool slightly, and serve!

# Kimchi

MAKES 1 quart | PREP 30 min | FERMENT 1-3 weeks | READY 1-3 weeks

## INGREDIENTS

2 lbs Napa cabbage, bottom trimmed and leaves cut into 1 inch thick strips  
1 lb daikon radishes, peeled and cut into matchstick size pieces  
2 lbs carrots, peeled, tops trimmed, and cut into ¼ inch thick discs  
4 scallions cut into 1 inch pieces  
1 head fresh garlic, peeled and minced  
¼ cup fresh ginger, peeled and minced  
⅓ cups Korean red chili flakes or 4-6 fresh Thai bird chili peppers, finely chopped  
3 Tbsp sea salt



Contributed By: Shaun VanLaarhoven, RTB Farm

## DIRECTIONS

1. Place all ingredients into a large mixing bowl, food grade plastic bucket, or crock. Using your hands, mix everything together, so that the cabbage leaves are well coated with seasonings and the cabbage and vegetables start to release some liquid.
2. Transfer to a clean glass jar or an airtight food grade bucket. Weigh the kimchi mixture down with a heavy plate and a rock and seal the jar or bucket. Set aside to ferment in a cool, dark area and sample every week until the flavor is to your liking. Once you like the flavor, transfer kimchi to the fridge to stop the fermentation process. Once refrigerated, kimchi lasts for several months.

### NOTES

The ratio that we use for this kimchi recipe is 5 lbs vegetables to 3 Tbsp salt. Once all of the vegetables are prepared, weigh them out and add salt according to the ratio. You can use other vegetables to make kimchi, such as turnips, parsnips and beets

# Lolly's Munchupa Recipe

MAKES 10-15 servings | PREP 20 min | COOK 2 hr 40 min | READY 3 hr

## INGREDIENTS

8 cups water  
2 Tbsp olive oil  
1 onion, finely chopped  
2 cloves garlic, peeled  
3 Tbsp paprika or two packets Sazón  
2 bay leaves  
4 cups samp, soaked overnight  
1 cup dry kidney beans, soaked overnight  
1 cup dry large lima beans, soaked overnight  
½ cup dry shell beans, soaked overnight  
2 lbs yams, peeled and chunked  
2 lbs sweet potatoes, peeled and chunked  
2 lbs winter squash, peeled and chunked  
2 lbs spare ribs (pork or beef)  
2 lbs beef shank  
1 lb linguiça or 1 link chouriço, sliced  
2-3 bunches kale, roughly chopped  
Salt to taste  
Pepper to taste

## DIRECTIONS

1. Heat 8 cups of water in a large stockpot. Season the water with the olive oil, onion, garlic, paprika (or Sazón), and bay leaves.
2. Bring water to a boil and add the samp and beans.
3. Place a separate pot over medium heat and add the yams, sweet potatoes, and winter squash. Cook for about 45 minutes to an hour, or until tender.
4. Meanwhile, place a large skillet over medium-high heat. Add the olive oil and place the spare ribs, shank, and chouriço or linguiça in the pan and cook until browned, about 15-20 minutes.
5. Strain the meat and cooked vegetables and add them to the pot of samp and beans. Cook over low heat for about 20 minutes, then add the kale.
6. Simmer over low heat until the samp and beans are almost fork tender, but not quite done, about 1 hour.
7. Turn off the heat and let munchupa sit in the covered pot for at least ½ hour before serving. If you like a soupier Munchupa, make additional stock and add it to the pot until you achieve your preferred consistency.

## NOTES

- If you don't have kidney or lima beans on hand, they can be replaced with any other variety of dry beans.
- About 20 minutes before the Munchupa is done, you may mix in a well-sauteed onion, garlic, and tomato paste mixture (sofrito) to adjust and enhance the flavor.
- This recipe comes from Lolly, Colleen's late big sister and a beloved member of the Cape Verdean community.

Contributed By: Colleen Pina-Garron



# Lolly's Summer Jag

MAKES 10-15 servings | PREP 20 min | COOK 2 hr 15 min - 3 hr 15 min |

READY 2 hr 35 min - 3 hr 35 min

## INGREDIENTS

1 lb dry rock beans (or other variety of dry bean), rinsed  
1 piece salt pork, washed and soft side scored with a sharp knife  
1 large or 2 medium onions, chopped  
1 stick butter  
1 tsp oil  
Salt to taste  
Pepper to taste  
Paprika to taste  
Ketchup to taste  
2-3 bunches kale, roughly chopped and blanched  
1 large butternut squash, skin removed and quartered  
6 cups long grain rice  
Butter pats, if desired

## DIRECTIONS

1. Fill a 2-3 quart saucepan with water and salt to taste. Bring water to a boil and add the dry beans. Simmer over low heat for 1½ to 2½ hours. Check beans often, adding more salted water if too much evaporates.
2. Place a colander inside a large bowl. Once the beans are fork tender, pour them into the colander and collect the cooking water in the bowl. Put beans and reserved water aside.
3. Melt the butter in a large pot and add the oil. Add the salt pork (skin side up) and onions to the pot. Sauté pork and onions until the onions are translucent, about 8 minutes.
4. Add salt, pepper, paprika, and ketchup to taste. Add the beans back to the pot and continue cooking over low heat.
5. Add kale, squash, and 1 1½ cups of water (use the reserved water from cooking the beans and tap water to make up the remaining cups if needed) and bring to a boil.
6. Stir water and add the rice. Once the water comes to a boil again, stir it well, place the cover on the pot, and continue to cook over very low heat.
7. After at least 20 minutes (DO NOT lift the cover before this!), check the jag by moving a fork around the outer edges of the rice in the pot and "lifting" the ingredients in the rice several times. If the rice is still hard after 20 minutes, add a few drops of water and continue to cook the rice until tender. If desired, add a few pats of butter on top of the rice and recover the pot until the butter has melted and serve!

Contributed By: Colleen Pina-Garron



# Mamadear's Squash Cake & Lolly's Cream Cheese Frosting

MAKES 5-8 servings | PREP 15 min | COOK 1 hr | READY 1 hr 15 min

## INGREDIENTS

3 cups flour  
1 tsp baking powder  
2 tsp baking soda  
3 tsp cinnamon  
1 tsp salt  
4 eggs  
2 cups sugar  
1 cup vegetable oil  
3 cups winter squash, roasted and puréed  
½ cup walnuts (optional), chopped

For the Frosting:

1 block cream cheese, at room temperature  
1 tsp warm water  
1 tsp vanilla extract  
1 cup powdered sugar, or to taste

## DIRECTIONS

1. Preheat oven to 350°F. Grease and flour a tube cake or bundt pan. Set aside.
2. Sift flour, baking powder, baking soda, cinnamon, and salt together in a large bowl. Set aside.
3. In another bowl, beat the eggs, then add the sugar, oil, and squash and mix until well combined.
4. Make a "well" in the dry ingredients and pour the wet ingredients into it. Fold the wet and dry ingredients together until just combined. If using walnuts, fold them into the batter until evenly distributed.
5. Pour batter into prepared cake pan and bake for 1 hour. Cake is done when a toothpick inserted in the center of the cake comes out dry.
6. Allow the cake to cool down, then sprinkle cake with powdered sugar (original recipe) or top it with Lolly's Cream Cheese Frosting.

For the Frosting:

1. Add the cream cheese and warm water to a medium bowl and use the back of a large spoon to cream them together by pressing the back of the spoon against the mixture until smooth. More warm water can be added to smooth out the cream cheese.
2. Add vanilla and continue to incorporate it into the cream cheese mixture.
3. Using a sifter, sprinkle the powdered sugar gradually over the cream cheese mixture, then use a hand mixer to blend it all together. Once ½ of the sugar has been added, sample the frosting and add more powdered sugar depending on sweetness preference.

## NOTES

This recipe comes from Maria "Mamadear" Gomes Pina, Colleen's paternal grandmother.

Contributed By: Colleen Pina-Garron



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# Meatless Sliders

MAKES 5-6 servings | PREP 25 min | COOK 15 min | READY 40 min

## INGREDIENTS

2 cups summer squash, grated  
2 cups zucchini, grated  
¼ cup onions, diced  
½ cup Panko breadcrumbs  
1 egg  
½ cup oats  
3 cloves garlic, peeled and minced  
Salt and pepper to taste  
¼ cup olive oil or high heat oil, enough to coat bottom of pan  
Dinner rolls or buns for serving

## NOTES

The process for making this is similar to making meatballs. You have the option of peeling the vegetables but I suggest leaving the skin on since there are nutrients and vitamins in the skin. It also makes the sliders bind together better. You can use a nice sweet barbecue sauce or ranch sauce to spread on the dinner roll after the sliders are cooked.

Contributed By: Michelle Rodriguez

## DIRECTIONS

1. Place all ingredients except for olive oil in a bowl and use your hands to mix it together, until it has a clay-like consistency (if mixture is too wet, then add more breadcrumbs until it reaches the right consistency). Form mixture into small, round patties, and place them onto a parchment-lined or greased baking sheet.
2. Place a pan over medium-high heat and pour in the oil. Once hot, gently place the sliders in the pan, leaving enough room to turn them over. Cook until both sides are crispy, about 5 minutes each. Remove from pan and place on a paper towel lined plate to absorb any excess oil. Repeat until all sliders are cooked.
3. Cut dinner rolls or buns in ½ and spread your favorite dipping sauce on one side. Place the sliders in between. Enjoy!



# Microgreen, Kale & Beet Salad with Maple Balsamic Vinaigrette

MAKES 6 servings | PREP 15 min | READY 15 min

## INGREDIENTS

1 bunch kale, washed, destemmed, and torn into bite-sized pieces  
Microgreens, washed  
3 beets, peeled and grated  
2 carrots, peeled and grated

For the Dressing:

⅓ cup real maple syrup  
2 Tbsp balsamic vinegar  
1 Tbsp lemon juice  
¼ cup olive oil  
Salt to taste

Contributed By: Laurel Branco, RTB Farm

## DIRECTIONS

1. Toss kale, microgreens, beets, and carrots together in a large bowl.
2. Put maple syrup, balsamic vinegar, lemon juice, olive oil, and a pinch of salt in a jar with a lid and shake until combined. Taste and add more vinegar or salt if needed.
3. Toss salad with dressing until coated and serve.



# Pan-Charred Asparagus

MAKES 4-6 servings | PREP 5 min | COOK 5 min | READY 10 min

## INGREDIENTS

2 tsp high heat oil (ie safflower, canola)  
1 lb asparagus, washed and woody ends removed  
(about 1 inch off bottom)  
Salt to taste

## DIRECTIONS

1. Place a cast iron pan over medium-high heat and add a touch of oil (the pan should stay mostly dry). Add the asparagus to the pan and lightly char it on all sides, using tongs to move it around, about 5 minutes.
2. When asparagus is ready (it will have a slight bend and a bit of firmness), sprinkle it with sea salt and serve!

Contributed By: Shaun VanLaarhoven, RTB Farm

# Pan-Fried Sunchokes

MAKES 4-6 servings | PREP 5 min | COOK 15 min | READY 20 min

## INGREDIENTS

2 Tbsp olive oil  
6-8 sunchoke, scrubbed and cut into ¼ inch thick  
slices  
Salt and pepper to taste  
3 Tbsp butter  
1 Tbsp lemon juice  
1 Tbsp parsley, finely chopped

## DIRECTIONS

1. Place a large pan over medium-high heat and add olive oil. Add sunchoke and season with salt and pepper. Sauté until tender and brown on both sides, about 5 minutes each. Transfer sunchoke to a plate.
2. Add butter and lemon juice to pan and stir until butter is melted and slightly brown, 1-2 minutes. Pour over sunchoke, sprinkle with parsley, and serve.

Contributed By: Linda Rose, YWCA

# Parsnip Fries

MAKES 8 servings | PREP 10 min | COOK 30 min | READY 40 min

## INGREDIENTS

4-5 parsnips, cut into fries about 3 inches long and ½ inch thick  
2 Tbsp olive oil  
2 tsp smoked paprika  
1 tsp onion powder  
1 tsp garlic powder  
1 handful fresh herbs, chopped (oregano, parsley, thyme)  
Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 450°F and toss the parsnips in a large bowl with oil, paprika, onion powder, garlic powder, and herbs.
2. Spread parsnips in an even layer on a baking sheet and bake for 15 minutes. Stir parsnips and bake until browned around the edges, about 10-15 minutes more. Toss with more seasoning, if desired, and serve with dipping sauce.



Contributed By: Laura Killingbeck, RTB Farm

# Pesto

MAKES 1 pint | PREP 15 mins | READY 15 mins

## INGREDIENTS

4 bunches basil, washed, dried, and destemmed  
¼ cup parmesan (or other pungent, hard cheese), grated  
2 Tbsp pine nuts  
⅓ cup olive oil (or more)  
2 garlic cloves, peeled  
Salt and pepper to taste

## DIRECTIONS

1. Place all ingredients in a food processor or blender and pulse until it reaches a paste-like consistency, adding more olive oil as necessary. Add salt and pepper to taste.
2. Serve on toast or crackers, toss it with pasta, mix into eggs, or add to other dishes!

## VARIATIONS

Use parsley, cilantro, spinach, arugula, mizuna, kale, chickweed, mint, radish or turnip top leaves, or other greens instead of basil. Use sunflower seeds, almonds, walnuts, or cashews in place of pine nuts.

Contributed By: Benoit Azagoh-Kouadio, RTB Farm

# Portuguese Kale Soup

MAKES 6 servings | PREP 10 min | COOK 45 min | READY 55 min

## INGREDIENTS

4 cups red beans, cooked  
1 yellow or white onion, sliced  
2 Tbsp salt  
4 Tbsp olive oil  
2 bouillon cubes (or powder equivalent of 2 servings)  
2 potatoes, peeled and cubed  
1½ cups penne pasta  
4 cups kale or collard greens, destemmed  
1 Portuguese sausage link (chouriço, or other sausage of preference), sliced into thin rounds



Contributed By: Maxx Fidalgo, RTB Farm

## DIRECTIONS

1. Place 2 cups red beans, sliced onion, 2 Tbsp salt, and 8 cups of water in a pot. Boil for 15 minutes.
2. Place the remaining 2 cups beans and ½ cup water in a blender or food processor, blending until smooth. Pour this mixture into the pot, along with the olive oil, bouillon, and 1 more cup water. Boil for 5 minutes.
3. Add cubed potato, penne, and kale to pot. Bring to a boil, then lower to medium-low heat. Cook until potatoes and pasta are tender, about 10-15 minutes.
4. While the soup is cooking, place a pan over medium heat and add a bit of olive oil. Add the sausage rounds and sauté until cooked through.
5. Once pasta and potatoes are cooked, add the sausage to the soup pot. Add another cup of water, adding salt to taste, and allow to cook for another 5-10 minutes. Taste and adjust seasonings with salt and pepper and serve hot. Once cooled, this soup also freezes well.

# Portuguese Pea Stew

MAKES 4 servings | PREP 10 min | COOK 30 min | READY 40 min

## INGREDIENTS

2 Tbsp olive oil  
1 white or yellow onion, diced  
1 clove of garlic, minced  
1 link Portuguese linguíça sausage (or other sausage), sliced into rounds  
1 tomato, cored and chopped  
1 beef bouillon cube (or powder equivalent of 1 serving)  
Salt to taste  
4 cups peas, shelled  
1 potato, cut into small cubes  
2-3 eggs



Contributed By: Maxx Fidalgo, RTB Farm

## DIRECTIONS

1. Place a soup pot over medium heat, add olive oil, onion, and garlic. Sauté until golden brown, 5-8 minutes. Add linguíça and cook for 5 minutes.
2. Add chopped tomato, mix everything together, and cook for 5 minutes. Add bouillon cube and salt to taste, then add peas, potato, and cover with water until vegetables are just submerged.
3. Bring stew to a boil and cook until potatoes and peas are tender, 10-15 minutes.
4. Once cooked, crack 2-3 eggs on top of the stew. Place lid on pot and cook over medium heat for 2 minutes. Remove from heat and let sit, covered, for 2 more minutes, or until the egg is fully cooked.

# Potato Bread

MAKES 2 loaves | PREP 30 min | RISE 2 hrs | COOK 40 min | READY 3 hrs 10 min

## INGREDIENTS

1 large potato (about 12 oz), peeled and chopped into cubes  
1 Tbsp butter  
2 cups milk  
2 tsp salt  
1 tsp sugar  
1 packet instant yeast (2¼ tsp)  
4 cups all purpose flour  
1 cup whole wheat flour  
2 Tbsp olive oil

Check out our  
blog post [Here!](#)



Contributed By: Benoit Azagoh-Kouadio RTB Farm

## DIRECTIONS

1. Boil potato in salted water until fork tender, about 10 minutes. Drain the water and return potatoes to pot. Mix in the butter and mash potatoes with a fork until combined and smooth. It should make between  $\frac{3}{4}$  and 1 cup of mashed potatoes.
2. Add the milk and mix thoroughly. Stir in the sea salt, sugar, and yeast.
3. Add 2 cups of all purpose flour and stir until smooth. Add remaining 2 cups all purpose flour and 1 cup whole wheat flour, stirring until it forms a smooth dough ball.
4. Drizzle a little olive oil on the dough ball, moving it around until the entire surface has a thin coat of oil on it. Wet a clean dish towel with warm water and ring it out. Cover the bowl with the towel and set in a warm area (such as a sunny window) to rise for about 1 hour, or until the dough has doubled in size.
5. Oil 2 bread pans. Divide dough in  $\frac{1}{2}$  and put each  $\frac{1}{2}$  in the pan, gently forming it so that it is a uniform size within the pan. Drizzle a little olive oil on top of the dough and cover pans with the damp towel. Let rise 1 hour or until doubled in size.
6. Preheat the oven to 350°F. Bake for 40 minutes or until golden brown on top.
7. Remove from oven and flip loaves onto a cooling rack. Allow to cool before slicing. Enjoy with butter, pesto, dips, or soups.



# Potato & Veggie Croquettes

MAKES 4-5 servings | PREP 15 min | COOK 30 min | READY 45 min

## INGREDIENTS

3 potatoes, peeled and diced  
Salt to taste  
1 carrot, shredded  
1 zucchini, shredded  
3 Tbsp butter  
1 tsp garlic powder  
1 tsp onion powder  
1 Tbsp chives, finely chopped  
Black pepper to taste  
1 Tbsp cornstarch  
½ cup oil  
1 egg, beaten  
1 cup Panko breadcrumbs



## DIRECTIONS

1. Place potatoes in a pot with enough water to cover them completely. Add a pinch of salt and bring to a boil over high heat.
2. Once potatoes are almost fork tender, about 8 minutes, add the carrot and zucchini and continue cooking on high for about 5 minutes.
3. Drain the potatoes and vegetables in a colander, then transfer them to a medium bowl. Add the butter, garlic powder, onion powder, chives, black pepper, and cornstarch. Stir to evenly coat the potatoes and veggies with the seasonings, and lightly mash everything together with a fork or potato masher.
4. Once the mixture has cooled enough to handle, form the croquettes into logs about 3 inches long and the thickness of a quarter. Place them on a baking sheet lined with parchment paper.
5. Place ½ cup oil in a frying pan over medium-high heat. Place beaten egg in a small bowl and breadcrumbs in another small bowl. Once oil is hot, grab 1 croquette at a time and coat it in the egg, then roll it in the Panko breadcrumbs. Slowly place the croquette in the oil, being careful not to spatter the oil on yourself. Turn croquette as it cooks so that it browns evenly on all sides, about 2 minutes per side. Place croquette on a paper towel lined plate to drain excess oil. Repeat with remaining croquettes and serve.

Contributed By: Michelle Rodriguez

# Ratatouille

MAKES 4 servings | PREP 10 min | COOK 35 min | READY 45 min

## INGREDIENTS

1 Tbsp olive oil  
1 large onion, diced  
1 bay leaf  
3 ripe tomatoes, cored and diced  
4-5 garlic cloves, minced  
1 handful fresh basil, chopped (or 1 Tbsp dried)  
2 sprigs fresh oregano, destemmed (or 1 Tbsp dried)  
½ tsp rosemary  
½ tsp thyme  
Salt and pepper to taste  
1 zucchini or summer squash, cut into 1 inch cubes  
1 bell pepper, cut into 1 inch chunks  
1 eggplant, cubed into 1 inch chunks  
5 Tbsp tomato paste

## DIRECTIONS

1. Place a large pan over medium heat and add oil. Add onion and sauté until transparent, about 5-7 minutes.
2. Add bay leaf, tomato, garlic, ¼ cup water, basil, oregano, rosemary, thyme, salt, and pepper and mix together. Cover and simmer for 10 minutes.
3. Add zucchini and peppers and stir well. Cover and simmer for another 5 minutes.
4. Add eggplant and tomato paste, stirring to combine. Add salt and pepper to taste. Cover and simmer, about 8 minutes.
5. Serve over pasta or rice. Top with chopped parsley, basil, or other herbs.

Contributed By: Benoit Azagoh-Kouadio, RTB Farm



# Sauerkraut

MAKES 1 quart | PREP 20 min | REST 30 min | FERMENT 2 weeks

## INGREDIENTS

2½ lbs green or red cabbage, outer leaves removed and set aside  
1½ Tbsp sea salt

## NOTES

For this sauerkraut recipe, we use a ratio of 3 Tbsp salt to 5 lbs cabbage. Once you have washed, cored and sliced the cabbage, weigh the slices and add salt according to the ratio.

## DIRECTIONS

1. Cut cabbage heads into ¼s and remove core. Slice each ¼ crosswise into ¼- ½ inch thick slices and place the cut cabbage in a large bowl.
2. Sprinkle salt over the cabbage and mix well. Let sit for 30 minutes so that the salt can start extracting liquid (brine) from the cabbage.
3. After 30 minutes use your hands to squeeze the cabbage and further incorporate the salt, squeezing continuously for about 5 minutes, until cabbage is softer and more liquid has accumulated.
4. Stuff cabbage into a clean glass jar, ceramic crock or food safe plastic bucket, pressing it down so that no air bubbles remain. Pour in enough brine so that the top of the packed cabbage is covered by about 1 inch of liquid. Use the reserved cabbage leaves to cover the top of the sauerkraut, pressing down on it so that the leaves are flush with the sauerkraut. Place a clean plate and heavy rock on top of the cabbage leaves so that the kraut remains under the brine.
5. Loosely put a lid on the jar so that air can escape as it ferments. Leave sauerkraut to ferment in a cool place for about 2 weeks. At this point, it should taste sour. If you would like a more acidic taste, continue to let it ferment. When you have achieved your preferred flavor, screw the lid on tight and place the kraut in the fridge to stop fermenting.



Contributed By: Shaun VanLaarhoven RTB Farm

Check out our video and follow along instructions on [how to make sauerkraut!](#)





# Sautéed Turnips

MAKES 4 servings | PREP 5 min | COOK 10 min | READY 15 min

## INGREDIENTS

2 Tbsp butter  
1 lb purple top turnips (Hakurei or Macomber can be used too), peeled and thinly sliced  
1 tsp cumin  
Salt and pepper to taste  
1 handful chives (or other fresh herbs), finely chopped

Contributed By: Laura Killingbeck, RTB Farm

## DIRECTIONS

1. Place a pan over medium-high heat and melt the butter.
2. Add turnip slices and cook, stirring frequently until tender and golden brown, about 6 minutes.
3. Add cumin, salt, pepper, and chives, tossing to combine. Serve hot.

# Shakshouka

MAKES 6 servings | PREP 10 min | COOK 25 min | READY 35 min

## INGREDIENTS

6 Tbsp olive oil  
1 Tbsp paprika  
1 Tbsp cumin  
6 cloves garlic, peeled and minced  
1 large bell pepper, diced  
1 large onion, diced  
1 (or more) chili pepper, diced  
6 ripe tomatoes, diced  
Salt and pepper to taste  
6 eggs  
Fresh parsley, chopped

## VARIATIONS

Try shakshouka with different vegetables, such as winter or summer squash, potatoes, turnips, or chopped kale. You can add feta or cheddar cheese and other herbs too!

Contributed By: Benoit Azagoh-Kouadio, RTB Farm

## DIRECTIONS

1. Place a large pan over medium-high heat and add oil. Add paprika, cumin, and any other spices you are using, stirring until fragrant, about 30 seconds.
2. Add garlic, peppers, onion, and any other diced vegetables to the pan and turn to medium-low heat. Cook until slightly soft, about 10 minutes.
3. Stir in tomatoes and bring to a boil, cooking until mixture has thickened, about 7-8 minutes. Add salt and pepper to taste.
4. Once thickened, turn the heat to medium-low and press the back of a spoon into the mixture to create 6 wells. Crack an egg into each of the wells and cook until egg whites have set (cover pan with a lid so that they set more quickly, about 1-2 minutes).
5. Top with fresh parsley and serve with bread!



# Shredded Beet Salad

MAKES 6 servings | PREP 10 min | READY 10 min

## INGREDIENTS

4 beets, peeled and grated  
1 handful mint or other fresh herb, finely chopped  
2 Tbsp olive oil  
1 Tbsp balsamic vinegar or lemon juice  
Salt and pepper to taste  
½ cup crumbled or grated cheese (feta, goat, blue cheese, parmesan, etc)  
½ cup roasted sesame seeds, pumpkin seeds, or chopped nuts

## DIRECTIONS

1. Place beets, herbs, oil, vinegar, salt and pepper in a bowl and toss to combine. Taste and adjust seasonings as needed. Store in fridge until ready to serve.
2. Before serving, add cheese and seeds or nuts.

Contributed By: Maddie Kay, RTB Farm

# Stewed Okra

MAKES 6 servings | PREP 5 min | COOK 30 min | READY 35 min

## INGREDIENTS

2 Tbsp olive oil  
1 onion, peeled and diced  
3 cloves garlic, peeled and minced  
5 tomatoes, cored and diced  
3 cups okra, sliced crosswise into ¼ inch rounds  
1-2 Tbsp Cajun seasoning  
Salt and pepper to taste

## DIRECTIONS

1. Place a large skillet over medium heat and add oil, onions, and garlic. Sauté until tender and golden brown, about 7 minutes.
2. Add the diced tomatoes, okra, and Cajun seasoning. Simmer until tomatoes and okra soften, about 20 minutes. Add salt and pepper to taste. Serve over rice or quinoa.

## VARIATIONS

Try substituting fresh herbs such as basil, oregano, thyme, or parsley for the Cajun seasoning.

Contributed By: Shaun VanLaarhoven, RTB Farm

# Stuffed Winter Squash

MAKES 4 servings | PREP 10 min | COOK 40 min | READY 50 min

## INGREDIENTS

2 winter squash (acorn, kabocha, delicata, or other round squash), cut in ½, seeds removed and skin left on (the skin has lots of good nutrients and will get tender enough to eat once roasted)  
2 Tbsp olive oil  
1 cup wild rice, uncooked  
1 large bunch kale, destemmed and roughly chopped  
Salt and pepper to taste  
¾ cup walnuts, chopped  
1 cup chickpeas, cooked or canned  
1 cup dried cranberries  
¾ cup feta cheese, crumbled  
Maple syrup and cinnamon for drizzling

## DIRECTIONS

1. Preheat oven to 350°F. Oil inside and outside of squash and place on a baking sheet, cut side down. Roast for 35-40 minutes, until fork tender.
2. While squash is roasting, cook rice according to package directions.
3. Place a pan over medium heat and add a bit of oil. Add kale with a bit of salt and pepper and sauté until wilted and tender. Remove from heat and set aside.
4. Once rice is done, stir in kale, walnuts, chickpeas, cranberries, and feta cheese. Set mixture aside. When squash is done roasting, fill hollow of squash with the mixture, drizzle a bit of maple syrup and cinnamon on top and serve!

Contributed By: Maddie Kay, RTB Farm



# Squash & Leek Frittata

MAKES 8 servings | PREP 10 min | COOK 1 hr | READY 1 hr 10 min

## INGREDIENTS

1 Tbsp olive oil  
1½ cups squash (winter or summer squash), cut into ½ inch cubes  
1 cup leeks, thinly sliced  
12 eggs  
1 cup milk  
Salt to taste  
Handful parsley, finely chopped

## DIRECTIONS

1. Preheat oven to 400°F. In a medium cast iron or oven safe skillet, heat olive oil, and sauté squash and leeks until fork tender.
2. Whisk together eggs, milk, and a pinch of salt. Pour on top of the cooked vegetables in the skillet.
3. Transfer skillet to oven and bake until eggs have set, center has puffed up, and frittata is golden brown, about 1 hour. Cut in slices, garnish with parsley, and serve.

## VARIATIONS

You can substitute any vegetables in this recipe; just chop and sauté them before pouring in the eggs and milk. Experiment with adding shredded cheese and different chopped herbs too!



Contributed By: Laura Killingbeck, RTB Farm

# Squash Pancakes

MAKES 8 servings | PREP 10 min | COOK 1 hr | READY 1 hr 10 min

## INGREDIENTS

2 cups all purpose flour  
4 tsp baking soda  
¼ tsp baking powder  
2 tsp cinnamon  
¼ tsp nutmeg  
½ tsp salt  
2 eggs  
1½ cups milk  
1 cup winter squash or pumpkin, roasted and puréed  
4 Tbsp butter

## DIRECTIONS

1. Place a large pan over medium heat. Meanwhile, whisk flour, baking soda, baking powder, cinnamon, nutmeg, and salt together in a medium bowl.
2. In a separate, larger bowl, beat the eggs together. Add the milk and squash purée, whisking to combine.
3. Stir the dry ingredients into the wet ingredients until just combined and batter has a thick consistency.
4. Add enough butter to coat the pan when melted. Using a ladle, scoop out batter and pour onto pan into roughly 5 inch wide circles. When you see small holes appearing in the middle of the pancake, flip it and cook for another 2-3 minutes on the other side or until golden brown. Repeat using remaining batter.
5. Serve warm with butter, maple syrup, jam, or peanut butter.



Contributed By: Michelle Rodriguez

# Summer Mint Rhubarb Cooler

MAKES 8 servings | PREP 5 min | COOK 15 min | READY 20 min

## INGREDIENTS

5 cups rhubarb, finely chopped  
½ cup fresh mint leaves, roughly chopped  
Honey to taste

## DIRECTIONS

1. Place rhubarb and 4 cups water in a small saucepan and bring to a boil, cooking for 10-15 minutes.
2. Place a strainer or cheesecloth over a pitcher and pour the water and rhubarb mixture through it.
3. Add the mint leaves and enough honey to achieve your preferred level of sweetness. Allow to cool in the fridge.
4. Pour plain seltzer or soda water in a glass and top it off with the rhubarb mint cooler for a refreshing summer drink.

Contributed By: Shaun VanLaarhoven, RTB Farm

# Sunchoke & Kale Stuffing

MAKES 12 servings | PREP 15 min | COOK 40 min | READY 55 min

## INGREDIENTS

1½ sticks butter  
4 stalks celery, ends trimmed, diced  
1 onion, diced  
1 lb sunchokes, cut into ¼ inch cubes  
1 bunch kale, washed, destemmed, and torn into medium pieces  
1 loaf of stale bread, torn into ½ inch pieces  
4 Tbsp fresh parsley, finely chopped  
1 Tbsp fresh sage, rosemary or thyme, finely chopped  
Salt to taste  
3-4 cups vegetable or chicken stock

## DIRECTIONS

1. Preheat oven to 375°F.
2. Place a pan over medium heat and melt butter. Add celery and onion and cook until translucent, stirring occasionally, about 8 minutes. Add sunchokes and kale, cooking for another 2 minutes.
3. Place bread, butter, vegetable mixture, herbs, and salt in a large bowl. Slowly pour broth in, tossing everything together until bread cubes are moist but not soggy (you might not use all of the broth).
4. Place mixture in a baking pan and bake in oven until top is crisp and it is warm all the way through, about 30-40 minutes. If the top starts to brown too quickly, cover it with tinfoil so that it doesn't burn.
5. Serve along with roasted vegetables, roasted meats, gravy, or a kale salad.

Contributed By: Maddie Kay, RTB Farm

# Sweet Potato Fries

MAKES 4 servings | PREP 5 min | COOK 30 min | READY 35 min

## INGREDIENTS

6 medium sweet potatoes, washed, ends trimmed, and sliced into ½ inch wide french fries  
2 Tbsp canola or safflower oil  
2 Tbsp cinnamon, or to taste  
Salt to taste

## DIRECTIONS

1. Preheat oven to 375°F. Grease or line a baking sheet with parchment paper and lay out fries in an even layer without overlapping. Bake for 30 minutes, or until fries are tender all the way through.
2. Remove from oven and place in a large bowl, tossing with oil until coated evenly. Sprinkle with cinnamon and salt, tossing to coat.

Contributed By: Maxx Fidalgo, RTB Farm



# Swiss Chard Salad with Sesame Dressing

MAKES 6 servings | PREP 10 min | READY 10 min

## INGREDIENTS

1 bunch Swiss chard leaves, finely chopped (stems discarded or sautéed separately)  
2 cups cabbage, shredded  
2-3 carrots, grated  
1 cup walnuts or other nuts or seeds

### Dressing:

2 cloves garlic, peeled and minced  
¼ cup rice vinegar  
½ cup sesame oil  
2 Tbsp soy sauce

## DIRECTIONS

1. Mix Swiss chard, cabbage, carrots, and nuts or seeds together in a large bowl.
2. Add dressing ingredients to a blender and blend until smooth or shake together in a jar until combined. Drizzle on top of salad and serve.

Contributed By: Josh Louro, RTB Farm

# Turnip & Carrot Stir-Fry

MAKES 4-5 servings | PREP 15 min | COOK 15 min | READY 30 min

## INGREDIENTS

1 Tbsp sesame oil  
½ cup onion, diced  
3 cloves garlic, peeled and minced  
½ tsp fresh ginger, minced  
2 turnips, peeled and thinly sliced into sticks  
2 carrots, peeled and thinly sliced into sticks  
1 potato, peeled and thinly sliced into sticks  
½ cup cilantro, chopped  
1 Tbsp soy sauce or tamari  
¼ tsp crushed red pepper flakes



## DIRECTIONS

1. Place a pan over medium-high heat and add sesame oil. Add onions, garlic, and ginger, stirring continually so they do not burn and taste bitter.
2. Add the turnips, carrots, and potato, and lower the heat to medium. Cover the pan with a lid and allow to steam cook for 5 minutes. Remove lid and turn the heat to high, stirring the vegetables until some of the liquid has evaporated.
3. Add cilantro, soy sauce, and red pepper flakes, stirring to incorporate. Taste and add more soy sauce if you would like it to taste saltier. Serve and enjoy!

Contributed By: Michelle Rodriguez

# Vegetable Curry

MAKES 6 servings | PREP 30 min | COOK 35 min | READY 1 hr 5 min

## INGREDIENTS

3 tomatoes, core removed, diced  
1 Tbsp butter  
¼ cup raisins and cashews (or other dry fruit and nuts)  
6 Tbsp oil  
2 onions, finely chopped or grated  
2 tsp fresh ginger, minced  
3 cloves garlic, minced  
Salt to taste  
1 tsp turmeric  
1½ tsp red chili pepper powder  
1 tsp coriander  
2 tsp garam masala, or other curry powder  
2 Tbsp cream  
1 cup milk, coconut milk, or water  
3 cups assorted boiled vegetables (potatoes, carrots, peas, cauliflower, peppers, cabbage, summer or winter squash, green beans, eggplant, broccoli, etc)

## DIRECTIONS

1. Boil tomatoes until tender and then purée them in a blender or food processor.
2. Place a pot over medium-high heat and melt butter. Add dry fruit and nuts, and fry for 1 minute. Set aside.
3. Heat oil in pan and sauté onions, ginger, and garlic until golden brown, about 7 minutes.
4. Add salt, turmeric, red chili powder, coriander, and garam masala, stirring until fragrant, about 1 minute.
5. Add tomato purée and dry fruits. Stir well and cook for about 7 minutes.
6. Add cream and milk. Bring to a boil, then reduce to a simmer and cook until mixture becomes thick like a gravy.
7. Add boiled vegetables and cook for 5-7 minutes.
8. Serve hot over rice and top with cilantro

Contributed By: Benoit Azagoh-Kouadio RTB Farm





# Vegetable Fried Rice

MAKES 8 servings | PREP 10 min | COOK 20 min | READY 30 min

## INGREDIENTS

3 Tbsp butter, divided  
3 cups assorted vegetables, diced or sliced (carrots, broccoli, peas, corn kernels, zucchini, celery, summer squash, mushrooms, etc)  
4 cups cooked, day-old rice  
3 cloves garlic, peeled and minced  
3 eggs, whisked  
4 Tbsp oyster sauce  
1/3 cup tamari or soy sauce

## DIRECTIONS

1. Place a large skillet over medium-high heat and melt 1 Tbsp of butter. Add the vegetables, cooking the firmest or largest cut vegetables first. Add in the more tender vegetables when the firmest are almost ready so that they all finish cooking at the same time. The vegetables should be cooked, but still slightly firm. Remove veggies from the pan and set aside in a bowl.
2. Return pan to heat and melt 1 Tbsp butter. Add the rice and garlic, and cook until heated through. Pour into bowl with the prepared vegetables and return pan to heat.
3. Melt remaining 1 Tbsp of butter and pour in the eggs, cooking them until they are no longer moist (a "hard scramble"). Once cooked, break them up with a spatula and add into the vegetable and rice mixture. Pour the oyster sauce and tamari on top, mix together, and serve.

Contributed By: Shaun VanLaarhoven RTB Farm



# Vegetable Fritters

MAKES 12 fritters | PREP 30 min | COOK 15 min | READY 45 min

## INGREDIENTS

1 cup zucchini, shredded  
1 cup carrots, shredded  
1 cup potato, shredded  
1 onion, peeled and shredded  
Sprinkle of salt  
3 cloves garlic, finely chopped  
 $\frac{3}{4}$  cup flour  
1 tsp baking powder  
 $\frac{1}{4}$  tsp black pepper  
2 eggs, lightly beaten  
 $\frac{3}{4}$  cup safflower or vegetable oil, plus more as needed

## VARIATIONS

Substitute other shredded vegetables such as parsnips, sweet potatoes, celeriac, winter squash, pumpkin, or turnips.

## DIRECTIONS

1. Place shredded vegetables in a colander, sprinkle with salt, toss together, and let sit for 20 minutes in the sink. After 20 minutes squeeze the vegetables with your hands to release excess water.
2. Place squeezed vegetables in a large bowl with garlic, flour, baking powder, pepper, and eggs, stirring until evenly combined.
3. Place a pan over medium-high and add  $\frac{1}{4}$  inch layer of oil. Shape vegetable mixture into small patties (about the size of a cookie) and add to heated oil, cooking for 2-3 minutes on each side, until golden brown and cooked through. As fritters are done, use tongs to remove them from pan and place them on a plate lined with a paper bag or paper towel to soak up excess oil. Repeat with remaining fritters.
4. Serve with sour cream, yogurt, or mayonnaise mixed with cajun seasonings if you want to add some spice.

Contributed By: Shaun VanLaarhoven, RTB Farm

# Vegetable Stock

MAKES 2-4 quarts | COOK 30 min - 3 hrs | READY 30 min - 3 hrs

## INGREDIENTS

Vegetable scraps or peels that would otherwise go to waste such as: onion or garlic peels, ends of root vegetables (like carrot or parsnip tops), celery stalks, tougher stems of herbs, etc.

Water

Salt and pepper to taste

## DIRECTIONS

1. Place vegetable scraps in a large pot and cover the scraps with a few inches of water.
2. Bring to a boil, then turn to medium-low heat, cover with a lid, and allow to simmer for at least 30 minutes and up to 3 hours.
3. Remove from heat and allow to cool. Refrigerate or freeze, and use as a base for soups, stews, or liquid for cooking grains.

## NOTES

Store these vegetable scraps in a ziploc bag in the freezer, adding to it each time you make a meal.

When the bag is full, make a stock with it! This is a great way to take advantage of all the nutrients in the vegetables that we eat

Contributed By: Benoit Azagoh-Kouadio, RTB Farm



# Watermelon Basil Feta Salad

MAKES 6 servings | PREP 20 min | READY 20 min

## INGREDIENTS

½ large watermelon or 1 small watermelon, cut into ½ inch cubes  
Salt to taste  
1 block feta cheese, crumbled or cubed  
1 handful fresh basil, cilantro, or mint, washed and roughly chopped  
3 Tbsp lime juice



## DIRECTIONS

1. Place watermelon cubes in a colander in the sink and sprinkle with salt, tossing to coat evenly. Leave in sink to drain for 15 minutes.
2. Once drained, place watermelon, feta and herbs in a bowl. Pour lime juice over and toss to coat and evenly distribute all of the ingredients.
3. Serve immediately. Cover and refrigerate remaining salad and use within 2 days.

## VARIATIONS

1. Cut a cucumber into small chunks or ¼ inch semi-circles. Salt and drain cucumber along with watermelon for some added crunch.
2. While watermelon and cucumber are draining, dice or thinly slice ½ red onion and place in a bowl with the lime juice and toss to coat evenly. Allow to sit for 10-15 minutes before combining with rest of ingredients.

Contributed By: Maddie Kay, RTB Farm

# Watermelon Mint Juice

MAKES 6 servings | PREP 10 min | READY 10 min

## INGREDIENTS

1 ripe watermelon, rind removed, chopped into chunks and deseeded  
1 handful mint leaves, washed

## DIRECTIONS

1. Place watermelon and mint in a blender and blend on high until very smooth, 2-4 minutes.
2. Pour into a pitcher and chill in the fridge, adding a bit of water if you prefer the drink to be thinner.

Contributed By: Shaun VanLaarhoven, RTB Farm

# Winter Squash Gnocchi with Spinach

MAKES 4 servings | PREP 30 min | COOK 20 min | READY 50 min

## INGREDIENTS

1 cup winter squash, roasted  
1½ cups flour, plus more for dusting  
1 tsp salt  
2 Tbsp sage leaves (or other fresh herbs or spices), finely chopped  
2 Tbsp butter  
3 cups spinach  
Parmesan cheese, grated (optional garnish)

## DIRECTIONS

1. Allow roasted squash to cool if just removed from oven and scrape meat from skin. Mash with a fork or add to a food processor and blend until no large chunks remain.
2. Place squash purée, 1 cup flour, salt, and any spices or herbs (if using) in a bowl. Mix to combine until the dough comes together. If dough is very sticky, slowly add a bit more flour, mixing to combine.
3. Turn dough onto a floured surface and briefly knead until the dough is smooth. Cut a chunk of dough off and roll into a log, about ½ inch in diameter. Cut the log crosswise into pieces about ½ - ¾ inches long. Repeat until all of the dough is shaped into gnocchi.
4. Bring a pot of salted water to a boil. Add a few batches of gnocchi at a time, cooking until they float to the surface and are springy to the touch, 3-5 minutes. Use a slotted spoon to transfer them to a plate until all gnocchi are cooked.
5. Place a large pan over medium heat and melt the butter. Add gnocchi and pan fry until golden brown, about 3 minutes each side. Place gnocchi in a bowl. Add spinach to pan with a pinch of salt, stirring until wilted. Add to bowl and toss to combine. Serve with grated parmesan and fresh herbs.

Contributed By: Laurel Branco, RTB Farm



# Winter Squash Stew

MAKES 4 servings | PREP 10 min | COOK 15 min | READY 25 min

## INGREDIENTS

1 Tbsp olive oil  
1 onion, minced  
2 cloves garlic, peeled and minced  
1 winter squash (butternut, acorn, pumpkin, delicata, kabocha, or acorn), deseeded, peeled, and chopped  
2-4 cups vegetable or chicken stock  
2 Tbsp curry powder  
1½ tsp cumin  
Salt and pepper to taste  
Cilantro or parsley, chopped, for garnish  
Toasted pumpkin seeds, for garnish

## DIRECTIONS

1. Place a pot over medium heat and add olive oil, onion, and garlic, sautéing until onions are translucent, about 5 minutes.
2. Place squash in pot and fill with stock until just covered. Add curry, cumin, salt, and pepper to taste.
3. Bring to a boil and cook until squash is tender, about 10 minutes. Pour into a blender, food processor, or use an immersion blender to blend until smooth. Serve hot and top with cilantro, parsley, or pumpkin seeds.

Contributed By: Josh Louro, RTB Farm



# Zucchini Rice

MAKES 4-5 servings | PREP 15 min | COOK 45 min | READY 1 hr

## INGREDIENTS

1 Tbsp olive oil  
1 yellow onion, diced  
2 garlic cloves, peeled and minced  
1 zucchini, cut into ½ inch thick semi-circles  
1 cup tomatoes, diced  
1 bay leaf  
4 cups jasmine rice, uncooked  
Salt and pepper to taste



## DIRECTIONS

1. Place a pot over medium-high heat and add olive oil. Add onion and garlic, stir-frying them until golden brown, about 8 minutes. Add zucchini, tomatoes, and bay leaves to pot, mixing until all ingredients are evenly incorporated.
2. Add uncooked jasmine rice to pot and stir to incorporate with other ingredients. Add 4 cups water and bring to a boil, adding salt, black pepper, and any other seasonings you like (such as adobo).
3. When all of the water has evaporated, reduce heat to low, cover pot with lid and allow to steam for 15 minutes. Remove lid, fluff with a fork, and serve!

## NOTES

Use a 1:1 ratio of uncooked jasmine rice to water. Make sure that when the water evaporates you put the lid on and turn the stove to low heat. It should take 15 minutes for the rice to cook. You can then fluff up the rice with a fork. The zucchini has moisture so don't add any extra water! This type of rice is wetter and softer because of the zucchini.

Contributed By: Michelle Rodriguez

# Recipe Notes

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Have any modifications or adaptations you would like to remember?  
Leave yourself a note here!



# CHICOBAGS & SHARE PACKAGING



The Manifest Love partners collectively decided to reduce our carbon footprint by packing the weekly food shares in something other than single-use plastic. We use reusable, washable ChicoBags which YWCA, NorthStar, Y.O.U. and the Sacred Birthing Village collect weekly and send back to RTB. There, they are laundered with our home-made laundry detergent, refilled with the following week's shares, and sent back out to the Manifest Love participants. These bags are durable and can be reused hundreds of times, keeping thousands of plastic bags out of the waste stream and the ocean.

**Please return your ChicoBag each week when you pick up your new share as we have a limited number of the bags and rely on you to bring them back and keep them in circulation!**

In our effort to reduce waste and value our resources, we will upcycle and reuse many packaging materials, such as paper bags, boxes, and berry containers, throughout the season.



We may send out farm-made goods, such as jam and sauerkraut, which come in glass Mason jars. We will happily take these back (along with any other Mason jars you may have) when you are done with the contents! We do a lot of food preservation here at the farm and are always looking for more canning jars to fill up with yummy creations!




# SEASONAL GROWING & EATING



Seasonal eating means following a diet that includes vegetables and fruits when they naturally grow in a certain climate. This used to be quite common, but as a modern society, we've moved away from this; due to industrial agriculture practices and cheap oil, food is shipped from around the world to our supermarkets. We have become used to any vegetable, fruit, or herb being accessible to us at any time of the year. Thinking about our climate here in Southcoast Massachusetts, it would be difficult for us to grow tomatoes (which need hot temperatures) all year long. One of the principles at RTB is to "*model nature*." In the case of Manifest Love, that means only growing what the land and climate can support during a certain season.

The seasonal trajectory of our shares starts with leafy greens in the spring, fruits of plants in the summer, and roots in the fall and winter. There are some exceptions to this, but this is the general trend. Part of modeling nature is trusting the wisdom of nature: when certain plants thrive, that usually means that we benefit most from the nutritional value that they provide. By farming and eating in this way, we are working with nature and the seasons rather than against them.

Below is a chart from Southeastern Massachusetts Agricultural Partnership (SEMAP), a local organization that is doing amazing work to preserve and expand local food access and sustainable farming practices. This chart shows the times of year that locally grown vegetables and fruits are in season and available.

 <b>Massachusetts-Grown Produce Availability Calendar</b>												
	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
<b>FRUITS</b>												
Apples												
Blueberries												
Cantaloupes												
Cranberries												
Peaches												
Pears												
Raspberries												
Strawberries												
Watermelon												
<b>VEGETABLES</b>												
Asparagus												
Beans, green												
Beans, mung												
Beets												
Bok Choy												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Corn												
Cucumbers												
Eggplant												
Garlic												
Leeks												
Lettuce & greens												
Mushrooms												
Onions												
Peas												
Peppers												
Potatoes, baking												
Pumpkins												
Radishes												
Scallions												
Spinach												
Sprouts												
Squash, summer												
Squash, winter												
Tomatoes												
Turnips												

# WHAT'S IN YOUR BAG?



Below are the vegetables, fruits, and herbs that RTB typically grows for Manifest Love, organized by season.

## SPRING

Arugula & Mizuna,  
Asparagus, Basil, Broccoli,  
Carrots, Cauliflower, Chives,  
Cilantro, Dill, Garlic Scapes,  
Kale, Microgreens, Oregano,  
Parsley, Parsnips, Peas,  
Radishes, Rhubarb,  
Scallions, Spinach,  
Sunchokes, Swiss Chard,  
Thyme, Turnips

## SUMMER

Basil, Beans, Chives, Corn,  
Cucumbers, Eggplant, Melons,  
Okra, Onions, Oregano, Parsley,  
Sweet Peppers, Hot Peppers,  
Potatoes, Raspberries, Rhubarb,  
Rosemary, Sage, Scallions,  
Strawberries, Summer Squash &  
Zucchini, Thyme, Tomatoes



## FALL

Arugula & Mizuna, Beets,  
Brussels Sprouts, Cabbage,  
Carrots, Celery, Celery,  
Cilantro, Collard Greens, Fennel,  
Garlic, Kale, Leeks, Onions,  
Parsley, Parsnips, Potatoes,  
Pumpkins, Radishes, Rhubarb,  
Spinach, Sunchokes, Sweet  
Potatoes, Winter Squash,  
Turnips

## WINTER

Beets, Carrots, Garlic, Onions,  
Parsnips, Potatoes, Pumpkins,  
Sunchokes, Sweet Potatoes,  
Winter Squash, Turnips

# HERB PRESERVATION



We split herbs into 2 general categories: woody and tender. These names refer to the qualities of the stems and, in general, the herbs within each category can be treated similarly. Woody herbs tend to have a stronger flavor, meaning you don't need to use as much for the flavor to come through. Tender herbs have a mild, yet distinct flavor, and can be used in greater quantities.

**Woody herbs include: Thyme, rosemary, oregano, sage**

**Tender herbs include: Parsley, cilantro, basil, dill, fennel fronds, chives**

## Freeze

Wash and dry herbs on the stem. Spread them out on a baking sheet and place them in the freezer. Once frozen, transfer to a ziploc bag or airtight container and use as needed in cooked dishes. Works best with thyme, rosemary, oregano, parsley, and basil.

## Freeze in Oil

Finely chop herbs and mix with olive oil. Alternatively, place herbs in a food processor or blender with olive oil and pulse until leaves are well chopped, but not completely smooth. Pour oil and herb mixture into ice cube trays and freeze. You can also fill a ziploc bag about ¼ full with the oil and herb mixture, seal the bag almost completely, then lay the bag on a flat surface and spread out the mixture evenly within the bag. Let out any extra air in the bag and seal it completely.

Place the bag on a baking sheet and freeze. Once frozen, the bags can be stored upright in the freezer. Break off a chunk or throw a cube into soups, stews, stir-fries, or any other cooked dishes. This method works best with parsley, chives, basil, dill, fennel fronds, thyme, rosemary, and oregano.

## Dehydrating or Drying

You can dry woody herbs easily by hanging them upside down in a well-ventilated part of your house. Once completely dried, usually about 1 week, transfer them to an airtight container for storage. Whole dried stems with leaves can be thrown in soups, stocks, and roasts. You can also pluck individual leaves, crush them, and add them to any recipe.

If you have a dehydrator, lay out any of these herbs in an even layer, and turn on the dehydrator to the lowest temperature setting possible. Herbs are done dehydrating when the leaves crumble to the touch, about 2-4 hours.

When herbs are dried, their flavor becomes more concentrated, so use less dried herbs than you would fresh herbs, and taste the dish as you go to add more flavor.

## Herb Butter

Leave a stick of butter at room temperature until softened. Finely chop herbs and add them to a bowl with softened butter. Use a fork or spoon to mash them together, evenly distributing the herbs. This works especially well with thyme, rosemary, parsley, dill, and chives. Serve on top of bread, biscuits, fish, or roasts.

## Herb Oil and Vinegar

One great way to use herbs and preserve their flavor all year long is to infuse them in oil or vinegar. To do this, wash and dry fresh herbs. Woody herbs can be left whole and on the stem and tender herbs can be roughly chopped to release more flavor. Place a few sprigs or a handful of chopped herbs in a clean glass jar. Pour enough olive oil (or oil of your choice), red or white wine vinegar to cover the herbs. Let sit in a warm place for a few days, shaking occasionally to release more flavor from the herbs. Use on salads, roasted vegetables, meats, and anything else you desire!



# GET TO KNOW YOUR FRUITS & VEGGIES!

The following pages contain detailed information for each of the vegetables, herbs, and fruits that we typically distribute in the Manifest Love shares. That said, farming can be unpredictable: weather, pests, and many other variables can affect the crops we grow, which means that we may have an abundance of some of these crops throughout the season and little to none of others. We hope that you enjoy the bounty of this season, relishing in the crops that are around for a few short weeks, and finding creative uses for those that are around for longer.

For each vegetable, we have included preparation, nutrition, and storage information. We also included a list of a few basic ways that you can prepare each vegetable, herb, or fruit.

We hope this section gets you excited about the incredible veggies and fruits that will come your way this season and all the benefits they have on our health. One Hippocrates saying that we often use at RTB is: "food is thy medicine." Every cell of our body is effected by the food we eat, the beverages we drink, everything we put on our body, and the air we breathe.

We are all connected. We are one community. If we can provide chemical-free food that positively feeds the cells of our bodies, helps build our immune systems, has been grown, harvested, and distributed with love and help from all of the partners, farmers, food producers, sponsors, and chefs, then it is a win for all of us!

# ♥ ARUGULA & MIZUNA



## Storage:

Store in a repurposed plastic bag in the fridge and use as soon as possible.

## Nutrition Information:

Arugula and mizuna are high in vitamin A, C, and K which support eye, immune, and bone health, respectively.

## Preparation:

- Soak greens in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.

## How to Eat:

- Pizza: Throw raw greens on top of homemade or store bought pizza 1 minute before it's done so that they wilt and crisp slightly.
- Raw: Use as a base for a delicious salad! The slight spiciness of arugula and mizuna goes especially well with goat cheese and apple or a pile of roasted vegetables.
- Sandwich: Put a handful of raw or sautéed greens in a sandwich. Sautéed greens are especially good in an egg and cheese sandwich.
- Sautéed: Place a pan over medium-low heat. Add a bit of oil, a handful of greens, and salt to the pan, stirring occasionally, until greens are warm and wilted. Have this as a side dish or use as a bed for fried or scrambled eggs.

Note: You may receive these greens separately or mixed together in the same bag, since they are similar textures and flavors. The arugula is green and mizuna is purple. Both have a mild spiciness to them and are excellent raw or cooked.

# ♥ ASPARAGUS



## Storage:

Stand asparagus in a tall cup or glass jar and add about 1 inch of water.

## Nutrition Information:

Asparagus has anti-inflammatory properties which can help ease indigestion and arthritis. It is also a diuretic and helps the body detoxify the kidneys, bladder and liver.

## Preparation:

- Wash with cold water, then cut or snap off the woody part of the stem (usually ½-1 inch on the bottom).

## How to Eat:

- Blanche: Drop spears or chunks of asparagus into salted boiling water for 1 minute, then remove, drain and let cool completely. You can eat them after cooling, or transfer them to ziploc bags and freeze to enjoy later!
- Grilled: Bring grill to medium heat and toss asparagus spears with olive oil, salt, and pepper. Place spears on grill (perpendicular to the bars so they don't fall through) and cook until tender, turning halfway to brown evenly, about 8 minutes.
- Raw: Slice thinly and use as a salad topping or use the whole stalk to scoop up hummus or dip.
- Roasted: Toss asparagus with olive oil, salt, and pepper. Roast at 400°F until tender, about 10-15 minutes.
- Sautéed: Place a pan over medium heat and add a bit of oil or butter. Add whole or cut asparagus to the pan, stirring occasionally until tender, about 6-8 minutes.
- Steamed: Add to pot or skillet with ¼ inch of water, cover and cook until tender, about 4-6 minutes.

# ♥ BASIL



## Storage:

Fresh basil keeps best at room temperature, loosely wrapped in a damp paper towel and placed in an open paper bag. Use it quickly!

## Nutrition Information:

Basil contains many important antioxidants such as lutein, which helps protect eye tissues and contains anti-inflammatory properties. Fresh basil contains the most nutrients (compared to dry or frozen) so try to eat it fresh when possible.

## Preparation:

- Pluck leaves off stem and rinse. Pat dry with a clean dish towel or spin in a salad spinner.
- Use whole leaves or chop according to recipe or preference.

## How to Eat:

- Drinks: Add a few ripped leaves of basil (ripping them releases their flavor) and some slices of cucumber to a pitcher of water and allow to sit in the fridge for 2 hours. Enjoy this refreshing drink on a hot day and continue to top off the pitcher with water if it's running low!
- Pasta: Rip up a few leaves and add to any pasta dish.
- Salad: Chop or tear a few leaves of basil and add them to any salad.
- Simple Syrup: Bring  $\frac{1}{2}$  cup basil leaves, 1 cup sugar, and  $\frac{1}{2}$  cup water to a simmer over medium heat, stirring occasionally until the sugar dissolves. Remove from heat and allow to cool completely. Strain the mixture into a jar and refrigerate for up to 1 week. Use to sweeten drinks such as iced tea, lemonade, or sparkling water, or drizzle it on top of desserts like vanilla ice cream.

## Note:

If you are adding basil to a cooked dish, add it towards the end so that the flavor stays strong.

# ♥ BEANS, FRESH



## Storage:

Store in a repurposed plastic bag in the fridge for about 1 week.

## Nutrition Information:

Green beans are high in Vitamin K and calcium which help bones stay strong and prevent them from breaking or fracturing.

## Preparation:

- Rinse under cold water then remove stems by gently snapping off  $\frac{1}{4}$ - $\frac{1}{2}$  inch from the top.
- Leave whole or cut according to recipe or preference.

## How to Eat:

- Raw: Chop up beans into  $\frac{1}{2}$  inch long pieces and use as a salad topping.
- Sautéed: Cook beans for 1 minute in salted boiling water, then drain and set aside. Place a pan over medium heat, add oil or butter, and cook beans until lightly browned, about 4-5 minutes. Add some chopped garlic during the last 30 seconds of cooking, then serve for garlicky greens beans.
- Steamed: Put a steaming basket in a pan, fill with water until touching the bottom of the basket and bring to a boil. Put green beans in basket and cover pot, steaming for about 4-6 minutes or until tender.
- Quick-pickles: Get 2 pint-sized jars and fill with a few sprigs of fresh herbs (such as dill, rosemary, or thyme) and add some black pepper, red pepper flakes, and sliced garlic to each jar. Pack the beans into the jars as tightly as possible and trim the tops so that they are about a  $\frac{1}{2}$  inch below the rim of the jar. Place 1 cup vinegar, 1 cup water and 1 Tbsp of salt in a saucepan and bring to a boil. Pour the brine into the jars, put on the lids, and let sit in the fridge for at least 2 days (if you can wait!) before eating them.

# ♥ BEETS



## Storage:

Keep beets in a repurposed plastic or paper bag in your fridge.

## Nutrition Information:

Beets help detoxify our bodies and purify our blood by increasing enzyme production in our livers. They also contain high levels of iron which can help with anemia and heart problems.

## Preparation:

- Wash under cold water, using a vegetable brush to remove any dirt.
- If the greens are attached to the beets, cut the tops about 1 inch from the root and set them aside! Beet greens, which have a similar taste and texture to Swiss chard, are delicious (and nutritious!) sautéed with garlic and oil.
- There is no need to peel the skin off - the skin contains many nutrients and tastes delicious too.

## How to Eat:

- Raw: Shredded beets make a lovely base or topping for a salad.
- Roasted: Preheat oven to 425°F and cut beets into similar sized cubes. Toss with olive oil, salt and any spices that you like, and place on a baking sheet. Place in oven and toss occasionally until tender, about 30-45 minutes.
- Soup: Cover beets with about 2 inches of water and bring to a boil. Reduce to a simmer and cook until tender. Boiled beets can then be puréed in a food processor or blender to make a smooth soup. Add more water, or vegetable or chicken stock until the soup reaches your preferred consistency.
- Steamed: Add quartered beets to a pot or skillet with  $\frac{1}{4}$  inch of water in the bottom. Cover and bring to a boil, cooking until tender, about 4-6 minutes depending on size.

# ♥ BROCCOLI



## Storage:

Refrigerate unwashed broccoli in a repurposed plastic bag.

## Nutrition Information:

Broccoli contains calcium and magnesium which help prevent osteoporosis. It also contains beta-carotene which has been shown to stop cancer cells from activating and can help lower the risk of heart and eye disease.

## Preparation:

- Swish heads of broccoli through a bowl of cold water to remove any bits of dirt, then rinse.
- Cut the head (the top of the broccoli) from the stalk and separate the florets (the little tree like pieces), cutting larger ones in  $\frac{1}{2}$  or  $\frac{1}{4}$  so that they are relatively similar sizes. Cut the stalk into similarly sized matchsticks or round pieces.

## How to Eat:

- Raw: Slice the broccoli thinly and use as the base for an Asian inspired slaw with sesame oil, sunflower seeds and soy sauce.
- Roasted: Toss with olive oil and salt. Cook at 425°F until tender, about 25-30 minutes. Florets should be nicely browned and slightly crisp on the outside.
- Sautéed: Place a pan over medium heat and add enough oil to coat the bottom. Cook broccoli until tender, about 7-8 minutes. Toss with soy sauce or other marinades and incorporate into stir-fries.
- Steamed: Put a steaming basket in a pan, fill with water until touching the bottom of the basket, and bring to a boil. Put florets in basket and cover pot, steaming for about 3-5 minutes or until tender.



# ♡ BRUSSELS SPROUTS

## Storage:

Keep sprouts in a repurposed plastic bag in the fridge for up to 1 week.

## Nutrition Information:

Brussels sprouts contain many sulfur-based compounds that prevent cancer and detoxify our bodies. They also contain folic acid which supports reproductive health and prevents birth defects in infants.

## Preparation:

- If attached to the stalk, remove individual sprouts by breaking them off, then rinse sprouts under cold water.
- Leave sprouts whole, or cut according to the recipe.

## How to Eat:

- Raw: Shred the sprouts by cutting them in  $\frac{1}{2}$  lengthwise, then lay the sprout flat side down and thinly slice it from the top to the stem. This will create thin ribbons that you can use as a base or topping for a salad.
- Roasted: Preheat oven to 450°F. Cut sprouts in  $\frac{1}{2}$  lengthwise (or  $\frac{1}{4}$  if they are big) and toss with olive oil, garlic, salt, and pepper. Put them on a sheet pan and roast until tender, about 15-25 minutes. Crispy bacon goes well with roasted sprouts!
- Sautéed: Cut sprouts in  $\frac{1}{2}$  lengthwise and add to salted, boiling water until slightly tender, about 3-4 minutes. Drain them well. Place a pan over medium-high heat and add some oil to coat the pan. Add the sprouts and cook until crispy and golden brown, about 8 minutes. Remove from heat and toss them with a sauce if desired (sesame oil, soy sauce, and garlic taste delicious with them).



# ♡ CABBAGE

## Storage:

Store in the fridge in a repurposed plastic bag for several weeks, removing any discolored or wilted leaves when ready to eat.

## Nutrition Information:

Cabbage contains compounds called indoles and glucosinolates which help prevent cancer. It also contains vitamin U, which prevents and heals stomach and intestinal ulcers. Fermented cabbage (like sauerkraut or kimchi) contains probiotics which help us digest food and boost our immune system.

## Preparation:

- Peel off any outer leaves that are wilted or loose. Cut the head of cabbage into 4 pieces, cutting the head in  $\frac{1}{2}$  and then  $\frac{1}{2}$  again.
- Rinse these  $\frac{1}{4}$ s under cold water, then cut out the core (the solid white triangular piece in the lower half of the cabbage).
- Slice the leaves according to recipe instructions or to desired thickness.

## How to Eat:

- Raw: Slice thinly and use to make coleslaw.
- Roasted: Preheat oven to 450°F and cut the head of cabbage into wedges (6 to 8 depending on size of the head), leaving the core intact. Drizzle both sides of the wedges with oil, salt, and pepper. Place on a sheet pan, roasting for about 30 minutes, flipping each wedge halfway through, until lightly charred on the outside and tender throughout.
- Sautéed: Place a pan over medium-high heat and melt 1 Tbsp of butter. Add thinly sliced cabbage with a pinch of salt, cooking until tender, about 8 minutes. Sautéed cabbage is great on its own with spices and herbs, or it can be incorporated into stir-fries.
- Soup: Toss some chopped cabbage into a vegetable soup and cook until tender.
- Wraps: Use a whole cabbage leaf in place of a tortilla or wrap, stuffing it with sandwich fixings.

Note: We typically grow a few different types of cabbage including: red, green, napa, and a mini green variety. Red and green cabbage have round, dense heads. The mini green variety is small and cone shaped. Napa cabbage (sometimes called Chinese cabbage) is leafier and more tender with white and light green leaves.



Mini Green Cabbage



Red Cabbage



Napa Cabbage

# ♡ CARROTS

## Storage:

Trim any greens off the tops of carrots and store them unwashed in a repurposed plastic bag in the fridge for 3-4 weeks. If carrots have turned rubbery, they are still okay to eat; they just have lost some flavor and texture. Roast, boil, or purée them instead of eating them raw.

## Nutrition Information:

Carrots are high in beta-carotene, a compound that gives them their orange color and helps support eyesight and healthy digestion. They also contain vitamin K, which helps heal wounds by clotting our blood.

## Preparation:

- Wash under cold water, using a vegetable scrub brush to remove any dirt. There is no need to peel them as there is a lot of flavor and nutrition in the outer skin of the carrots.
- Cut ¼ inch off top, then chop according to recipe or preference.

## How to Eat:

- **Puréed:** Cut carrots into evenly sized chunks and add to boiling water. Cook until tender, about 4-5 minutes, then strain them and purée in a blender. Purée can be added to hummus to make a delicious dip, or can be thinned with vegetable or chicken stock, or coconut milk to make a puréed soup (try adding ginger and other seasonings to flavor it).
- **Raw:** Shred and add to salads or chop up carrots into sticks to eat plain or with dip.
- **Sautéed:** Place a pan over medium heat and add a bit of oil. Slice carrots into rounds, matchsticks, or small chunks and add to the pan, cooking until slightly tender, about 4-7 minutes. Add to stir-fries or serve as a side.
- **Roasted:** Preheat oven to 425°F and toss whole carrots (cutting any large ones in ½ lengthwise so that they are all similar sizes) with olive oil, salt, and seasonings (paprika or honey and thyme are good options). Roast for 30-35 minutes, or until tender enough to pierce with a fork.
- **Soup:** Chopped carrot is a great addition to any soup. It also makes a delicious base for a puréed soup.
- **Steamed:** Put a steaming basket in a pan, fill with water until touching the bottom of the basket, and bring to a boil. Cut carrots into evenly sized chunks, place in basket, and cover pan, steaming for about 5 minutes or until tender.

Note: We typically grow a few different varieties of carrots, each with different flavors and colors, including ones that are: orange; magenta on the outside with orange interiors; dark purple with a yellow interior; and a yellow variety.



# ♥ CAULIFLOWER



## Storage:

Keep in fridge in a repurposed plastic bag and use within 1 week.

## Nutrition Information:

Cauliflower contains compounds that support the liver in detoxifying the body. It also contains anti-allergy compounds that can help ease asthma and skin allergies.

## Preparation:

- Remove dark outer leaves and cut the stalk flush with the head (the top part) of the cauliflower.
- Cut the head of cauliflower in  $\frac{1}{2}$  from top to bottom, then cut out the core (the dense, white middle part) from each  $\frac{1}{2}$  by cutting it out in an angled V shape.
- Remove florets (the little pieces attached to the stalks) and cut larger ones in  $\frac{1}{2}$ , or according to recipe.

## How to Eat:

- Grilled: Cut the cauliflower into “steaks” by cutting the stalk flush with the base of the cauliflower head and then cutting it into 1 inch wide slices from top to bottom (the core should hold the florets together). Coat with oil, sprinkle with salt and pepper, and place on a grill over medium heat. Cook for 5-6 minutes on each side, or until golden brown and beginning to char. Squeeze some lemon juice, sprinkle some red pepper flakes, or other spices, on top and serve.
- Raw: Cut florets into small pieces as a topping for salads or use florets as a vessel for your favorite dip!
- Rice: Grate whole cauliflower head until you get small, rice sized pieces. Sauté the “rice” for 5-6 minutes over medium heat until it becomes slightly tender. Season with salt and any seasonings you like and serve as a substitute in any recipe that calls for rice (stir-fries, burritos, curries, etc).
- Roasted: Preheat oven to 450°F and toss florets or “steaks” with oil, salt, pepper, and any other spices. Roast them on a baking sheet until golden brown and tender all the way through, about 30-40 minutes depending on size.
- Sautéed: Steam cauliflower until partially tender, about 2-3 minutes. Add to an oiled pan and place over medium-high heat until cauliflower is cooked through and starting to brown on all sides, about 5-7 minutes. Serve as a side dish or add to stir-fries.
- Soup: Throw florets into a vegetable soup and cook until tender, or boil cauliflower and purée it into a smooth soup.
- Steamed: Put a steaming basket in a pan, fill with water until touching the bottom of the basket and bring to a boil. Spread florets out in the basket and cover pan, cooking for 4-7 minutes until tender enough to pierce with a fork.

# ♡ CELERIAC



## Storage:

Place in a repurposed plastic bag and store in the fridge for up to 1 month.

## Nutrition Information:

Celeriac contains a high level of phosphorus which is vital for tooth and bone growth and helps our bodies make the protein that helps cells and tissues grow and repair. It also contains B vitamins which help regulate the nervous system.

## Preparation:

- Cut top and bottom off celeriac and rinse.
- Remove the outer layer of the celeriac by setting the flat, cut end on a cutting board and using a knife to cut off the outer layer.
- Cut into small or large chunks, according to recipe or preference.

## How to Eat:

- Mashed: Add equal chunks of celeriac and potatoes to salted boiling water and cook until tender, about 6-8 minutes. Drain and mash together with butter and cream until you achieve your preferred consistency. Serve with chopped chives or parsley - you will never go back to plain mashed potatoes!
- Raw: Shred celeriac on a box grater and toss with a tangy or creamy dressing to make a celeriac slaw (crisp apples make a delicious addition to a celeriac salad).
- Roasted: Preheat oven to 425°F and cut celeriac into cubes. Toss with olive oil, salt, and pepper. Place on a baking sheet and roast until tender, about 25-30 minutes, flipping halfway through.
- Soup: Puréed or cut into chunks, celeriac will add a lovely, subtle celery flavor to any of your soups.

Note: Celeriac, or celery root, is a root vegetable in the celery family. It has a light brown outer skin that should be peeled off before eating and a crunchy white interior that has a celery flavor.

# ♡ CELERY



## Storage:

Store intact heads in a repurposed plastic bag in the fridge for up to 2 weeks. Raw celery can also be sliced and frozen for later use in soups.

## Nutrition Information:

Celery contains compounds that act as a diuretic, helping the kidneys to flush out any excess water and salt in the body. Celery also has anti-inflammatory properties and can help ease joint pain.

## Preparation:

- Break off stalks as needed and rinse.
- Cut off the leaves and bottom of each stalk and set them aside: chop them up and add to soups or freeze to make vegetable stock.
- Chop according to recipe or preference.

## How to Eat:

- Raw: Chopped finely, celery will enhance the flavor of any salad (it is often found in egg or tuna salad). The stalks also make a great vessel for dips.
- Soup: Almost any soup will benefit from some added celery. Chop the stalks and leaves finely and sauté until translucent before adding to soup.
- Stir-fried: Sauté slices or chunks of celery over medium-high heat for 2-3 minutes, until partially cooked. Add to any stir-fry to add a nice flavor and crunch to your dish.

# ♥ CHIVES



## Storage:

Keep in the crisper drawer of the fridge.

## Nutrition Information:

Chives have antibacterial qualities, which can help boost your immune system, and they are high in vitamin K, which helps maintain bone health and integrity.

## Preparation:

- Rinse chives under cold water and pat dry with a towel.
- Hold a bundle of chives together and use a knife to finely chop them crosswise.

## How to Eat:

- Biscuits: Finely chop a handful of chives and add to homemade or store bought biscuit dough. Bake according to directions and serve with roasted vegetables, chicken, or beef.
- Fried chive blossoms: Place a pan over medium heat and add 2 Tbsp butter or olive oil. Add chive blossoms, garlic, and salt. Cook until flowers are tender, about 3-4 minutes.
- Pasta: Make pasta according to instructions or to your liking. Drain and toss with enough butter or olive oil to coat the noodles. Add chopped chives, lemon juice, and fresh ground pepper.
- Raw: Chives are a great garnish for almost any dish. Finely chopped, they can be added into or on top of: an omelette or egg dish, soups, stir-fries, or any other dish that could benefit from a little onion flavor. The purple chive blossoms have a pleasant onion flavor and can be broken apart and used in dishes or as a garnish as well.

Note: Chives are a perennial herb, which means that they grow back each year. Like onions, scallions, leeks, and garlic, chives are a member of the allium family. Chives have a mild onion flavor and are a delicious addition to any meal. When the plants mature (around early summer) they grow beautiful purple flowers which are also edible.

# ♥ CILANTRO



## Storage:

Stand upright in a tall glass and add water to cover bottom of stems, then place in fridge.

## Nutrition Information:

Cilantro contains properties that reduce the risk of cognitive diseases such as Alzheimer's and Parkinson's. It also has chelating properties, which help the body detox from heavy metals.

## Preparation:

- Cut the tougher, bottom parts of the stems off, then rinse and pat dry.
- Roll up the cilantro into a tight ball and chop into coarse or fine pieces.

## How to Eat:

- Cilantro Lime Rice: Cook rice according to package directions and fluff with a fork when done. Add roughly chopped cilantro and the zest and juice of one lime, stirring to combine. Serve with stir-fries, burritos, or as a side dish.
- Raw: Roughly chop cilantro and add on top of dishes like rice and beans, curries, soups, or salads for a nice fresh flavor.

Note: Cilantro (sometimes called coriander) is a fresh green herb used in many different cuisines around the world. The stems are quite tender and contain a lot of flavor, so chop them up as well (no need to strip the leaves off the stem). Some people have a genetic trait that makes cilantro taste like soap!

# ♡ COLLARD GREENS



## Storage:

Keep in a repurposed plastic bag in the fridge. Collards can also be blanched and frozen for later enjoyment.

## Nutrition Information:

Collards contain high levels of folate, a vitamin that helps our bodies and cells grow, and is particularly important during pregnancies and infancy. Collards, like other leafy greens, are also high in dietary fiber, which helps us with digestion and lowers our cholesterol.

## Preparation:

- Rinse greens, then pat dry with a clean dish towel or spin in a salad spinner.
- Tear or cut out thick part of stalk. Roughly chop or tear the greens into small or large pieces, according to recipe or preference.

## How to Eat:

- Sautéed: Place a pan over medium heat and add some olive oil or butter. Add chopped leaves and stir occasionally until wilted and tender. Serve as a side, in omelettes, or in stir-fries.
- Soup: Add chopped leaves to soup for the last 2 minutes of cooking. Collards should turn a more vibrant green color and become more tender.

# ♡ CORN

## Storage:

Refrigerate ears of corn with the husks on until ready to use.

## Nutrition Information:

Corn contains a good amount of dietary fiber, which helps with digestion and lowers the risk of heart disease. Combined with beans or dairy, corn creates a complete vegetarian protein.

## Preparation:

- Shuck the ears of corn by peeling away the leaves and the silk.
- Leave the corn on the cob or stand it upright on a cutting board and use a knife to slice off the kernels from top to bottom, slicing as closely to the cob as possible.

## How to Eat:

- Frozen: Cut off the raw kernels and place on a sheet tray in the freezer for 30 minutes. Transfer kernels to a ziploc bag, remove any air from the bag, and stick in the freezer for later use.
- Grilled: Remove the darker outer leaves of the husk and pull down the lighter inner leaves without tearing them off completely. Remove the silk, rinse the ears of corn under water, and then pull the leaves back up. Grill over medium-high heat until husk is lightly charred and the kernels are tender, about 8-10 minutes.
- Soup: Corn chowder is a hearty and delicious soup that is especially good during colder months. Frozen or fresh corn kernels can be added to a vegetable soup or chili for a burst of sweetness.
- Steamed: Place shucked ears of corn in a pot with 1-2 inches of water at the bottom. Ears can be stacked on top of one another and broken in  $\frac{1}{2}$  if they don't fit in the pot. Cover the pot and cook over high heat until the kernels are slightly tender, but still have a good crunch, about 3-5 minutes. Serve with butter, salt, and ground pepper.

# ♡ CUCUMBER

## Storage:

Cucumbers are best stored at room temperature, in a shaded spot in your kitchen. Once cut (or if you want a cold cucumber), store in a repurposed plastic bag in the crisper drawer in the fridge. Use as soon as possible, as cucumbers lose moisture quickly.

## Nutrition Information:

Cucumbers are a diuretic and help the kidneys flush toxins from the body. They also contain silica which promotes healthy hair and nail growth, and prevents cardiovascular disease. Eating cucumber can also help reduce indigestion and acid reflux.

## Preparation:

- Wash cucumber under cold water, cut ¼ inch off each end and slice into rounds or sticks.
- If seeds are large and tough, slice cucumber lengthwise and use a spoon to scoop out the seeds.
- There are lots of nutrients in the peel, so try eating it when you can! If the skin is too tough, then use a vegetable peeler to remove it.

## How to Eat:

- Drinks: Add some cucumber slices and fresh mint or basil to a pitcher of water. Let it sit for at least 30 minutes to chill and infuse. Enjoy this refreshing drink on a hot day and continue to top off the pitcher with water if it's running low!
- Quick-pickles: Get a quart jar and fill it with a few sprigs of fresh herbs (such as dill, rosemary, or thyme), some black pepper, red pepper flakes, and sliced garlic. Pack spears of cucumber into the jar as tightly as possible and trim the tops so that they are about a ½ inch below the rim of the jar. Place 1 cup vinegar, 1 cup water, and 1 Tbsp salt in a saucepan and bring to a boil. Pour the brine into the jar, let cool, and then cover. Let sit in the fridge for at least 1 day before eating.
- Raw: Cucumbers can be a great base or topping for a summer salad, a vessel for your favorite dip, or can just be eaten plain!
- Sandwich: Cucumbers add a nice crunch to any sandwich. Mix cream cheese with a bit of lemon juice (to make it spread better), salt, and fresh chopped herbs. Spread cream cheese mixture onto two slices of bread. Slice cucumber into rounds and sandwich them between the slices of bread.

Note: We typically grow a few different varieties of cucumbers. European cucumbers have a more tender skin, smaller seeds, and slight vertical indentations. Pickling cucumbers have a thicker, darker green skin with bumps. Striped Armenian cucumbers have dark and light green stripes and are long and curvy. Poona Kheera cucumbers are an Indian variety with yellow-brown skin. All varieties are great for snacking and can be used interchangeably; however, people tend to prefer using pickling cucumbers to make pickles since they retain their crunch.



Pickling Cucumber



Striped Armenian



Poona Kheera



# ♡ DILL

## Storage:

Stand upright in a tall glass, add water to cover bottom of stems, then place in fridge.

## Nutrition Information:

Dill contains anti-diabetic properties and flavonoids, which have been shown to prevent heart disease and stroke.

## Preparation:

- Rinse dill fronds and pat dry with a towel.
- Bundle a few stalks together and finely chop from top to bottom.

## How to Eat:

- Bread or biscuits: Knead finely chopped dill into your favorite bread or biscuit recipe to add some herby flavor.
- Butter and cheese: Mix dill in with soft, room temperature butter or a soft cheese (such as goat or cream cheese). Spread on toast, sandwiches, or crackers.
- Pickles: Dill is best known for its flavor in pickles. Add some dill fronds to any pickle recipe to get that classic flavor.
- Salad: Dill adds a nice herby flavor to any salad. It is commonly used in potato and egg salads.
- Soup: Dill is a great addition to fish, potato, or corn chowder, gazpacho, and many other soups!



# ♡ EGGPLANT

## Storage:

If using within 1-2 days, store in a cool part of the kitchen, otherwise keep in the fridge.

## Nutrition Information:

Eggplant contains many healing compounds, including chlorogenic acid, an antioxidant that has antibacterial and antiviral properties and helps lower cholesterol levels.

## Preparation:

- Wash under cold water and pat dry with a towel. Trim off stem end, being careful of any spines.
- Slice eggplant crosswise into rounds, lengthwise into longer pieces or cut it into small or large cubes, depending on recipe or preference.

## How to Eat:

- Dip: Blend roasted or grilled eggplant with tahini, garlic, lemon juice, parsley, and salt to make baba ganoush, a delicious Middle Eastern dip. Serve with chips or cut vegetables.
- Grilled: Place whole eggplant (with skin intact) on grill over high heat and cook, flipping every few minutes, until skin is charred, the eggplant is soft all the way through, and it has collapsed a bit, about 20-30 minutes. Wait for it to cool then use a spoon to eat it directly out of the skin. This method works particularly well with the longer, thinner Asian eggplants. You can also grill slices of eggplant over medium heat until tender, about 7-8 minutes.
- Roasted: Preheat oven to 400°F. Toss slices or cubes of eggplant with oil, salt, pepper, and any other spices that you like. Roast for 20-30 minutes, depending on size, flipping the pieces halfway through until they are golden brown and tender.
- Sandwich: Put a slice of grilled or roasted eggplant in a sandwich. For a yummy hot sandwich, lather a crusty slice of bread with pesto and top with a slice of roasted or grilled eggplant and a slice of mozzarella, cheddar, or your favorite melty cheese. Broil on low in the oven until cheese melts. Serve open-faced or top with another piece of bread.
- Sautéed: Place a pan over medium-high heat and add a bit of oil. Chop eggplant into cubes and sauté until tender, about 8-10 minutes. Cook eggplant with a sauce or spices to fill it with flavor.

Note: We typically grow a few different varieties of eggplant, including globe (or Italian) eggplants, which are the round/oblong. There are dark purple and a purple and white striped (variegated) variety. We also grow Asian eggplant, which is long and slender with tender flesh. Asian eggplants are especially good grilled or roasted whole. Eggplants are like sponges, so they soak up the flavor of whatever sauces or spices that you cook them with.



Asian Eggplant



Variegated Eggplant

# ♥ FENNEL

## Storage:

Store fennel bulbs in a repurposed plastic bag in the fridge. You can also cut off fennel stalks (with the fronds attached) and put them in a glass of water in the fridge until they are used.

## Nutrition Information:

Fennel contains oils that help regulate the digestive system. In some cultures, it is eaten raw after a meal to help with digestion.

## Preparation:

- Cut stalks and fronds from bulb and set aside. Cut off tough base of the bulb and peel away any damaged or wilted outer leaves. Cut bulb in ½ lengthwise, from top to bottom, and wash under cold water, making sure to remove any dirt between the layers, then pat dry with a clean towel.
- Carefully cut out the core (the solid white triangular piece at bottom of the bulb) on each ½. Slice or dice according to recipe instructions or personal preference.
- Leave fennel stalks and fronds intact and freeze for making soup stocks or finely mince both and use as garnish.

## How to Eat:

- Grilled: Leave core intact and slice bulb from top to bottom in ½ inch thick slices. Toss with oil and salt and cook on grill over medium heat until tender and browned on both sides, about 10-15 minutes per side.
- Raw: Sliced thinly, fennel adds a nice, subtle licorice flavor to any dish. Another delicious way to eat raw fennel is by cutting a large slice and dipping it in olive oil and sprinkling it with salt and pepper.
- Sautéed: Place a pan over medium heat and add a bit of oil. Thinly slice fennel and add it to the pan along with some salt. Cook until it has softened all the way through and browned slightly, about 7-10 minutes. To caramelize the fennel, continue cooking it, stirring occasionally, until it turns dark brown but is not burnt. It can be eaten plain, as a salad topping, or added to sauces.
- Soup and stock: Toss sliced or diced fennel into any soup or stock to add a subtle, warm licorice flavor.

Note: Fennel has a delicious licorice taste which is stronger when raw and milder when cooked. Fennel consists of three main parts which are all edible: the bulb (the bottom white part), the stalks (the light green pieces coming up from the bulb) and the fronds (the leafy green part at the top of the stalks).



# ♥ GARLIC

## Storage:

Keep garlic cloves and heads (with their peels on) in a cool, dark, and dry place. They will keep for several months.

## Nutrition Information:

Garlic is considered a superfood due to its many beneficial properties. Its antimicrobial properties support white blood cell production and help the body fight a range of infections and diseases. It also contains many amino acids which strengthen the immune system.

## Preparation:

- Break off cloves from the head and remove the papery skin. Gently crushing the cloves with the flat side of your knife can help you remove the skin more easily.
- Trim off the root end of the clove, then slice or mince the clove according to recipe instructions.

## How to Eat:

- **Raw:** Raw garlic is delicious and can be intense! To reduce the spiciness (and prevent garlic breath), mince a few cloves of garlic and put them in a bowl with 1 Tbsp of acidic cooking liquid such as vinegar, lemon, or lime juice. Toss to coat the garlic, and let it sit in the acid for at least 15 minutes. This process is called maceration, and it leaves the delicious flavor but reduces the intensity of raw garlic (or any spicy vegetable such as onion or radish).
- **Roasted:** Preheat oven to 300°F and cut off the top of a head of garlic so that the tops of the cloves are exposed. Drizzle some olive oil, salt, and pepper over the top of the head and place it cut side up on a baking pan. Roast until soft and slightly brown, about 45 minutes. Let cool slightly, then squeeze cloves out of the head. They are delicious spread on toast or blended into dips and sauces.
- **Sautéed:** Mince or slice the garlic finely, and cook over medium heat until golden brown, about 5-7 minutes. Add to any dish!

Note: Garlic is an important staple in many cultures. A head of garlic refers to the entire bulb, while the cloves are the segments that make up the head. Each head of garlic usually contains 5-8 cloves. A head of garlic grows from a single clove that is planted in the fall and grows through the winter, spring, and summer. When the bulbs are pulled from the ground they need to be laid out in a warm, dry, and well-ventilated space in order to cure. This process turns the outer skins papery and allows the heads to be stored for long periods of time so that we can enjoy garlic year round!



# ♡ GARLIC SCAPES

## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Like garlic, garlic scapes contain compounds that reduce inflammation in the body and prevent arteries from clogging.

## Preparation:

- Rinse under cold water. If the cut ends of the scapes feel woody or tough, trim them to the point that they become more tender.

## How to Eat:

- Grilled: Toss whole scapes with oil, salt, and pepper. Place on grill over medium heat, browning on both sides, about 2 minutes each.
- Quick-pickles: Fill 2 pint-sized jars with a few sprigs of fresh herbs (such as dill, rosemary, or thyme), some black pepper, red pepper flakes, and sliced garlic. Trim the scapes so that they are about a ½ inch shorter than the jars and pack them in as tightly as possible. Place 1 cup vinegar, 1 cup water, and 1 Tbsp salt in a saucepan and bring to a boil. Pour the brine into the jars, let cool, and then cover. Let sit in the fridge for at least 2 days (if you can wait!) before eating.
- Raw: Slice very thinly crosswise to add fresh garlic flavor to any dish.
- Sautéed: Place a pan over medium heat and melt a pat of butter. Chop garlic scapes into similarly sized pieces and add to pan with a bit of salt, sautéing until golden brown, about 5 minutes. Have as a side dish or include in stir-fries or other dishes.

Note: While the garlic bulb is growing underground, there are many green leaves above ground that soak up the energy from the sun to send down to the bulb. In early summer, a single garlic scape grows out of the middle of the leaves on each plant and if left, it will flower. Many farmers cut the scapes off before they flower so that more energy is sent down to the growing garlic bulb (and not to the flower), and to have an additional crop to sell. Garlic scapes have the texture of asparagus with a medium garlic flavor. Cooking makes them milder.



# ♥ GREENS, WILD EDIBLE

## Storage:

Keep in a repurposed plastic bag in the fridge for up to 1 week.

## Nutrition Information:

Chickweed is high in antioxidants and can help reduce inflammation - the plant can even be rubbed directly on your skin to reduce itching and inflammation from rashes, wounds, and other skin conditions. Dandelions are a complete protein and are high in minerals and nutrients that our bodies need. Dandelions help promote healthy kidney function and can help lower high blood pressure and cholesterol levels.

## Preparation:

- If the greens come in a cluster attached to a root, first cut out the root so that the leaves come off.
- Soak greens in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.

## How to Eat:

- Raw: Chickweed and dandelion are best roughly chopped and used as a base for a salad. Dandelion greens can be quite bitter, so mix them in with other greens or pair with a sweeter salad dressing to balance the flavors.
- Sautéed: Place a pan over medium-low heat and add a bit of oil. Add a handful of chickweed or dandelion and a pinch of salt to the pan, stirring occasionally until greens are warm and wilted. Have this as a side dish or use as a bed for fried or scrambled eggs.
- Tea: Bring water to a boil then remove from heat. Add dandelion leaves and chopped dandelion root and let steep for 30 minutes, then strain the tea and serve with honey.

Note: Wild edible greens are available all year round, with every plant having its own 2-3 week peak season. Dandelion and chickweed peak at a similar time in mid-late April. When plants are at their peak, it is often a signal for us humans that they contain nutrients that are beneficial to us during that time of year. Check out these 2 articles on the RTB blog for more information and ideas of how to use wild edibles like [chickweed](#) and [dandelion](#).



Dandelion



Chickweed

# ♥ KALE

## Storage:

Keep in a repurposed plastic bag in the fridge. Kale can also be quickly blanched and frozen for later use.

## Nutrition Information:

Kale is a highly nutritious superfood. It is high in Vitamin A, which supports lung health and function. It also contains silica which helps promote healthy skin, hair, teeth, and nail growth.

## Preparation:

- For mature kale with thick stems, hold the stem in one hand and using your other hand, pinch the stem and pull from bottom to top to pull the leaves off the stem (or fold the leaf in ½ and cut out the stem). For baby kale, this step isn't necessary because the stems are tender.
- Soak in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.

## How to Eat:

- Kale Chips: Preheat oven to 425°F. Remove leaves from the stalks of about 1-2 bunches of kale. Toss leaves in a bowl with a bit of salt, pepper, and enough olive oil to coat the leaves. Spread in an even layer on 1-2 baking sheets and place in oven for 5-10 minutes or until kale starts to turn a bit brown. Flip and allow the other side to cook until crispy, about 3-5 more minutes. Remove from oven and allow to cool. Eat plain or use as a crunchy garnish for soups or salads.
- Raw: Baby (young) kale is tender enough to eat raw without any preparation, just roughly chop it and use it as a base for a salad. Mature kale can be cut into strips, put into a bowl and “massaged” with a bit of olive oil, salt, and vinegar or lemon juice (this makes the leaves more tender to eat), then add any toppings! Apple, dried cranberries, walnuts, and blue cheese are especially good on a kale salad.
- Sautéed: Place a pan over medium heat and add some olive oil or butter. Add baby or chopped kale leaves and stir occasionally until wilted and tender. Serve as a side, in omelettes or in stir-fries.
- Smoothie: Pop a handful of kale leaves into a blender with other smoothie ingredients for a nutritional boost! Depending on what fruits you use, the kale may turn the smoothie a funny color, but the smoothie will be delicious!
- Soup: Add whole baby leaves or roughly chopped pieces of mature kale to a soup for the last 2 minutes of cooking, so that leaves are more vibrant and slightly wilted.

Note: We typically grow a few different varieties of kale each year. Red Russian Kale and White Russian Kale have silvery green leaves with reddish purple and white veins respectively. Curly kale has dense, frilly leaves and comes in purple or green varieties. Lacinato (or “dinosaur” kale) has dark green, wrinkled leaves. Each variety has subtle differences in taste and texture, but they can all be used interchangeably.



Red Russian Kale



Lacinato

# ♥ LEEKS

## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Leeks, like the rest of the members of the allium family, contain antioxidants like quercetin, which helps stop the formation of cancer cells and repairs damaged cells.

## Preparation:

- Trim the root end, then peel away any outer layers that are tough or papery.
- Cut the leek in ½ lengthwise and run it under cold water, rinsing away any dirt that has collected between the layers.
- Cut crosswise into slices, or according to recipe or preference. If there is still a fair amount of dirt on the leek, you can soak the slices in water until the dirt falls away.

## How to Eat:

- **Roasted:** Preheat oven to 400°F and cut leeks in ½ lengthwise (cutting those halves in ½ crosswise if they are particularly long). Toss with olive oil, salt and pepper and place on a baking sheet. Roast until they are golden brown and tender all the way through, about 30-40 minutes, turning halfway through.
- **Grilled:** Cut leeks in ½ lengthwise and add to a pot of salted boiling water. Cook until leeks are tender, about 8-10 minutes, then drain and pat them dry. Toss leeks with olive oil, salt, and pepper. Place on grill over medium-high heat until they are lightly charred on both sides, about 2 minutes each side.
- **Sautéed:** Place a pan over medium heat and add some olive oil or butter. Thinly slice leeks crosswise and sauté until translucent, about 5 minutes, or golden brown, about 8 minutes. Incorporate into stir-fries, eggs, mashed potatoes, or soups.
- **Soup:** Add sliced leeks to any soup. To make potato leek soup, boil chunks of potatoes in salted water and add leeks about 2 minutes before potatoes are completely tender. Drain potatoes and leeks and add back to pot with a few cups of vegetable or chicken stock. Bring to a boil and then purée with a blender, food processor, or immersion blender. Add a bit of milk if you would like a creamier soup. Add fresh herbs, such as rosemary, parsley, or thyme, for more flavor.

Note: Like garlic, onions, scallions, and chives, leeks are a member of the allium family, but they have a much milder flavor than their relatives.





# ♥ MICROGREENS



## Storage:

Keep in a repurposed plastic bag in the crisper drawer of the fridge.

## Nutrition Information:

The nutrients in microgreens are more concentrated than in mature greens, which means that microgreens have a higher nutritional value than the same amount of mature greens. Each variety of microgreen has its own nutritional value, but in general they have: high levels of Vitamin A, which promotes eye health; potassium and magnesium, which prevent heart disease; and iron, which is crucial for blood health and prevents anemia.

## Preparation:

- Soak microgreens in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.

## How to Eat:

- Raw: To get the most nutritional benefit from the microgreens, eat them raw. They can be used as the base or a topping for a salad or toss them in a sandwich for some extra flavor.
- Garnish: Top soups, eggs, or any dish with a handful of microgreens for a burst of freshness.

Note: Microgreens are young, edible sprouts of plants. We incorporate microgreens into our diets because they are delicious and also incredibly nutritious - most microgreens contain more than 8 times the nutrients that full grown plants contain. You may receive a mix of different microgreens, including pea, kohlrabi, amaranth, and radish greens. We cut these greens after 1-2 weeks while they are tender and flavorful. If left to grow for a few more months, they would develop into full sized vegetable or flower plants.

# ♥ MELONS

## Storage:

Store whole melons at room temperature for 1-2 weeks. Cut melons should be covered and placed in the fridge.

## Nutrition Information:

Watermelon and cantaloupe both contain high levels of Vitamin C, which boosts our immune and circulatory systems. In fact, 1 slice of cantaloupe contains more than a day's serving of vitamin C!

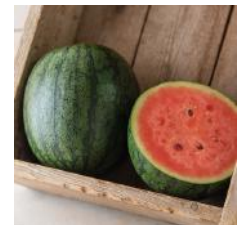
## Preparation:

- Rinse outside of melon and place on a cutting board.
- Cut in  $\frac{1}{2}$  lengthwise and then cut into slices (keeping the rind on). Alternatively, cut into  $\frac{1}{4}$ s, stand them upright and carefully cut the rind off, then cube the flesh of the fruit.

## How to Eat:

- Plain: Melons are delicious eaten plain in slices or cubes, and are a refreshing and hydrating summer treat! Watermelon is particularly good with a squeeze of lime juice and a sprinkle of salt.
- Salad: Watermelons lend themselves to light, herby summer salads. Cube a melon and add some goat or feta cheese, and fresh herbs, like basil or cilantro.
- Smoothie and juice: Pop some melon cubes (fresh or frozen) into a blender for a delicious fruit smoothie!

Note: We typically grow watermelon and cantaloupe. Watermelons have green striped rinds and pink flesh while cantaloupes have a grayish yellow/green rind with orange flesh.



# ♡ OKRA

## Storage:

Store in a repurposed brown paper bag in a cool, dry spot in your kitchen.

## Nutrition Information:

Studies have shown that mucilage, the gel-like substance in okra, can lower our cholesterol by binding with it and helping our bodies digest it.

## Preparation:

- Wash okra pods under cool water, then pat dry.
- Cut off stem and leave whole. Slice in ½ or in thin rounds. Okra seeds have a thickening quality, so slice okra if you want your dish to thicken up. Otherwise, leave them whole.

## How to Eat:

- Quick-pickles: Fill 2 pint-sized jars with a few sprigs of fresh herbs (such as dill, rosemary, or thyme), some black pepper, red pepper flakes, and sliced garlic. Trim the stem end of the okra pods so that they are about ½ inch shorter than the jars and pack them in as tightly as possible. Place 1 cup vinegar, 1 cup water, and 1 Tbsp salt in a saucepan and bring to a boil. Pour the brine into the jars, put on the lids, and let sit in the fridge for at least 2 days (if you can wait!) before eating them.
- Roasted: Preheat oven to 450°F. Toss whole okra pods (stems trimmed) with oil, salt, and pepper. Place on a baking sheet and cook until okra is tender and browned on the outside, about 15-20 minutes, flipping halfway through.
- Sautéed: Place a pan over medium and add a bit of olive oil. Add whole okra (stems trimmed) and sprinkle with salt and pepper. Cook until browned on all sides, about 5-7 minutes.
- Soup and stew: Slice okra thinly and add to soups or stews. Cook until tender. Okra has a wonderful texture and thickening properties, so add it to soups and stews that would benefit from a thicker consistency.



# ♥ ONIONS

## Storage:

Store in a cool, dry, well-ventilated place in your kitchen.

## Nutrition Information:

Onions contain nutrients that support respiratory health and function. They also contain sulfur, which helps support hair, skin, and nail health.

## Preparation:

- Trim stem end, cut onion in ½ lengthwise (through root end) and peel the papery skin from the onion.
- To slice onions, place cut side of onion face down on cutting board and cut crosswise into slices of desired thickness. To dice onions, place onion cut side down on cutting board and carefully cut horizontally from stem to root end (without slicing through the root completely). Then make even, lengthwise cuts without cutting through the root end completely. Now cut the onions crosswise from stem to root end and the diced pieces should fall away due to the previous cuts you made.

## How to Eat:

- Grilled: Cut onion in ½ crosswise and peel the skin back. Drizzle with olive oil, salt, and pepper. Place on grill over medium-high heat, turning occasionally until evenly browned, about 15 minutes.
- Raw: Slice or dice onion according to personal preference. To reduce the spiciness (and prevent onion breath), put cut onions in a bowl with 1 Tbsp of an acidic cooking liquid such as vinegar, lemon, or lime juice. Toss to coat and let sit for 15 minutes. This process is called maceration and it leaves the delicious flavor but reduces the intensity of raw onion (or any spicy vegetable such as garlic or radish).
- Roasted: Preheat oven to 400°F. Trim root and stem end of onion and cut into wedges. Toss with olive oil, salt, and pepper, and place on a baking sheet. Cook until golden brown and tender, turning occasionally, about 30-40 minutes.
- Sautéed: Place a pan over medium heat and add olive oil or butter. Add sliced or diced onions with a pinch of salt and cook until translucent, about 5-8 minutes. At this point they can be added to soups, stir-fries, and other dishes. To caramelize the onions, sauté slices with a bit of salt for 30-45 minutes until they are a deep brown color (but not burnt). Caramelized onions taste sweet and are a great pizza or pasta topping.



# ♥ OREGANO



## Storage:

Store in a repurposed paper bag in a cool, dark area in your kitchen. Oregano can also be dried, dehydrated, or frozen for later use.

## Nutrition Information:

Oregano contains beneficial plant compounds called phytonutrients, which help to fight infections. It also contains antioxidants that help prevent cell damage.

## Preparation:

- Remove fresh leaves from woody stem, roll them into a ball shape and use a knife to finely chop the leaves. If you're using dried oregano, crumble the leaves with your hands or crush them with a mortar and pestle.

## How to Eat:

- Roasted vegetables: Chop oregano finely and toss with cubed vegetables before roasting them.
- Salad: Cook a grain such as brown rice, farro, or quinoa according to package instructions and let cool. Cube tomatoes, cucumbers, and cheese (such as feta or mozzarella) and set aside. Finely chop about 1 Tbsp of oregano and a handful of parsley or basil. Toss grains, vegetables, cheese, and herbs together in a bowl, adding olive oil to coat, and salt and pepper to taste.
- Sauce: Oregano pairs particularly nicely with tomato dishes and is a classic ingredient in tomato sauces. Add to tomato sauce at the end of cooking to give it a nice flavor boost!

# ♥ PARSLEY



## Storage:

Stand upright in a tall glass and add water to cover bottom of stems, then place in fridge. Parsley can also be dried, dehydrated, or frozen for later use.

## Nutrition Information:

Parsley contains luteolin, an anti-inflammatory property, which can reduce asthma and arthritis. It also contains high levels of potassium which helps regulate the fluids in our bodies and helps our kidneys eliminate waste. It should not be eaten in great quantity if you are pregnant.

## Preparation:

- Soak in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.
- Cut off thicker bottom stems and discard (there is lots of flavor in the stems, so make sure to use the tender stems). Roll parsley into a ball and chop roughly or finely, depending on recipe or preference.

## How to Eat:

- Salad: Wash and roughly chop parsley and add to a salad with fresh greens.
- Soup: Toss finely chopped parsley into soup at the end of cooking for a nice herbal flavor. It is especially good in vegetable or chicken soups.

# ♡ PARSNIPS

## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Parsnips are high in fiber, which helps our digestive system stay healthy. They also contain potassium, which helps regulate our blood pressure and promotes good heart health.

## Preparation:

- Rinse and use a vegetable brush to remove any dirt.
- Cut off the stem end and slice into rounds or cubes, depending on recipe or preference.

## How to Eat

- Mashed: Steam or boil parsnips until tender, about 5-7 minutes, then drain. Return to pot and mash with butter, pepper, and salt to taste. You can mash them alone or with carrots, potatoes, celeriac, or turnips.
- Roasted: Preheat oven to 425°F. Cut parsnip into chunks, wedges, or sticks. Toss with olive oil, salt, and pepper, and place on a baking sheet. Cook, flipping occasionally, until golden brown and tender all the way through, about 30-40 minutes.
- Soup and stew: Chunks of parsnip are a delicious addition to any soup or stew! You can also boil or steam parsnips and then purée them with a bit of chicken or vegetable stock to make a smooth soup.
- Steamed: Put a steaming basket in a pan, fill with water until touching the bottom of the basket, and bring to a boil. Cut parsnips into evenly sized chunks, place in basket, and cover pan. Steam for about 5 minutes or until tender.



# ♥ PEAS

## Storage:

Store in a repurposed plastic bag in the fridge, eating as soon as possible.

## Nutrition Information:

Peas are high in vitamins A, C, and K, which are helpful for eye, immune, and bone health.

## Preparation:

- Wash under cool water. Pinch the stem end of the pea pod and pull it down to the bottom of the pod to remove the string along the seam.
- Leave whole or chop into thick pieces, according to recipe or preference.

## How to Eat:

- Grilled: Toss with oil, salt, and pepper. Place on grill over medium heat, flipping until brown on each side, about 3-5 minutes. You may want to put them in a grilling basket or cast iron pan so that they don't fall through the grate.
- Raw: Munch on the whole pods or use them to scoop up your favorite dip. Chop them up into large chunks and add them to a salad or use as a fresh garnish for a stir-fry.
- Sautéed: Place a pan over medium-high heat and add butter or oil. Add whole or chopped peas, sautéing for 2-3 minutes so that peas still have a slight crunch to them, or longer for softer peas.
- Soup: Steam or boil peas in salted water until tender, about 5-8 minutes. Drain. Combine in a blender with herbs (mint, dill, basil, and parsley go well with peas) and a few Tbsp of vegetable or chicken stock. Purée until a very smooth paste forms. Scoop into a pot and place over medium heat, adding chicken or vegetable stock until you reach your desired consistency. You can also add cream or milk to the soup instead of stock to make it creamier.
- Steamed: Put a steaming basket in a pan, fill with water until touching the bottom of the basket, and bring to a boil. Place whole snap peas in basket, steaming for 2-3 minutes until slightly tender, but still crisp.

Note: We are grow snap peas, which have a tender, flavorful, and edible pod.



# ♥ PEPPERS, HOT

## Storage:

Store in fridge crisper drawer.

## Nutrition Information:

Hot peppers contain antiviral and anticancer properties. Eating hot peppers also helps clear up congestion and respiratory issues.

## Preparation:

- Wash peppers and pat dry.
- Wearing gloves (to protect yourself from the oils in the peppers), cut off stem and slice pepper in ½ lengthwise. Remove the white core, ribs, and seeds (the seeds contain a lot of the spiciness, so take them out to reduce the heat or save them to add to your dish if you want it to be spicier. Slice thinly into rounds or dice.

## How to Eat:

- Cornbread: Dice up a few hot peppers and add them to your favorite homemade or boxed cornbread!
- Quick-Pickles: Fill 2 pint-sized jars with a few sprigs of fresh herbs (such as dill, rosemary, or thyme), some black pepper, red pepper flakes, and sliced garlic. Slice the jalapeños into rounds and pack them in as tightly as possible. Place 1 cup vinegar, 1 cup water, and 1 Tbsp of salt in a saucepan and bring to a boil. Pour the brine into the jars, put on the lids, and let sit in the fridge for at least 2 days (if you can wait!) before eating.
- Raw: Dice the hot peppers finely and add as a spicy garnish to any dish or salsa that needs a kick!

Note: We typically grow a few varieties of hot peppers including: jalapeños, which are green, and sometimes have black streaks, or tan cracks on their skin, and habaneros which are orange, with slightly wrinkled skin.



Jalapeño



Habanero

# ♡ PEPPERS, SWEET

## Storage:

Store in fridge crisper drawer. Peppers can also be sliced and frozen for later use in cooked dishes.

## Nutrition Information:

Sweet peppers (whether they are green, red, or yellow) are high in Vitamin C, which helps the body fight against disease. It also contains lycopene, which helps slow the aging process in our bodies.

## Preparation:

- Wash and pat dry. Place on a cutting board and cut off the top of the pepper just below the stem. Use your hands to pull out the white core and ribs from the inside of the pepper. Cut in  $\frac{1}{2}$  and then into wedges, strips, or diced pieces.

## How to Eat:

- Raw: Slice larger peppers to eat plain or to scoop up your favorite dip. Smaller snacking peppers can be eaten whole. Peppers are also a delicious addition to a fresh summer salad.
- Roasted: Preheat oven to 400°F. Cut peppers into  $\frac{1}{2}$ s or slices, and toss with oil, salt, and pepper. Place on a baking sheet and cook, tossing occasionally, until tender and browned, about 30 minutes.
- Sautéed: Place a pan over medium heat and add a bit of oil. Add sliced or diced peppers to pan and cook until tender, about 5 minutes. Add into stir-fries or pasta sauces.

Note: We typically grow a few different pepper varieties each year, including: a bell variety (round and plump), a sweet Italian variety (a longer, skinnier pepper), and snacking peppers (small yellow-orange peppers). Peppers start off green and ripen to red, yellow, or orange, so you may receive them at any of those stages (or in between). Beware: the habanero pepper that we grow looks very similar to the snacking pepper that we grow, but the habanero pepper has more wrinkly skin.



Banana Peppers



Snacking Peppers



# ♥ POTATOES

## Storage:

Potatoes like to be stored dry, dirty, and dark. Keep potatoes unwashed in a paper bag and store them in a cool, dark spot in your kitchen.

## Nutrition Information:

Potatoes are an excellent source of complex carbohydrates, which support muscle development and give us long burning energy. Potato skin contains a high amount of fiber so make sure to eat the peel as well!

## Preparation:

- Rinse and use a vegetable brush to scrub away any dirt.
- Cut into wedges or cubes according to recipe or preference.

## How to Eat:

- Mashed: Cube potatoes (leaving the skin on so that you get the nutrients and added texture in your mashed potatoes) and add to a pot of salted boiling water. Cook until just tender all the way through, about 8 minutes. Drain and put potatoes back in pot with 1-2 Tbsp of butter, salt, pepper, and fresh herbs (parsley and chives go especially well with mashed potatoes).
- Potato salad: Boil potatoes until tender but still slightly firm, about 7 minutes. Drain and let cool slightly. Mix with sliced onions, mayonnaise (or balsamic vinegar), chopped peas, dill, salt, and pepper. Chill in the fridge until cool, then serve.
- Roasted: Preheat oven to 425°F. Cut potatoes into cubes or wedges and toss with oil, salt, pepper, and any other spices or seasonings that you like. Spread them out on a baking sheet and cook until golden brown and tender all the way through, flipping halfway through, about 30-40 minutes.

Note: We growing many varieties of potatoes each year. You may see some potatoes with red or light brown skin and white, yellow, red, or purple flesh. We also grow a few different colored fingerling varieties (small, skinny, finger-shaped potatoes) that are particularly good for roasting!



# ♥ PUMPKINS

## Storage:

Store in a cool, dry place in your kitchen. Once cut, store in fridge and use within a few days.

## Nutrition Information:

Like other orange vegetables, pumpkins contain a high level of beta-carotene, which the body converts to vitamin A to support our immune and respiratory system.

## Preparation:

- Rinse or wipe with a damp cloth to remove any dirt on the exterior. Cut off stem and place pumpkin cut-side down on a cutting board. With a large knife slice in  $\frac{1}{2}$  lengthwise.
- Use a spoon to scrape out the seeds and save them to roast (they are delicious)! Cut the  $\frac{1}{2}$ s into wedges or cubes depending on preference.

## How to Eat:

- Puréed: Cut pumpkin in  $\frac{1}{2}$  or  $\frac{1}{4}$  and roast at 425°F until tender, about 30-45 minutes. Remove from oven and let cool. Use a spoon to scrape the meat of the pumpkin from the skin and add it to a blender or food processor, puréeing until smooth. The purée can be incorporated into dips, soups, or breads or be combined with spices to make pumpkin pie filling.
- Roasted: Preheat oven to 425°F. Cut pumpkin into wedges or cubes and toss with olive oil, salt, pepper, and any other spices you desire. Cook until tender, about 30-45 minutes depending on size.
- Roasted Pumpkin Seeds: Preheat oven to 350°F. Rinse the pumpkin seeds that you set aside when preparing the pumpkin and pat them dry. Toss seeds with oil, salt, pepper, and any other seasonings you desire (paprika, garlic powder, and chili powder are nice additions). Spread seeds in an even layer on a baking sheet and bake until golden brown and fragrant, about 15 minutes, tossing halfway through. They can burn quickly, so keep an eye on them while they cook!
- Soup: Use pumpkin purée as the base for a soup, adding coconut milk and a bit of stock to achieve your preferred consistency. Add salt and pepper to taste, and garnish with roasted pumpkin seeds.

Note: We typically grow 1-2 varieties of small pie pumpkins, which are sweet and delicious. Pie pumpkins are typically used to make the canned pumpkin purée that you buy in a store to make pumpkin pie or bread.



# ♥ RADISHES

## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Radishes contain calcium and potassium which help lower blood pressure.

## Preparation:

- Rinse under cold water and use a vegetable brush to remove any dirt.
- If tops are on radishes, cut them off and set them aside for later use.
- Slice radish into rounds or dice into cubes according to recipe or preference.

## How to Eat:

- **Quick-Pickles:** Any variety of radish is good pickled, but daikon and watermelon radishes are particularly tasty. Fill 2 pint-sized jars with a few sprigs of fresh herbs (such as dill, rosemary, or thyme), some black pepper, red pepper flakes, and sliced garlic. Slice the radishes into rounds or matchsticks and pack them in as tightly as possible. Place 1 cup vinegar, 1 cup water and 1 Tbsp salt in a saucepan and bring to a boil. Pour the brine into the jars, put on the lids, and let sit in the fridge for at least 2 days (if you can wait!) before eating them.
- **Raw:** Chop into matchsticks, small cubes, or rounds, and use on top of salads or stir-fries for a fresh crunch.
- **Sautéed:** Place a pan over medium heat and add a bit of olive oil. Cut large radishes into  $\frac{1}{4}$ s or wedges and small radishes in  $\frac{1}{2}$ . Add to pan with a sprinkle of salt. Cook, stirring occasionally, until golden brown on both sides and tender all the way through, about 8 minutes. Remove from heat and toss with minced garlic and lemon juice. If you reserved the radish greens, roughly chop them and add them to the heated pan, stirring until wilted, about 2 minutes. They are very nutritious and yummy with garlic and olive oil.
- **Slaw:** Grate radishes on a box grater and toss with a bit of oil (olive oil or sesame oil are nice), lime juice, salt, pepper, and cilantro.

Note: We typically grow a few different varieties of radish in the spring and fall. In the spring, we grow a small, red radish and in the fall we grow: a daikon variety (a long white radish with mild flavor); a black radish (black skin with spicy white flesh); and a watermelon radish (green and white exterior with pink flesh). The spiciness in radishes usually comes from the skin, so peel it off if it is too much for you. Radish tops are edible and delicious, so cut them off if they are still attached to the radishes and sauté them, or chop them up as a salad base.



# ♥ RASPBERRIES



## Storage:

Keep at room temperature if eating within a day, otherwise keep in the fridge. Fresh raspberries can also be frozen for later use.

## Nutrition Information:

Raspberries are one of the fruits with the highest level of fiber. They also contain ellagic acid which is anticarcinogenic and helps promote the healing of wounds.

## Preparation:

- Rinse gently in a colander.

## How to Eat:

- Baked goods: Add fresh raspberries to muffins, pancakes, scones, cakes, and any other baked goods.
- Fresh: Eat plain as a snack, enjoy on top of salads (they go well with goat cheese and spinach), or on top of cakes or pastries.
- Sauce: Put a few cups of raspberries, 1 Tbsp sugar, and 1 tsp lemon juice in a small saucepan and place over medium heat. Cook until berries soften, sugar dissolves, and mixture is heated through, about 4-7 minutes. Remove from heat and let cool, then strain mixture into a jar and refrigerate for 1 week. Use as a topping on desserts or mix into drinks.
- Smoothie and juice: Add fresh or frozen raspberries to a smoothie or juice for a tangy berry flavor!

# ♥ RHUBARB



## Storage:

Stand upright in a tall glass and add water to cover bottom of stems, then place in fridge.

## Nutrition Information:

Rhubarb is high in calcium which helps with bone health. It also helps purify our blood and aids digestion.

## Preparation:

- Rinse stalks and pat dry with a towel. Cut large stalks in  $\frac{1}{2}$  or  $\frac{1}{3}$  lengthwise, then slice thinly crosswise.

## How to Eat:

- Baked goods: Add thin slices to muffins, pastries, pies, cobblers, or cakes.
- Raw: Slice thinly or dice and add on top of salads or in salsas for a tart crunch!
- Strawberry Rhubarb Sauce: Slice rhubarb crosswise into  $\frac{1}{4}$  inch thick slices and cut strawberries into small wedges. Place in a saucepan with 3 Tbsp sugar and  $\frac{1}{4}$  cup water. Simmer over medium-low heat until rhubarb and strawberries are soft and the texture is jammy, about 8-10 minutes. You may need to add more water as it simmers so that it doesn't burn. Serve on top of ice cream, yogurt, or sweet biscuits.

Note: Rhubarb is a perennial vegetable, which means that it comes back each year without being replanted. Rhubarb has a pleasant acidity and because of this, it is commonly sweetened with sugar and used in desserts. We will distribute the rhubarb without the leaves because the leaves are not edible and should be removed before consuming.

# ♥ ROSEMARY



## Storage:

Fresh rosemary can be stored in a repurposed paper bag in a cool dark area in your kitchen. It can also be dried, dehydrated, or frozen.

## Nutrition Information:

Rosemary contains a compound called rosmarinic acid, which improves our memory by increasing blood circulation to the brain. It also has antiseptic properties which help prevent infections.

## Preparation:

- The whole rosemary sprig (the whole rosemary branch including the leaves) can be used; otherwise, pull leaves and discard the woody stem. Keep leaves whole or place in a pile and chop finely, according to recipe or preference.

## How to Eat:

- Biscuits: Finely chop a few Tbsp of rosemary and add to homemade or store bought biscuit dough. Bake according to directions and serve with roasted vegetables, chicken, or beef.
- Rosemary Roasted Potatoes: Prepare potatoes for roasting and toss a few sprigs or whole leaves in with the potatoes. Cook until potatoes are golden brown and tender all the way through (the rosemary should be nice and crispy by that point).
- Soup: Put about 1 Tbsp of whole leaves or finely chopped rosemary into soup at any stage for some delicious, herby flavor.
- Tea: Add 1 tsp of rosemary leaves to 1 cup of boiling water and let steep for 5 minutes. Strain rosemary from tea, and mix in honey and lemon juice to taste.

# ♥ SAGE



## Storage:

Fresh sage can be wrapped in a damp towel, sealed in a repurposed plastic bag and refrigerated. It can also be dried, dehydrated, or frozen.

## Nutrition Information:

Sage contains properties that reduce perspiration, hot flashes, and night sweats (particularly for those experiencing menopause). Sage is also used as a remedy for coughs and colds as it helps fight germs and clears mucus from the nose and lungs.

## Preparation:

- Remove sage leaves from the woody stems. Leave whole or chop finely according to recipe instructions or personal preference.

## How to Eat

- Crispy Sage in Brown Butter: Melt 1 stick of butter in a frying pan over medium-low heat (there should be about ¼ inch melted butter on bottom of pan). When butter starts to foam place whole sage leaves on top of the butter (tiny bubbles should appear around the edges of the leaves, if not, turn the heat up a bit). Cook for 3-5 minutes until sage has curled up a bit, then flip the leaves with a pair of tongs and cook 2-3 minutes longer. Remove sage leaves from butter and place on a plate. Continue cooking butter until it is a medium brown color (but not burnt) and smells a bit nutty. Toss browned butter, salt, and pepper with any pasta or roasted squash, and top with the crispy sage leaves.
- Sage Tea: Bring water to a boil and place 4-5 sage leaves in a mug. Let steep for 5 minutes. Remove leaves and add honey and a squeeze of lemon juice to taste. For iced sage tea: bring 1 liter of water to a boil and pour it over 15 sage leaves. Let steep for 10-15 minutes. Remove leaves and add honey and lemon juice to taste, then refrigerate until cold.
- Stuffing: Add chopped sage leaves to homemade or store bought stuffing. Sage is one of the traditional herbs used in Thanksgiving stuffing recipes!

# ♡ SCALLIONS



## Storage:

Keep whole scallions in the fridge, wrapped in a damp towel.

## Nutrition Information:

Scallions are full of Vitamin C, which boosts the immune system, and selenium, which helps cleanse the liver and prevents sun damage to our skin.

## Preparation:

- Peel off any papery or yellowing layers and rinse the whole scallion, particularly where the green leaves begin to branch since dirt can collect there.
- Trim the root end and any wilted green tips, then slice thinly from bulb to tops of leaves or according to recipe.

## How to Eat:

- Baked goods: Fold thinly sliced scallions into savory biscuits or breads.
- Raw: Slice thinly and add to salsas or use as garnish for salads, stir-fries, or soups.
- Sautéed: Place pan over medium heat and add a bit of oil. Thinly slice the white and light green parts of the scallion and add to pan with a bit of salt. Stir occasionally until they are tender, about 3-4 minutes. Incorporate into stir-fries or use in place of onions in any recipe that calls for them.

Note: Scallions are a member of the allium family (like onions, garlic, leeks and chives) and have a mild onion flavor. The white or purple bulb is typically used for cooking since it has the strongest onion flavor. The darker green leaves are typically used for garnish, but the different parts can be used interchangeably.

# ♡ SPINACH



## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Spinach has a high iron content which helps support red blood cells and prevents anemia. It also contains zinc, which helps boost the immune system, and magnesium, which promotes muscle flexibility.

## Preparation:

- Soak in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.
- Small leaves can be left whole and larger leaves can be roughly chopped.

## How to Eat:

- Raw: Keep smaller leaves whole or roughly chop larger leaves and use as a base for a salad with any toppings. Strawberries, goat cheese, balsamic vinegar, and roasted vegetables go especially well on top of a spinach salad.
- Sandwich: Add into a cold sandwich or incorporate into a grilled cheese.
- Sautéed: Place a pan over medium heat and add some olive oil or butter. Add whole or chopped spinach and stir occasionally until it is wilted and tender, about 2 minutes. Serve as a side, in omelettes, or in stir-fries.
- Smoothies: Pop a handful of spinach into a blender with other smoothie ingredients for a nutritional boost! Your smoothie will likely turn bright green or brownish green depending on what other ingredients you use, but the flavor of spinach is mild enough that the other fruits and ingredients will not be overpowered.
- Soup: Add spinach to a soup during the last minute of cooking, so that leaves turn a vibrant green and wilt slightly.

# ♡ SQUASH, SUMMER & ZUCCHINI

## Storage:

Keep in the crisper drawer of the fridge.

## Nutrition Information:

Zucchini and summer squash contain high levels of potassium, which helps relieve high blood pressure. Summer squash is also an effective diuretic, helping our kidneys flush water through our bodies.

## Preparation:

- Rinse and gently rub off any dirt.
- Trim stem ends and slice into rounds, semi-circles, or cubes depending on recipe instructions or personal preference.

## How to Eat:

- Grilled: Slice zucchini and summer squash lengthwise into ½ inch thick slices. Toss with olive oil, salt, and pepper. Place on grill over medium heat until tender and browned on both sides, about 8-10 minutes, flipping halfway through.
- Lasagna: Slice zucchini and summer squash lengthwise into ½ inch thick slices. Use in a vegetable lasagna as a filling or a replacement for the noodles.
- Raw: Cut into sticks or rounds and use to scoop up dips.
- Roasted: Preheat oven to 375°F. Cut into rounds or small cubes and toss with oil, salt, pepper, and any other spices that you like. Roast until golden brown and tender, about 15-20 minutes, flipping halfway through.
- Sautéed: Place a pan over medium heat and add a bit of olive oil or butter. Slice into rounds or semi-circles depending on the size. Add to pan with a bit of salt and pepper. Cook until tender and golden brown, about 6-8 minutes. Serve with chopped herbs and parmesan.
- Soup: Add chunks of zucchini and summer squash to soups, cooking until tender all the way through, about 6-8 minutes.

Note: We typically grow a few different varieties of summer squash, including: a yellow crookneck squash with a curved “neck” and round bottom; patty pan squash, which is flatter and looks a bit like a flower (all green or yellow with a green center); and a round, light green or yellow variety. All varieties have similar flavor and can be used interchangeably in recipes.



Green Patty Pan



Cue Ball Summer Squash



Yellow Patty Pan

# ♡ SQUASH, WINTER

## Storage:

Store squash in a cool, dry place in your kitchen. They can be stored for several months. Once cut, store in refrigerator.

## Nutritional Information:

Squash contains healthy carbohydrates, potassium, and magnesium which give us sustained energy. It is also anti-inflammatory and can help prevent and relieve arthritis.

## Preparation:

- Rinse squash under cool water or wipe with a damp cloth to remove any dirt on the exterior. Cut off stem and slice in ½ lengthwise with a large knife (for larger squash like butternut, cut in ½ crosswise first).
- Use a spoon to scrape out the seeds, and set them aside - they are delicious roasted. Cut the ½s into wedges or cubes depending on preference or recipe instructions.

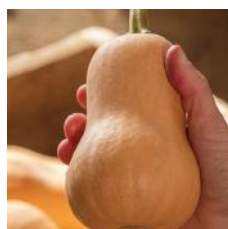
## How to Eat:

- Puréed: Cut squash into wedges and roast at 425°F until very tender, about 40-45 minutes, then remove from the oven and let cool. Use a spoon to scrape the flesh from the squash skin and add to a blender or food processor, puréeing until smooth. The purée can be incorporated into dips, soups, breads, or baked goods (such as pumpkin bread or pumpkin cookies).
- Roasted: Preheat oven to 425°F. Cut squash into wedges or cubes and toss with olive oil, salt, pepper, and any other spices you desire. Roast until tender and golden brown, about 40-45 minutes. For spaghetti squash, cut in ½ and roast, then scrape out the spaghetti like interior with a fork and use in place of pasta.
- Roasted Squash Seeds: Preheat oven to 350°F. Rinse the squash seeds that you set aside when preparing the squash and pat them dry. Toss seeds with oil, salt, pepper, and any other seasonings you desire (paprika, garlic powder, and chili powder are nice additions). Spread seeds in an even layer on a baking sheet and bake until golden brown and fragrant, about 15 minutes, tossing halfway through. They can burn quickly, so keep an eye on them while they cook! Some varieties of squash may have tougher seeds than others.
- Soup: Use squash purée as the base for a soup, adding coconut milk and a bit of stock to get it to your preferred consistency. Add salt and pepper to taste and garnish with roasted squash seeds.

Varieties: We typically grow a few varieties of winter squash, all of which are delicious and come in all different shapes and colors. Delicata squash (oblong with cream colored skin and green ridges), Kabocha squash (dark orange skin and flesh), Acorn squash (dark green acorn shaped squash with ridges), Spaghetti squash (yellow skin with a spaghetti like interior), Buttercup squash (round flat topped squash with dark green skin and a greyish green bulge on the bottom), and Butternut (tan skin and orange flesh with a narrow top and bulbous bottom). Try all of the varieties on their own to get to know their unique flavors and textures. All of these varieties have nutritious, edible skin which gets particularly tender and delicious when roasted.



Buttercup



Butternut



Acorn



Delicata



# ♡ SUNCHOKES

## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Sunchokes contain cynarin, a compound that supports liver function and promotes healthy digestion. They also contain inulin, a compound that is digested slowly and lowers blood sugar.

## Preparation:

- Rinse and use a vegetable brush to remove any dirt.
- Cut into evenly sized chunks or slices according to recipe or preference.

## How to Eat:

- **Fried:** Cut sunchokes into chunks and par-boil them in salted water for about 2 minutes, then drain. Place a pan over medium-high heat and add a bit of oil to the pan. Add chunks of sunchokes and a sprinkle of salt and pepper to the pan. Fry until golden brown and crispy on all sides, flipping occasionally, about 8-10 minutes.
- **Mashed:** Cut sunchokes into chunks and add to a pot of salted boiling water. Cook until just tender all the way through, about 5-7 minutes. Drain them and put them back in the pot with 1-2 Tbsp of butter, salt, pepper, and fresh herbs (parsley and chives go especially well with sunchokes). Mash with other vegetables such as carrots, potatoes, or celeriac as well.
- **Raw:** Diced or sliced sunchokes are a nice crunchy addition to a salad.
- **Soup:** Chunks of sunchokes add a lovely nutty flavor to vegetable or chicken soup. They can also be boiled until tender and then puréed to make a smooth soup.

Note: Sometimes called Jerusalem artichokes, earth apples, or sunroots, sunchokes have a pleasant, nutty flavor, similar to that of an artichoke. Sunchokes are the tuber (part of the underground root system) of a 10-12 foot tall, flowering plant in the sunflower family. Sunchokes are indigenous to North America.



# ♡ SWEET POTATO

## Storage:

Keep sweet potatoes unwashed in a repurposed paper bag and store them in a cool dark spot in your kitchen.

## Nutrition Information:

Sweet potatoes are high in vitamins C and E, which work together to prevent wrinkles, protect the eyes, and boost our memory.

## Preparation:

- Rinse and use a vegetable brush to remove any dirt. Trim off both ends and cut into cubes or wedges. Leave skin on to take advantage of all the nutritional benefits - it is very tender when cooked!

## How to Eat:

- Mashed: Cube sweet potatoes. Add to a pot of salted boiling water. Cook until just tender all the way through, about 8 minutes. Drain and put sweet potatoes back in pot with 1-2 Tbsp of butter, salt, pepper, and fresh herbs.
- Roasted: Preheat oven to 425°F. Cut sweet potato into cubes or wedges and toss with olive oil, salt, and pepper. Spread out evenly on a baking sheet. Cook until golden brown and tender all the way through, about 40-45 minutes, flipping occasionally.
- Soup: Cubed sweet potatoes are a nice addition to any soup. You can also boil them and blend them on their own or with boiled winter squash to make a delicious puréed soup.

Note: Despite their name, sweet potatoes are actually not related to regular potatoes. Sweet potatoes are in the same family as morning glory, and they have similar flowers. We typically grow 2 varieties of sweet potatoes: an orange variety with brown skin and orange flesh, and a Japanese sweet potato with purple skin and white flesh. There are subtle differences in taste and texture between the 2 varieties - try both and see for yourself!



Orange Sweet Potato



Japanese Sweet Potato

# ♡ SWISS CHARD



## Storage:

Keep in a repurposed plastic bag in the fridge. Chard can also be frozen for use throughout the year.

## Nutrition Information:

Swiss chard contains iron and calcium which help support blood and bone health.

## Preparation:

- Soak chard in cold water to remove any dirt, then rinse. Pat dry with a clean dish towel or spin in a salad spinner.
- Trim any dry ends of the stalks and discard them. Thinly slice the stalks and roughly chop the leaves.

## How to Eat:

- Frittata or Quiche: Thinly slice chard and add to the egg mixture for frittatas or quiches.
- Sautéed: Place a pan over medium heat and add some olive oil or butter. Add chopped leaves and stems, stirring occasionally until wilted and tender. Serve as a side, in omelettes, or in stir-fries.
- Soup: Add chopped leaves and stems to a soup for the last 2 minutes of cooking. Greens should become more vibrant and tender.

# ♡ THYME



## Storage:

Fresh thyme can be sealed in a repurposed plastic bag and refrigerated. You can also dry, dehydrate, or freeze thyme for later use.

## Nutrition Information:

Thyme has been shown to lower blood pressure. It is also a natural cough remedy and can help alleviate cough symptoms by being made into a tea.

## Preparation:

- For fresh or dried thyme, strip leaves from stem by squeezing and pulling down on the stem from top to bottom.
- Put fresh thyme leaves into a pile and finely chop the leaves. If you're using dried thyme, crumble the leaves with your hands or crush them with a mortar and pestle.

## How to Eat:

- Biscuits and scones: Fresh or dried thyme can be incorporated into sweet or savory biscuits or scones for a lovely herbal flavor.
- Butter: Mix some thyme leaves with softened butter and add a spoonful of honey or maple syrup. Serve on top of pancakes, waffles, or other pastries.
- Honey & Thyme Roasted Root Vegetables: Prepare root vegetables (such as carrots, turnips, and parsnips) according to recipe. Whisk olive oil, a few spoonfuls of honey, 1-2 Tbsp of thyme, salt, and pepper together and toss with prepared vegetables. Roast according to recipe.
- Soup: Put 1-2 sprigs of thyme or a few tsp of chopped leaves into a soup while it is cooking.
- Tea: Add 1 tsp of thyme leaves to 1 cup of boiling water and let steep for 5 minutes. Strain leaves from tea, and mix in honey and lemon juice to taste.

# ♥ TOMATOES

## Storage:

Store in a cool, dry area of your kitchen until ready to eat. Once cut, store in the fridge. Whole tomatoes can be frozen for later use.

## Nutrition Information:

Tomatoes contain lycopene, a carotenoid that prevents cancer and is also responsible for tomatoes' bright colors. Tomatoes also contain high levels of Vitamin C, which is crucial for boosting the immune system and supporting tissue health in the body.

## Preparation:

- Rinse under cool water and pat dry. For larger tomatoes, use a small paring knife to cut out the core (stem end) at an angle, then cut into slices (a bread knife is particularly good at cleanly slicing tomatoes), dices, or wedges.

## How to Eat:

- Raw: Dice or cut tomato into wedges and put on top of a salad. Arrange sliced tomatoes on a plate with sliced mozzarella cheese and basil. Drizzle it with olive oil, salt, and pepper for a caprese salad. Sliced tomatoes are great in sandwiches or grilled cheeses. Cherry tomatoes are also a great snack!
- Roasted: Preheat oven to 450°F. Toss whole cherry tomatoes or paste tomatoes (cutting larger ones in ½ or ¼) with olive oil, garlic, salt, and pepper. Place on a baking sheet and roast until tomatoes begin to collapse and caramelize, about 30-40 minutes.
- Salsa: Dice tomatoes finely and toss with diced onion, jalapeños, cilantro, and lime juice (and any of your favorite salsa ingredients). Serve with chips or on top of beans and rice.
- Soup: Make a simple tomato soup by simmering chopped tomatoes with a bit of water, salt, and pepper until the tomatoes soften and fall apart. Add mixture to a blender (or use an immersion blender in the pot) and blend until smooth, adding more water or stock to achieve your preferred consistency. Add lots of fresh or dried herbs like oregano, basil, and parsley. This soup can be eaten as is or used as a base for a vegetable soup.

Note: We typically grow an assortment of cherry, heirloom, and paste tomatoes, so try them all and enjoy the different flavors and textures! Cherry tomatoes are the quarter-sized tomatoes that you can eat whole. Heirloom tomatoes, which often have interesting colors or patterns, are particularly delicious sliced and eaten plain with a bit of salt. Paste tomatoes typically have a more oblong or oval shape and a lower water content than heirloom tomatoes. This makes them ideal for making pasta sauces and soups because they take less time to cook and thicken up.



# ♥ TURNIPS

## Storage:

Keep in a repurposed plastic bag in the fridge.

## Nutrition Information:

Turnips are high in calcium and potassium, which help with joint and muscle pain. Potassium also helps lower our blood pressure by releasing sodium from our bodies.

## Preparation:

- Wash and use a vegetable brush to remove any dirt.
- Trim stem and root end, then cut into slices, cubes, or wedges according to recipe or preference.

## How to Eat:

- Mashed: Cube turnips, leaving the tender skin on, and add to a pot of salted boiling water. Cook until just tender all the way through, about 8 minutes. Drain and put turnips back in pot with 1-2 Tbsp of butter, salt, pepper, and fresh herbs (parsley and chives go especially well with turnips). Mash with potatoes and other root vegetables for a variety of flavors.
- Raw: Hakurei turnips are particularly good raw because of their sweet flavor and buttery texture. Slice them up and add them to a salad, or eat them like an apple.
- Roasted: Preheat oven to 425°F. Cut turnips into cubes or wedges and toss with oil, salt, and pepper (and any other spices or seasonings that you like). Spread them on a baking sheet and roast until golden brown and tender all the way through, about 30-40 minutes, turning halfway through.
- Sautéed: Place a pan over medium heat and add a bit of oil. Slice turnips into rounds, matchsticks, or small chunks, and cook until slightly tender, about 4-7 minutes. Turnips go especially well with sesame oil and can be added to stir-fries for a sweet, earthy flavor. If you reserved the turnip greens, roughly chop them and add them to the heated pan, stirring until wilted, about 2 minutes. They are very nutritious and yummy with garlic and olive oil.

Note: In the spring, we typically grow Hakurei turnips, which are small white turnips with a sweet flavor and juicy texture. In the fall, we typically grow purple top and Macomber turnips, which both have an earthy flavor and taste best when cooked. Macomber turnips are particularly sweet and delicious and have been grown in SouthCoast, MA for generations. Turnip greens are also edible and very nutritious, so make sure to reserve them and sauté them!



Hakurei Turnips



Purple Top Turnips

# GLOSSARY



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Recipe



Information

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Okra plant



Recipe



Information

# MEET OUR MANIFEST LOVE PARTNERS



In March 2020, at the onset of the pandemic, Round the Bend Farm (RTB) partnered with YWCA Southeastern MA, Youth Opportunities Unlimited (Y.O.U.), and NorthStar Learning Centers to create Manifest Love. In 2023, Sacred Birthing Village also became a Manifest Love partner. The goal is to provide free, healthy, weekly, local food shares for families in New Bedford directly connected to these organizations.

Together, we grow, glean, source, and distribute nutritious, organic, local food. Educational resources, including videos, blogs, and trilingual letters, are sent out with the shares each week.

All the partners bring out their authentic and uniquely special gifts to contribute to Manifest(ing) Love in the SouthCoast. We, at RTB, are humbled to work with such meaningful and extraordinary organizations. Please join us in broadening our collective understanding of all our partners on the following pages.



# NORTHSTAR LEARNING CENTERS



NorthStar Learning Centers is a people-of-color and women-led organization working with and for the people. Born from community action during the civil rights movement, NorthStar maintains a bold vision to provide individualized, strength-based, culturally responsive, family-focused programs that help children, youth, and families realize their strengths and dreams. Founded in 1974, NorthStar has grown from one neighborhood-based preschool center to a constellation of programs that serve New Bedford area children from birth to adulthood.

NorthStar's mission is to help young people overcome poverty, discrimination, educational disadvantage, violence, and other adversity through hopefulness and learning essential competencies with which they can transform their lives and communities. Through advocacy and public policy, NorthStar, as a minority-led nonprofit organization, advances diversity as a strength and resource to open pathways to create a better life.



# ROUND THE BEND FARM



Round the Bend Farm, a Center for Restorative Community, is a 115-acre working farm and educational non-profit located in South Dartmouth, Massachusetts, that acts as a living laboratory that cultivates, educates, and empowers people of all ages. We are devoted to the global paradigm shift toward hope and abundance by valuing diversity, modeling nature, and redefining wealth.



# SACRED BIRTHING VILLAGE



Sacred Birthing Village is a group of women dedicated and committed to building sisterhood and standing with and supporting the pregnant women in our community through their most sacred journey: childbirth. Our vision is a healthy community of mothers, fathers, and babies.

Members of Sacred Birthing Village are the "conductors" on the underground railroad to new life. They aim to help close the disparity gap and give the "passengers" (BIPOC and other mothers, fathers, partners, and families) a safe, healthy, and thriving passage through pregnancy and childbirth. The destination is to have and to raise a healthy baby.

*Sacred*  
BIRTHING VILLAGE



# YOUTH OPPORTUNITIES UNLIMITED



Youth Opportunities Unlimited (Y.O.U.) broadens youth perspectives through transformative experiences. Serving children ages 9-14 in the Greater New Bedford area, Y.O.U.'s mission is to create opportunities for exploration, discovery, and adventure that participants wouldn't otherwise have. Whether children are cooking meals using ingredients completely new to them, gaining hands-on instruction in bike maintenance, or exploring local neighborhoods that they have never visited, Y.O.U. offers a safe and supportive environment that encourages all students to open their minds, follow their natural curiosity, and realize their full potential!



# YWCA



**eliminating racism  
empowering women**  
**ywca**

Located in the heart of New Bedford, YWCA Southeastern Massachusetts serves individuals and families throughout their region. The YWCA works every day to eliminate racism and empower women. Through advocacy and local programming, they create real change for women, families, and communities.

Their programs and services are identified in four areas: Adult Services, Youth Services, Health & Wellness, and Residential Services. Programs in all four areas work to provide diverse activities and opportunities to women, girls, and their families.

YWCA's Youth Services are made up of Girls Exclusive, Youth/Police Dialogues, Mayor's Youth Council and YWkids. Girls Exclusive empowers young girls by cultivating academic, social, and emotional learning skills. Youth/Police Dialogues is a program that provides a safe way for young people and police officers to come together and build trust. The City of New Bedford Mayor's Youth Council (MYC) was created to be the eyes and ears of city youth in an advisory capacity to the mayor and city government. YWkids provides families with after school care while empowering and supporting children through educational activities and community connections.

YWCA's Adult Services include Economic Empowerment programming, which supports women with digital and financial literacy. It also includes the Widowed Person's program which provides support to over 650 widows in the Greater New Bedford Area.



The YWCA's Racial Justice programming includes community workshops that promote racial equity and are tailored to the needs of the client, including employees, hiring managers, and leadership teams at businesses, universities, non-profits, schools, and churches throughout the region.

The YWCA's Residential Services programming provides low-income women age 18 and older with stable housing and supportive case management.

The YWCA's Health and Wellness programming provides outreach and education to individuals in the community. Bilingual Community Health Workers facilitate educational sessions and help patients access essential healthcare.

# Growing the Food



Because the foundation for good food starts with good soil, the Manifest Love farmers use organic farming methods that support long-term soil health. We apply organic plant and animal matter (never synthetic pesticides, herbicides, chemical fertilizers, or genetically modified ingredients) to our soil which decomposes and feeds the soil's microbial web, sequesters carbon, nourishes healthy soil structure, and increases the soil's ability to hold onto key nutrients and retain moisture. We love working with healthy soil, healthy plants, and healthy communities.

Since 2021, members of the RTB team have been designing and implementing an agroforestry system on the property where the Manifest Love produce is grown. Agroforestry - the intersection of agriculture and forestry- is the practice of growing trees and shrubs alongside crops. For RTB's agroforestry system, we chose diverse species of trees and shrubs which we closely planted in 2 rows to create a "windbreak" which will shelter the land to the east from strong prevailing winds which can decrease crop production and increase soil erosion. On this land protected by the windbreak, we will continue to grow annual and perennial vegetables, fruits, and herbs between rows of nectarine, pear, and peach trees.

This entire system is designed for resilience in the face of climate change. High impact weather like droughts, storms, and winds are expected to increase over time. The addition of windbreaks, species diversification, and tree crops all function to create resilient ecological systems that are also highly productive and will diversify the Manifest Love shares with fruits, nuts, and berries.



# Acknowledgements

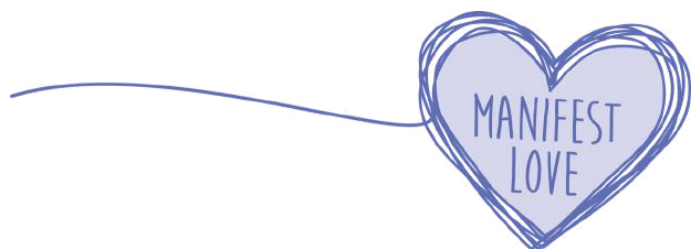


We would like to acknowledge the many hands and hearts devoted to making the Manifest Love project possible. First and foremost, we would like to thank you, the Manifest Love participants. This project would not be possible without your continued support and your willingness to receive what vegetables, fruits, and herbs the seasons and land have to offer.

The Manifest Love project is a team effort and this cookbook is no exception. We would like to thank: Maria Rosario, Zoe Hansen DiBello, Daquan Ildefonso, Hilda Ortiz, and the NorthStar Learning Centers team; Soraya DosSantos and the Sacred Birthing Village team; Bernadette Souza, Katie Roberts, and the Y.O.U. team; Gail Fortes, Linda Rose, Leimary Llopiz, Ana Silva, Valentina Martinez, Barbara Garron, Jane Rocha, and the YWCA team; Desa VanLaarhoven, Shaun VanLaarhoven, Benoit Azagoh-Kouadio, Laura Killingbeck, Laurel Branco, Josh Louro, Madigan Kay, Maxx Fidalgo, Hannah Wylie, and the RTB team; Iva Brito; Michelle Rodriguez; Colleen Pina-Garron; Debbie Kinder; Blue Eagle Printing; Kimberly Rioux; Monica Mejia; TerraCorps; Hana Chouinard of Flora Grace Art; and Ariana Sligar.

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We would like to express our deep appreciation for the land on which we work and live. The land provides the nourishment for the plants and trees that we grow, which in turn nourish us. Round the Bend Farm is located in Southeastern Massachusetts, the traditional homeland of the Wampanoag people. Descendants of the original Wampanoag continue to live throughout the area. We acknowledge and honor the indigenous people who stewarded the land we now walk, farm, and care for.



# You are loved!



eliminating racism  
empowering women  
**ywca**



*Sacred*  
BIRTHING VILLAGE

