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Contents

<u>Introduction</u>	3	<u>Lemon Cucumber</u>	46
<u>Acorn Squash</u>	4	Cucumber Gazpacho	
Baked Acorn Squash		<u>Mint</u>	48
<u>Amaranth</u>	6	Limonada	
Amaranth & Black Bean Chili		<u>Mulberry</u>	50
<u>Apple</u>	8	<u>Mustard Green</u>	51
Bircher Muesli		Salted Pickled Mustard Greens	
<u>Bean Pole</u>	10	<u>Onion</u>	53
Garlic Parm Green Beans		Quiche Lorraine, Onion Pie, Caramelized Onion	
<u>Beet</u>	12	<u>Parsley</u>	57
Roasted Beets & Butternut Squash Salad, Roasted Beet		Parsley Green Sauce	
Hummus, Roasted Beet & Feta Mini Salad, Raw Beet Root		<u>Passion Fruit</u>	59
Cheesecake		Passion Fruit Eton Mess	
<u>Blackberry</u>	17	<u>Persimmon</u>	61
Dark Chocolate Blackberry Oats		Persimmon Salad	
<u>Black Beans</u>	19	<u>Pears</u>	63
Anything & Everything in a Corn Tortilla, Vegan Black		Pear Pie	
Bean Chili		<u>Plum</u>	65
<u>Bok Choy</u>	22	Plum Chutney, Roasted Pear Crumble with	
Bok Choy Stir Fry		Mascarpone	
<u>Cabbage</u>	24	<u>Quince</u>	67
Vegan Egg Roll		Cooked Quince Dessert	
<u>Carrot</u>	26	<u>Squash</u>	69
Maple Roasted Carrots , Carrot Zucchini Muffins , Simple		Caramelized Squash	
Carrot Lemon Salad		<u>Sugarcane</u>	71
<u>Cauliflower</u>	20	Sugarcane Juice	
Cauliflower Rice		<u>Sweet Potato</u>	73
<u>Chard</u>	32	Sweet Potato Casserole, Kamote Cue, Steamed	
Chard Wrap		Sweet Potato Leaves, Sweet Potato Porridge	
<u>Collard greens</u>	34	<u>Tamarillo</u>	78
Crispy Sautéed Collard Greens		Tamarillo Juice	
<u>Comfrey</u>	36	<u>Tomatillo</u>	80
Comfrey salve		Salsa Verde	
<u>Daikon</u>	38	<u>Tomato</u>	82
Daikon miso soup		Eggs in Purgatory, Vegan Sambal, Tomato Gold-	
<u>Garlic</u>	40	en Tofu Stir Fry, Tomato Golden Tofu	
Chimichurri		<u>Tree Collard</u>	87
<u>Green Fig</u>	42	Tree Collard, Caramelized Onion Goat Cheese	
Fig Jam		Puff Pastry Tartlet	
<u>Kale</u>	44	<u>Zucchini</u>	89
Kale Salad		Vegan Zucchini Bread, Vegan Zucchini Brownies,	
		Zucchini Fritters	
		<u>Index & Credits</u>	93

INTRODUCTION



We, members of Berkeley Student Farms, created this cookbook to share with you how we love to eat the fresh and delicious produce that our farms grow. Whether it's roasted beet hummus, vegan black bean chilli or crispy sautéed collard greens, these recipes give us energy and nourish us. Many are family recipes that hold cultural and historical significance to us. Many are recipes that we tried for the first time after harvesting these fruits and vegetables from our gardens. And all recipes are delicious!

This cookbook includes original recipes, designs by our cookbook committee and wider BSF community and information about the nutritional content and history of all vegetables and fruits included.

Here are a few things that this cookbook's artists, writers and creators had to say about this project and their love for cooking:

I love to cook because it is an art form that reflects lived experiences and provides both love and sustenance to those around you.

I think there's something special about growing the food you eat and then cooking it yourself – you feel so connected to the earth and thankful for every bite of delicious food!

I love cooking because it's the biggest outlet I have to connect back home to Japan :)

I love loving, and feeding others what I've created is one of my favorite expressions of love.

I hope to shed light on the ways in which food can be used (creatively) to keep us happy, healthy, and alive through this cookbook! I also hope to bring awareness to the false narratives about how we should be eating that are constantly being catered towards us whether it is by the media, our families, or in our education. Food has also always been an important aspect of my Mexican identity and has given me a sense of comfort and nostalgia!

The act of cooking food that I have grown feels sacred and intimate, a gesture of love that I get to share with the world.

I love cooking because it's fun and you get something yummy to eat after all the work.

Cooking is a ritual that allows me to consciously nourish my body with tasty and wholesome foods! It is a time where I can slow down and appreciate every ingredient that I will get to experience. Working on this cookbook was exciting for me as I love to share my favorite recipes and show how easy it is to make healthy dishes in the comfort of a college dorm/apartment :-)

I love cooking because it allows me to explore different cultures, learn new techniques, and dive into different flavors and methods of cooking. I especially love cooking for others because food serves to bring people together and it has the power to transport people to different places and bring them back to different times of their lives.

The background of the entire page is a photograph of two acorn squash in a garden. One squash is in the foreground, showing its characteristic ribbed green skin and a dried, brown stem. Another squash is slightly behind it. The plants are surrounded by green foliage and some brown mulch at the base.

NUTRITION & HEALTH BENEFITS

Acorn squash is high in Vitamin C, Vitamin B, fiber, and carotenoid pigment, a powerful antioxidant. They are technically fruits but are commonly classified as starchy vegetables.

HISTORY & CULTURE

Acorn squash goes by many names, including the Des Moines, Danish, Delicious, Kitchenette, Individual, and Pepper Squash! This squash is native to Northern and Central America and was introduced to European colonists by Native American tribes, who used the squash for both food and trade.

Acorn Squash

COOKING METHODS

Acorn squash can be cooked similarly to other vegetables in the squash family. Their sweet skin has a nutty flavor which becomes more fragrant when baked and roasted. Acorn squash can also be cooked in the microwave, pureed, stuffed, or mashed.

GROWING & CULTIVATION

Acorn squash can be grown year-round, but in North America, it is commonly harvested in late fall and early winter.

Baked Acorn Squash

2 teaspoons maple syrup

1 tbsp butter

dash of salt

ingredients

1 acorn squash
2 tbsp brown sugar

cook

Preheat your oven to 400°F

Carefully cut the acorn squash in half, from tip to stem.
Scrape out the seeds from each squash half.

Score the insides of the acorn squash halves in a cross-hatch pattern, half-inch deep cuts.

Rub a half tablespoon of butter into the insides of each half.
Add a pinch of salt.

Crumble a tablespoon of brown sugar into the center of each half and drizzle with a teaspoon of maple syrup.

Bake for about an hour or until brown.
Out of the oven: spoon out the melted sugar & butter mixture in the squash and cover each half completely.
Enjoy.

GROWING & CULTIVATION

Amaranth is an annual or short lived perennial that are typically planted in the late spring and early summer months. Because they require warm soil and full sun, it is best to wait until after the last frost to plant them. To tell when your Amaranth is ready to be harvested, gently rub at the seeds - if they are dry and fall off in your hands, you can begin your harvest!

HISTORY & CULTURE

There are over 60 species of Amaranth which have been cultivated for around 8,000 years. Today, the most common species are Love-Lies-Bleeding, Red Amaranth, and Prince's Feather. These pseudo-cereals were once a staple for Incan, Mayan, NuAztec communities, and were used as food, medicinal herbs, and ceremonial body and face paint. After Spanish colonizers arrived in the Americas, they frequently outlawed staple grains (including Amaranth) which played a role in their worship, burning fields and punishing those who cultivated their cultural foods. The word amaranth comes from a greek word meaning "never fading" or "one that does not wither", a word which seems appropriate as Amaranth crops now continue to be grown despite colonial attempts at wiping them out.

Amaranth

COOKING METHODS

Like other grains, Amaranth seeds can be cooked with water. Using a 1:3 ratio of Amaranth to water, bring the water to boil and simmer for 20 minutes, or until the water has been fully absorbed.

Seeds can also be popped or ground into flour. The leaves of the plant can be eaten fresh or cooked like spinach. If you have more time, to improve digestibility, the seeds can also be sprouted by soaking them in water and allowing them to germinate for 103 days. Amaranth can be blended into smoothies, mixed into soups for thickness, or made into breakfast cereals by adding fruits, nuts, or other desired toppings.

NUTRITION & HEALTH BENEFITS

Amaranth is an extremely nutrient dense crop. One cup exceeds the daily recommended intake for manganese, a nutrient crucial in brain function. Amaranth is also high in magnesium, phosphorus, iron, and antioxidants. Additionally, this grain is gluten free, making it appropriate for those with gluten sensitivities or celiac's disease.

AMARANTH & BEAN CHILI

INGREDIENTS

- 1 cup amaranth
- 1 16oz can black beans
- 2 cups veggie broth
- 1 16 oz can diced tomatoes
- 1 jalapeño
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tsp salt
- 1 tbsp oregano
- 1 tbsp olive oil
- 1/2 bell pepper
- 2 carrots
- (optional) 1/2 avocado
- (optional) chopped cilantro

INSTRUCTIONS

1. place amaranth in pot & add 2 1/2 cups water. Bring to boil then cover and simmer ~20 mins
2. prep veggies: chop onion, peel & dice carrot, core & dice jalapeño, chop bell pepper
3. in a pot, heat oil. when hot, add onion. sauté until translucent on medium heat. add spices
4. add bell pepper & jalapeño cook ~3 mins. add carrots, diced tomatoes. drain & rinse black beans & add to pot. cook 5-7 mins.
5. add vegetable broth. reduce heat to simmer & let sit ~25 mins. stir occasionally.
6. remove from heat. add cooked amaranth & mix. stir, top w/ avocado or cilantro, & enjoy!

HISTORY & CULTURE

Apples reached North America in the 1600s from Europe, however domesticated apples were present in Southern Europe over 2 millennia ago. People have been gathering wild apples across Europe and West Asia for more than 10,000 years.

COOKING METHODS

Apples are incredible when paired with peanut butter, cheese, or nuts, but they are even more delicious when eaten on their own. This wonderful fruit is also perfect for pie, tarts, or oatmeal when cooked over medium heat for an extended period of time to soften them up!

NUTRITION & HEALTH BENEFITS

As a rich source of polyphenols, apples, especially its exterior skin, are a great source of fiber and vitamin C. Their fiber not only feeds good bacteria but aids in digestion. Apples are rich in antioxidants and anti-inflammatory compounds that can help regulate immune responses and promote bone health. This fruit has even been linked to a lower risk of heart disease due to their high content of soluble fiber and polyphenols (some of which can lower blood pressure). In addition to this, they are also linked to a lower risk of type 2 diabetes because they slow the absorption of sugar into the bloodstream, helping improve blood sugar levels.

VARIETIES

Apples have nearly 8,000 varieties worldwide. Some of the recent varieties include Fuji, Honeycrisp, Gala, and Liberty. The most popular varieties include McIntosh, which breaks down easily and is great for making applesauce or turning into juices or cider. Fuji apples are also a fan favorite, as they are sweet, crisp, firm, low in acid, and have notes of honey and citrus. They are very dense so they hold up well when cooked, and good for strudels and crisps and can also be roasted or baked. Red delicious apples are crisp, juicy, have a mild sweetness with a mealy texture, and break down easily when cooked. They are great for applesauce, salads, and best when eaten fresh. Gala's are dense, creamy, and mildly sweet with a floral aroma. This variety is good for snacking and best when used in fresh applications like fruit salad. Crispin's are big, juicy, and super-crisp. They have a sweet, slightly tart flavor with notes of honey, which make them great for eating out of hand, also baked in pies, or turned into applesauce. Honeycrisp apples are very crisp with a balance between sweet and tangy. This apple is good for crisps, pies, salads and sandwiches when raw. Granny smith apples differ in that they have a tart flavor, but are firm, and juicy, making them good for tarts, pancakes, soups, stuffing, and salads. Pairing them with cheese is a must! Golden delicious apples are firm and crisp with a honey like, mildly sweet flavor. They are best in pies, can be juiced, dried, cooked into preserves or used in classic autumn dishes.

GROWING & CULTIVATION

Although apples are cultivated worldwide, they tend to grow best in colder, winter climates, moderate summer climates, and areas with medium to high humidity. They can tolerate winter temperatures as low as negative 40 degrees Fahrenheit.

Apple



(V) BIRCHER MUESLI

I N G R E D I E N T S !

2c oatmeal
2 apples, grated
1 ripe banana; mashed
1/2c nut butter or tahini
1cup dried fruit
1c chopped nuts
2c plant/dairy milk
1tsp cinnamon
1/2 tsp nutmeg
1/2 tsp garam masala

Prep time:
20 min cook
Leave overnight
Yield: 6 cups



I E T O S D R C I N



1. combine ingredients (except milk) into container; mix thoroughly
2. slowly pour in milk until top of mixture is covered
3. seal container and chill in fridge overnight or for at least 6 hours
4. serve with fresh fruit and other toppings (with more milk if desired)





HISTORY & CULTURE

Came from South America (Peru area) and transferred across the world. One of the three sisters, planted in conjunction with corn and squash.

NUTRITION & HEALTH BENEFITS

Green beans are sweeter & starchier than regular beans. Rich source of vitamins A, C, and K, and of folic acid and fiber

GROWING & CULTIVATION

Plant in spring after chance of frost is gone. Can harvest within 55-65 days. Stagger planting every two weeks because harvest comes every two weeks

COOKING METHODS

Steamed, boiled in soups or curries, eaten raw

Bean Pole

Garlic Parm Green Beans

INGREDIENTS

- bunch of green beans
- olive oil
- salt & pepper
- parmesan cheese
- nuts (walnuts, pecans etc)
- lemon juice
- chili flakes
- finely chopped garlic



INSTRUCTIONS

oven

- preheat oven to 425°F
 - oil baking sheet
 - oil green beans
 - arrange in one layer on baking tray
 - season with salt, pepper, garlic and cheese
 - bake for 20-25 min, until fork slides in
 - take out and add lemon juice, chili flakes and nuts
- ↑chopped

stovetop

- toss clean green beans with oil
- heat a skillet over medium with some oil
- place beans in one layer
- sprinkle with salt and garlic and wait 5 min
- once one side is brown flip
- add cheese salt, pepper and chopped nuts
- once cheese is melted and crispy remove
- add lemon juice and chili flakes

HISTORY & CULTURE

Beetroots, commonly known as “beets”, trace their earliest records back to the Netherlands and Egypt in the 3rd millennium BC. Ancient Greeks cultivated beetroots, though the variant they used was long and thin – similar to a carrot! Modern beetroot first appeared in 16th or 17th century Europe and spread across the world. Beets are commonly used as colorants in the food industry, and are popular in many Russian, Scandinavian, and Eastern European cultural dishes.

GROWING & CULTIVATION

Beets are grown mainly in Southern Canada and the Northern United States. They are commonly grown in the winter months and then harvested through summer and late fall.

Beets



COOKING METHODS

Beets can be eaten raw or cooked! Raw, they make a great addition to salads when peeled, or can be pickled and refrigerated. Cooked, they can be boiled, roasted. To boil, add the beets to boiling water for 30 minutes before cooling in ice water and removing the skins. Roasting beets helps to increase their sweetness, making them more palatable to picky eaters: simply place on foil, drizzle with oil and salt, and roast at 400°F for about an hour (or until tender!). In a pinch, you can even microwave them on high for ~5 minutes, or until they can be easily pierced with a fork. The leaves of beets are tender and have a mild flavor and are delicious raw or sautéed.

NUTRITION & HEALTH BENEFITS

Beets are a low calorie, nutrient dense root vegetable, rich in fiber, folate, manganese, potassium, iron, and vitamin C. Some studies have shown that beets can temporarily reduce blood pressure and improve athletic performance due to the dietary nitrates they contain.

roasted beets and butternut squash salad

by Defne

Ingredients:

3 medium sized beets
1 medium butternut squash
½ onion
1-2 tbsp olive oil
1 branch of rosemary
½ tsp salt
Pepper
Arugula

Instructions:

Preheat oven to 425

Wash and peel both the beets and butternut squash

Meanwhile cut the beets, onion, and the butternut squash, making sure to cut the beets into small pieces

Wash the rosemary and separate the springs from the branch

Place the vegetables into a pan (preferably with parchment paper or aluminum foil) and drizzle olive oil, salt, and pepper on top. Toss everything together

Place into the oven for about 45 minutes, making sure to check and toss them periodically, they will look golden when done and a fork will easily go through them.

Once done, remove from the oven and let cool.

Once the vegetables are at room temperature, place your arugula in a large plate/bowl, put your roasted vegetables on top and then drizzle with your

vinaigrette (amount of vinaigrette is up to your personal preference).

Serve onto personal plates and enjoy!

Add ins:

Tastes great with the addition of avocado, pepitas, or roasted nuts.



Apple Cider Vinaigrette
Ingredients:
1 tbsp dijon
2 tbsp apple cider vinegar
2 tbsp real maple syrup
¼ cup olive oil
Salt and pepper to taste

Instructions:
place everything in a container and mix

Graphic by Alyssa Ha

roasted beet hummus

by Defne

Ingredients:

1-2 beets
1 lemon
4 tbsp. Tahini
3-4 cloves of garlic
4 tbsp. Olive oil
2.5 tbsp. Water
1-2 branches of rosemary
Salt
Pepper
Feta cheese



Instructions:

Preheat oven to 370-400 degrees Fahrenheit

Peel the skins of the beets and dice them up as small as you can
Put them in a baking dish and cover them with half of the olive oil (if you need more, add more), salt, pepper, and the rosemary leaves
Roast them for about 20-40 minutes, depending on how cooked they are
In a blender, blend the garlic cloves, juice of 1 lemon, and the tahini
Once the beets are roasted and cooled, add them to the blender with the rest of the olive oil, water, salt and peper
Once blended for 1-2 minutes, the hummus should be smooth
Pour in a serving dish, top with feta cheese crumbles, olive oil, and rosemary leaves!



Graphic by Alyssa Ha

roasted beet and feta MINI salad

by Defne



Ingredients:
1-2 beets
1 lemon
2 tbsp. Olive oil
Salt
Peper
Feta cheese
1-2 branches of rosemary



Instructions:

Preheat oven to 370-400 degrees Fahrenheit

Peel the skins of the beets and dice them up as small as you can
Put them in a baking dish and cover them with the olive oil (if you need more, add more), salt, pepper, and the rosemary leafs

Roast them for about 20 minutes

Once they are a bit roasted but still juicy, add them to a pan and saute them for 10 more minutes

Once they are cooked enough, add them to a serving dish and top it off with the juice of 1 lemon, crumbled feta cheese, the oil from the baking dish and pan, and the rosemary leafs, and serve!

Fun fact: you can add the beet stems to smoothies, etc. for extra nutrition, flavor, and color!



Graphic by Alyssa Ha

Raw Beet Root CHEESECAKE

by Defne

Crust

Ingredients:

150g walnuts (1½ cups)
8 dried figs
2 tbsp raw cacao
½ tsp cinnamon
Pinch of sea salt

Instructions:

Prepare a 9" square cake tin by lining it with baking paper. Set aside.
Place the walnuts into food processor, pulse few times until they broken down.
Add figs, cacao, cinnamon and sea salt and blend until the mixture comes together.
Spoon the mix into the cake tin, spread evenly onto the base and press tightly down.
Place into a fridge.
Place into the cake tin and use the back of a spoon to press firmly into the cake tin.
Chill in the fridge for 30 minutes.

Beetroot Layer

Ingredients:

300g raw beetroot, peeled and finely grated (2 cups)
200g coconut butter or creamed coconut (1 cup)
2 tbsp coconut oil
2 tbsp almond milk
2 tbsp maple syrup

Instructions:

Peel and finely grate beetroot and set aside.
Add coconut oil, coconut butter, grated beetroot, almond milk and maple syrup into a food processor and process until smooth. It will be a thick mixture.
Spoon the mixture into the cake tin and use a spatula to smoothen the top. Chill in the fridge for 2 hours.
Once set use a large knife to cut into bars.

Chocolate Drizzle

Ingredients:

2 tbsp coconut oil, melted
2 tbsp cacao powder
2 tbsp maple syrup
3 tbsp pistachios, crushed

Instructions:

Add the coconut oil, cacao and maple syrup into a small bowl and mix until smooth.
Drizzle onto the bars before sprinkling with crushed pistachios.

Graphic by Alyssa Ha

GROWING & CULTIVATION

Planting this berry is best during early spring, but can also be done in late fall in areas that aren't too cold. They especially thrive in climates with warm days and cool nights. The gardening site needs to receive full sunlight and should only be harvested when fully black and plump.

HISTORY & CULTURE

This berry can be traced back to 2500 years ago. It is said that Ancient Romans and indigenous people used them for medicinal purposes. The current blackberry variant is considered the triple crown, however the blackberry did not begin to be cultivated until 1880 when it was crossbred.

Blackberry

NUTRITION & HEALTH BENEFITS

Blackberries are not only delicious, but they are high in antioxidants which hold many anti-inflammatory and anti-microbial properties. Packed with vitamin C, high in fiber, Vitamin K, and manganese, blackberries are nutritious, may aid in boosting brain health, improve oral health, and may even help improve blood sugar and insulin response.

COOKING METHODS

Blackberries are incredible as a topping in yogurt parfaits, great when cooked down or caramelized for pies, cobblers, and jams.

DARK CHOCOLATE



blackberry oats



Ingredients:

2 cups blackberries
1 banana (mashed)
3 cups oats
2 large eggs
3 tbsp cocoa powder
1 & 1/2 cup milk
1/3 cup maple syrup
1 & 1/2 tsp baking powder
1 tsp cinnamon
2 tbsp dark chocolate

Instructions:


Preheat oven at 375 degrees

Chop the dark chocolate into small squares and set aside. Mash banana into a large mixing bowl and add the remaining ingredients. Ensure that all the ingredients are thoroughly mixed

Pour mixture into a baking pan and properly coat with non-stick oil. Place the dark chocolate squares on top and bake for 40 minutes, or until desired texture is achieved

Enjoy :)





NUTRITION & HEALTH BENEFITS

Black beans are high in protein and fiber and have important nutrients for bone health such as calcium and phosphorus. Black beans also have other health benefits such as lowering blood pressure and preventing heart disease and diabetes. They also are key in healthy digestion and are a complex carbohydrate which slowly provides energy for the body.

HISTORY & CULTURE

Black beans, native to the Americas, date back to over 7,000 years. For centuries, this bean has been a vital asset to the diets of Central and South Americans. Although beans are utilized in a wide range of cuisines, it is also a staple in many cultures as it is incorporated into the social, religious, or spiritual lives of many people.

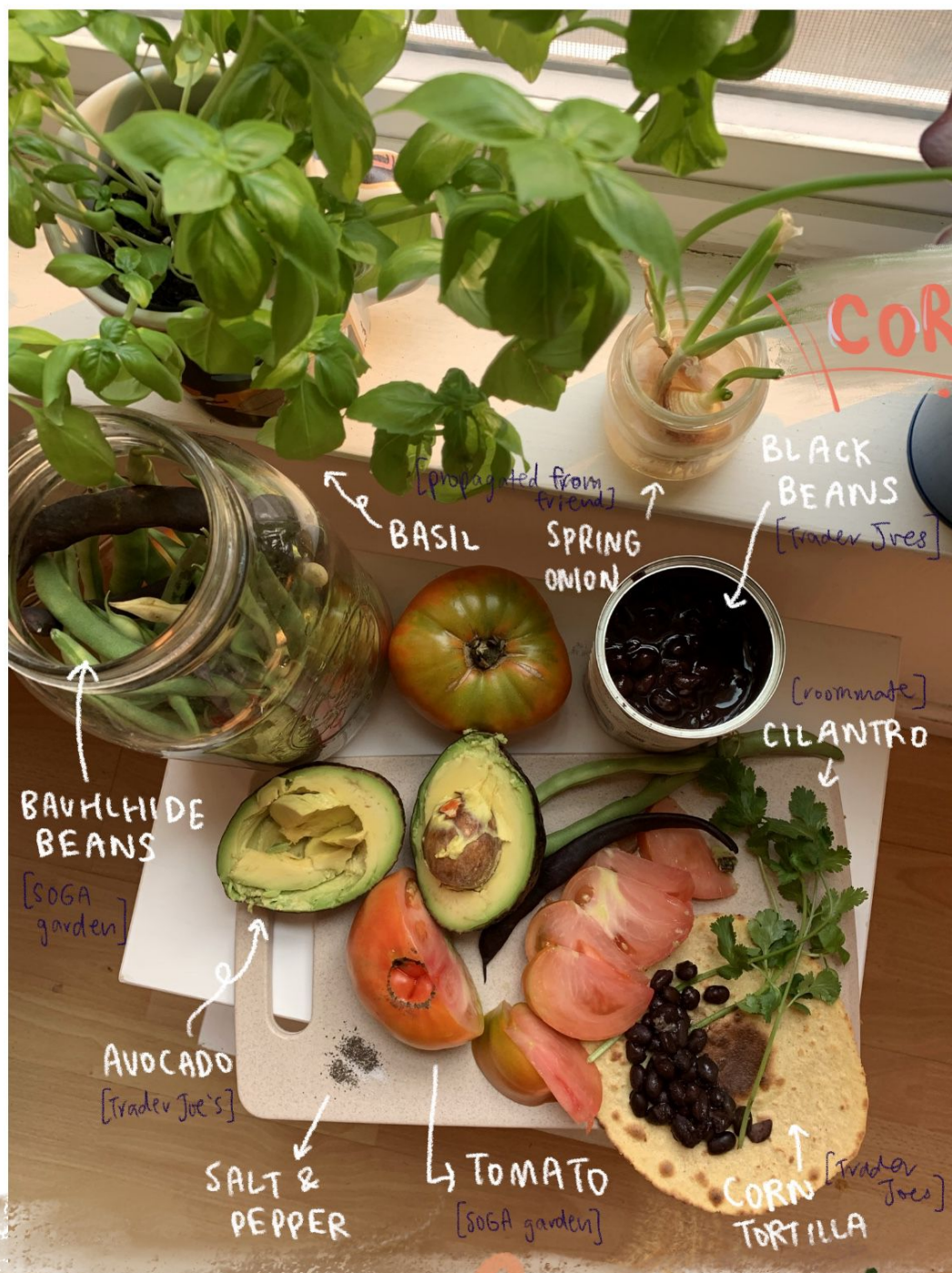
Black Bean

COOKING METHODS

We typically eat our beans canned but they are also super easy to prepare from dried beans! Some recipes require soaking but some don't... if you don't soak your beans they just need to cook a bit longer on the stove. Add beans, spices and water to a pot and cook them for around an hour depending on your stove!

GROWING & CULTIVATION

Black beans are native to the Americas and were a diet staple thousands of years ago! Black beans are an incredibly versatile crop and they require occasional water and sunshine and limited other management. They are best planted in the spring and do great with warm weather in the summer.



Gluten-FREE & vegan

CORN TORTILLA

INGREDIENTS

- ① Masa harina [corn flour]
- ② Hot water
- ③ SALT

FOR 16 tortillas

- Mix 2 cups of flour + 2 cups of warm water

Anything & everything

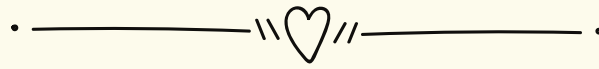
IN A CORN TORTILLA!

Some options

- leftovers
- protein + veggie + pizza

Eggs/beans

lime, cilantro, hot sauce



VEGAN BLACK BEAN CHILI

A QUICK, EASY RECIPE

INGREDIENTS:

16 oz / 1 can black beans
16 oz / 1 can kidney beans
16 oz / 1 can tomato paste
16 oz / 1 can corn
4 medium carrots
4 cloves garlic
1 yellow onion
2 cups vegetable broth

2 tbsp olive oil
2 tbsp chili powder
1 tsp oregano
1 tsp garlic powder
1 tsp sugar
1 tsp cumin
1 tbsp salt
vegan sour cream



INSTRUCTIONS:

Prepare ingredients by chopping the onion, carrots, and garlic. Rinse the beans and drain the corn. Begin cooking by adding olive oil to a pot and allowing the onions and carrots to simmer. Once fragrant, add the garlic and spices: chili powder, oregano, garlic powder, salt, and cumin. Cook for 3 minutes.

Add the beans and corn, then stirring in the tomato paste, vegetable broth, and sugar. Allow to boil, then bring to a simmer for 20 minutes

Serve with vegan sour cream and enjoy :-)



HISTORY & CULTURE

Bok choy, with its pale spoon-shaped stem and dark green leaves, is a member of the cabbage family. Historically it has been cultivated in China (where it got its name, literally “white vegetable”) for over 5000 years, and Chinese immigrants introduced the vegetable to the Americas only around 200 years ago. Even then, bok choy did not become mainstream here until the late 20th century!

GROWING & CULTIVATION

Now bok choy is grown all over the world, and California has become a large producer of the crop. As a cool weather crop, it is also a popular crop in Northern Europe and Canada. Because bok choy has become an important food in many different cultures globally and is now referred to by so many names like pak choy, joy choy, spoon cabbage, Chinese celery (but remember, it's not a celery!), it can be tricky to identify sometimes.

Bok Choy

COOKING METHODS

There are countless ways of preparing bok choy, so get creative! It is commonly used in stir fries, soups, curries, and it can be fermented and put in kimchi. If you want to savor that characteristic crunch, just munch on it raw!

*Tip: Bok choy has a very crunchy stem compared to its thin leaves, so separating the stems and leaves and adjusting cooking time accordingly is important to make sure the stems get enough heat and the leaves get enough.

NUTRITION & HEALTH BENEFITS



Bok choy has an extremely low calorie content while having high levels of Vitamin A and C, potassium and calcium. In fact, one cup of bok choy (cooked) contains only 20 calories but more than a day's amount of Vitamin A, which is especially important for vegans since meat and dairy products are a major source of the vitamin.



BOK CHOY STIR FRY

WITH RICE NOODLES

3-4 baby bok choy (halved or quartered)
2 tbsp. olive oil
5 cloves garlic (minced)
2 large shallots (minced) or ½ yellow onion diced
2 tbsp. soy sauce
1 tsp crushed red pepper (optional)
2 inches of fresh ginger (minced)
½ pack of rice noodles

- 
- 
1. Boil 2-4 cups of water in a cooking pot (depending on how much rice noodles you will use)
 2. Once the water is boiling, add the rice noodles and cook for 8-10 minutes (or until cooked thoroughly)
 3. Add the oil to a large wok or skillet over medium-high heat
 4. Swirl to coat the entire surface of the pan
 5. Add the garlic, shallots/onions, and ginger while stirring continuously for 1-2 minutes, or until fragrant
 6. Add the bok choy and soy sauce
 7. Toss to coat and cover, and cook until they reach your desired level of doneness (7-8 minutes in total)
 8. By now, the rice noodles must be cooked! Add them to a bowl, top them with the bok choy, add some of the sauce (as much as you want), and sprinkle with crushed red pepper!



NUTRITION & HEALTH BENEFITS

Cabbage is an incredible nutrient dense vegetable. It is high in many vitamins, such as vitamin K, C, and B6 - in fact, one cup of raw cabbage contains 85% of the recommended daily intake of vitamin K! Cabbage is also rich in folate and fiber. This fiber is both soluble and insoluble, meaning it aids in digestion and microbiome health. Further, cabbage is cruciferous, a type of vegetable that studies have shown may help to reduce chronic inflammation.

HISTORY & CULTURE

Cabbage is a member of the Brassicas family alongside broccoli, kale, and cauliflower. This powerhouse of a vegetable comes in a rainbow of colors (red, purple, white, or green) and has both smooth and crinkled leaves depending on its variety. Most evidence seems to point to a Mediterranean origin of cabbage about 3,000 years ago, though it was popularized and spread by the Celts and Romans. Jacques Cartier, a French explorer, introduced cabbage to the Americas in 1541, bringing it to Canada. Since then, an increasing number of varieties have been popularized.

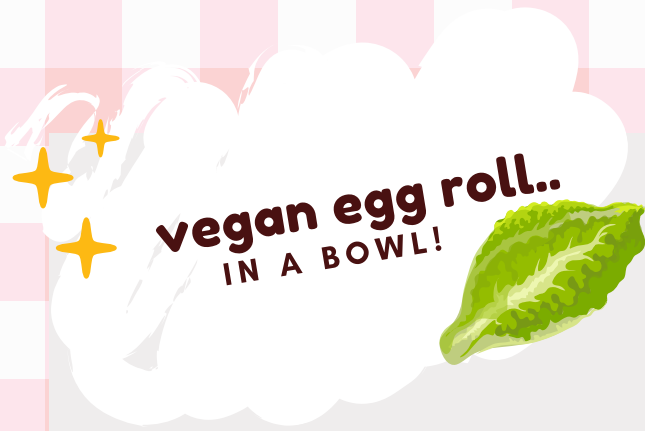
Cabbage

GROWING & CULTIVATION

China is the largest producer of cabbage, followed by India and then Russia. Because cabbage is a cold-weather vegetable, it has historically been cultivated in central Europe and eastern Asia because it can survive the harsh winters and be pickled and stored for later consumption. In the United States, 78% of our cabbage is produced in only five states: Wisconsin, New York, Texas, Florida, and California.

COOKING METHODS

Cabbage can be cooked in a variety of ways. When raw, cabbage makes a tasty addition to salads (most famously coleslaw!), adding an enjoyable crunchy texture. Cabbage can also be steamed, sautéed, or braised, making it softer. One popular way of eating cabbage is pickled: particularly in Asia and Europe, pickled cabbage dishes such as kimchi and sauerkraut can be dietary staples.



Ingredients:

1 cabbage
1 + 1/2 cup shredded carrots
1 can diced tomatoes
1 yellow onion
3 cloves garlic
1 cup tomato sauce
1 tbsp balsamic vinegar
1 tbsp apple cider vinegar

15 oz plant based ground
2 tbsp olive oil
1/4 cup brown sugar
2 tbsp garlic powder
2 tbsp black pepper
2 tbsp salt
1 serving white rice

Instructions:

Prepare the ingredients before cooking: cut the entire cabbage into fine pieces, chop the onion and garlic, drain the diced tomatoes and preserve the liquid.

Begin by adding 2tbsp olive oil to a pan and cooking the onions and garlic on medium temperature until fragrant (2-4 minutes). Then, add the cabbage, shredded carrots, diced tomatoes, apple cider vinegar, tomato sauce, and brown sugar. Season with garlic powder, black pepper, and salt. Stir and allow to simmer for 15 minutes.

Add the plant based ground and begin mashing until desired texture is achieved. Then, add the tbsp of balsamic vinegar and the preserved liquid from the diced tomatoes. Allow to cook for an additional 6-8 minutes.

Serve with a bowl of white rice and enjoy! :-)

NUTRITION & HEALTH BENEFITS

Not only do carrots improve your vision because they contain Vitamin A and beta-carotene, but it builds immunity due to beta-carotene content. They are also great for dental health, as they keep teeth solid and perfect. This vegetable also brings down cholesterol levels, acts as a diabetes controlling factor because it lowers blood pressure, in turn lowering the risk of heart disease.

HISTORY & CULTURE

Carrots are a delicious root vegetable, derived from a wild ivory color carrot, and are grown in temperate regions. The original domesticated carrots were in Central Asia, around 900 CE, however, they are indigenous to Europe, North Africa, Western Asia, and Afghanistan. The two main types of cultivated carrots include Eastern/Asiatic Carrots and Western or Carotene Carrots. The "Carrot Plain", in Iran even holds the evidence of carrot cultivation to this day.

Carrot

COOKING METHODS

Carrots are a great snack to eat raw, and delicious in stir fries. This versatile vegetable is good when boiled, steamed, grilled, baked, roasted, and glazed. It is also perfect to satisfy any sweet tooth in carrot cake!

GROWING & CULTIVATION

Because they are a root crop, they do best in cooler temperatures and during the spring and fall seasons. In the US, carrots are grown in California, Texas, Washington, Michigan, Florida, Colorado and Wisconsin, however other major carrot producers are China, Russia, and Uzbekistan



Maple Roasted Carrots

ingredients • ingredients •

- * 2 lbs carrots ~about 10~
- * 1/3 cup brown sugar ~packed~
- * 1/3 cup maple syrup
- * 3/4 tsp red pepper flakes
- * 6 tbsp butter ~diced~
- * salt ~dash~

bake • bake • bake •

1. Preheat oven to 400°F
2. Line a baking sheet with foil
3. Cut carrots *any way*
4. Place carrots on tray
5. In a bowl mix butter, sugar, syrup, salt, and pepper flakes
6. Drizzle over carrots and mix
7. Bake for 50 minutes, tossing every 20 minutes
8. Bake until tender & enjoy

carrot zucchini muffins



Ingredients:

- 2 cups all-purpose flour or white whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/2 cup granulated sugar
- 1/2 cup packed light brown sugar
- 1/4 cup + 2 Tbsp canola oil
- 1/4 cup + 2 Tbsp unsweetened applesauce
- 2 large eggs
- 1 1/2 tsp vanilla extract
- 1 cup (130g) peeled, shredded carrots
- 1 cup (156g) unpeeled, shredded zucchini

Instructions:

1. Preheat oven to 350 degrees
2. Line muffin pan with paper liners (optional)
3. In a mixing bowl whisk together flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg.
4. In a separate large mixing bowl whisk together granulated sugar, brown sugar, canola oil, applesauce, eggs, and vanilla.
5. Stir in carrots, zucchini, and flour mixture.
6. Fold batter with a spatula until combined.
7. Fill each muffin cup nearly to the top.
8. Bake in a preheated oven for 20 minutes.
9. Cool in muffin pan several minutes.



Simple Carrot Lemon Salad

Ingredients

- 4 large carrots
- 2-3 tablespoons of lemon/lime juice (both work well)
- 1 tsp extra virgin olive oil
- 1/8 tsp salt
- Chopped fresh cilantro to top



Instructions

- Shred or thinly slice your carrots
- Place your shredded carrots in a bowl and combine with lemon juice, salt, and olive oil
- Let sit in the fridge for at least 20 mins
- Sprinkle fresh cilantro to serve



GROWING & CULTIVATION

HISTORY & CULTURE

Best for spring planting and summer harvest. Some varieties are for summer planting and fall harvest.

Found in the island of Cyprus in ancient times. It spread across Europe and the Middle East.

Cauliflower

NUTRITION & HEALTH BENEFITS

Cauliflower is a great source of antioxidants glucosinolates and isothiocyanates have been shown to be especially protective against colon, lung, breast and prostate cancer. Cauliflower contains sulforaphane (antioxidant) cauliflower contains high amounts of vitamin C. One cup of cauliflower contains 45 mg of choline

COOKING METHODS

Baked, air fried, steamed, or boiled in soups/ curries.

CAULIFLOWER RICE

INGREDIENTS

- $\frac{1}{2}$ head Cauliflower
- $\frac{1}{2}$ cup cilantro
- 1 tsp salt
- 1 small clove of garlic
- dash of olive oil

INSTRUCTIONS

1. Wash cauliflower and separate the crown from the stem. Set crown aside
2. Finely chop the cilantro and mince the garlic. Set aside
3. Place cauliflower crown, cilantro, and garlic into a food processor (or, if no blender is available, finely chop the cauliflower and mix with cilantro and garlic). Pulse until the consistency is similar to that of rice. Add salt.
4. Heat up a pan. Once the pan is hot, add a drizzle of olive oil. Let the pan heat for ~15-30 seconds and add the cauliflower mixture. Sauté on medium heat, stirring frequently, for 3-5 minutes.
5. Remove from heat and serve!



Chard

NUTRITION & HEALTH BENEFITS

Chard is a dark leafy green which makes it extremely high in nutrients and benefits! Chard is able to grow in low-quality soil and with limited water and light but packs a punch! It is high in vitamin A, vitamin C, vitamin K, Iron and potassium among other nutrients and vitamins! It is also super high in antioxidants and fiber.

COOKING METHODS

Chard is great sautéed and mixed into stews or soups. It is also delicious raw added to salads! Bake it, blend it or eat it raw!

HISTORY & CULTURE

Chard is a beet variety known for its edible leaves. Although popularly known as Swiss Chard, this crop is not actually native to Switzerland. Chard originated from the Mediterranean region and is said to have developed thousands of years ago from a form of wild beet.

GROWING & CULTIVATION

We grow a bunch of different chard varieties in our garden, but the rainbow chard (with pink, yellow, and orange stems) really stand out and are really fun! The Oxford Tract and SOGA often grow their chard intercropped with cauliflower, beets, and marigolds

Chard wrap



~ ingredients ~

MAKES 1 WRAP

- 1-2 chard leafs (depending on size)
- 1-2 tbsp hummus
- 1/4 cup cooked chickpeas
- 1/4 cup cooked quinoa
- 2-3 slices roasted sweet potato
- any roasted veggies (cauliflower, zucchini, broccoli, etc.)
- salt & pepper to taste
- optional: feta/ goat cheese, pepitas

~ instructions ~

1. Wash and dry chard
2. Remove stem that extends from leaf and trim down the center stem by sliding your knife horizontally along it.
3. Place chard on a plate/ board and spread hummus along surface of leaf.
4. Layer quinoa along center of wrap.
5. Place sweet potato & roasted veggies on top of quinoa.
6. Place chickpeas on top of sweet potato.
7. Top with feta/ goat cheese and other additional toppings.
8. Roll as if making a burrito.
9. Slice in half and enjoy! ☺

Image from thefitchen.com

Collard Greens

NUTRITION & HEALTH BENEFITS

Not only may it lower cholesterol, but this high fiber vegetable has a beneficial effect on both cholesterol and blood pressure, which improves overall heart health. Thanks to sulfur-rich compounds called glucosinolates, collards may reduce cancer risks. Collard greens also contain a good amount of vitamin K, which may lower the risk of osteoporosis and bone breakage. Its high amount of fiber reduces inflammation and levels of glucose among those with type 1 diabetes, and it also keeps healthy influence and lipid levels among those with type 2 diabetes. Additionally, it also helps with digestion, and high amounts of collard greens can help with sleep because of the high choline

HISTORY & CULTURE

Dating back to prehistoric times, collard greens are one of the oldest members of the cabbage family. These greens originated near Greece, and eventually made its way across the world. The traditional style of cooking collard greens into a low gravy, and drinking the juices from the greens (known as "pot likker") is typically found in the US South down, however it is of African origin.

COOKING METHODS

Collard greens can be used in a wide range of meals. Whether you use it for veggie wraps, mix it into a meaty braise (which fat from the meat helps give them a lot of flavor), in a soup, in a stir fry, or blend it into a smoothie, collard greens will not disappoint you.

GROWING & CULTIVATION

This green grows in areas with hot summers and mild winters. It is best to plant them in the late winter or early spring to ensure a spring harvest. In areas with mild summers and cold winters: start your collard greens indoors 4 to 6 weeks before your soil temps warm to 45 degrees fahrenheit.

Crispy Sautéed Collard Greens

As a busy UC Berkeley student and someone who likes eating freshly cooked vegetables, this dish has been a life saver!



Ingredients:

Collard greens

Garlic, minced

Salt

Vegetable oil

Lemon (highly highly recommended!)

Whatever other spices you like, or none

Steps:

1. To prepare collard greens, wash them and chop off the central ribs while cutting the leaves in half.
2. Stack the leaves on top of each other, roll them up into cigar-like shapes, and cut vertically to the ribs into slivers or 0.5-inch-wide pieces.
3. Over MEDIUM heat, pour 1 tablespoon of oil for every 4-5 leaves into the skillet.
4. Add collard greens and stir several times to coat everything with oil.
5. Let sit for about 30 seconds before stirring again. Repeat until leaves are cooked, about 3-6 times.
6. Add in minced garlic and a squeeze of lemon juice. Turn off the heat and stir everything together.

Serve!

Comfrey

HISTORY & CULTURE

Comfrey is a medicinal herb of the borage family that has been cultivated for thousands of years - since at least 400 BC, when Greeks and Romans used it to treat wounds and broken bones. It is native to Europe and Asia and there are over 40 recorded species. In Japan, records date back 2,000 years to comfrey, originally called "knitbone", being used to treat muscle sprains, bruises, burns, and joint inflammation. In Europe, comfrey was used to treat inflammatory conditions and stomach issues.



MEDICINAL BENEFITS

Comfrey has a wide variety of topical medicinal uses due to the compounds in its roots and leaves, allantoin and rosmarinic acid. Allantoin helps grow new skin cells, while rosmarinic acid relieves pain and inflammation. The herb is frequently used in pharmaceutical creams, ointments, and salves. However, eating or taking comfrey orally is not recommended: comfrey is considered unsafe as certain compounds can cause liver damage and cancer.

GROWING & CULTIVATION

Comfrey is a perennial that produces the bulk of its plant mass from late spring to early fall. The plant dies back in the winter, after the first frosts, but grows quickly when the warmth returns.

COMFREY SALVE

This recipe isn't edible, unlike most of the others. Comfrey is actually harmful if ingested, but when used topically, it can help with muscle pain, sprains, arthritis, and bruises.

you will need:

- dried comfrey leaves/roots
- neutral oil (olive, castor, grapeseed)
- beeswax shavings or pellets
- cheesecloth
- one large jar
- heatproof bowl
- stovepot
- a few smaller jars or tins



① COMFREY-INFUSED OIL:

1. Fill a jar 2/3rds to the top with the dried comfrey leaves/roots
2. Pour in neutral oil until comfrey is covered by 1 inch of oil. Stir to remove air bubbles.
3. Close jar and leave in a cool, dark place for 4-6 weeks.
4. After 4-6 weeks, place a cheesecloth bag/ other strainer over a bowl. ~~squeeze~~ Pour mixture into bag and squeeze oil out.

② COMFREY SALVE:

1. Bring a few inches of water to simmer in a pot.
2. Place ^{comfrey} oil and beeswax in the bowl, and place the bowl over the pot of simmering water (for every cup of infused oil, use 1 oz of beeswax)
3. Warm until beeswax and oil have melted together
4. *optional*: Add a few drops of essential oil for a pleasing scent.
5. Pour warmed mixture into small tins or jars. Let cool a few hours before using.

NUTRITION & HEALTH BENEFITS

The Japanese radish is an extremely low calorie food but is high in vitamin C, potassium, folate and phosphorus. It is packed with enzymes that aid in digestion.

HISTORY & CULTURE

The daikon radish, or Japanese radish, is a member of the mustard family. Its name in Japanese literally means “large root,” and it is indeed known for its large white root. The largest varieties can weigh up to 50 lbs! Daikon radishes are believed to have originated in the Mediterranean and brought to China around 500 B.C. They now play a large role in Chinese and Japanese cooking, and are the most commonly grown vegetable in Japan.

Daikon

GROWING & CULTIVATION

Daikon are winter radishes, and they thrive on cooler temperatures. They can also be planted in spring, but ideally temperatures should stay below 80 degrees F. Daikon radishes are sometimes grown prior to planting other crops, like potatoes, in a field because their thick roots decrease soil compaction and store nutrients in the soil, allowing for a more fruitful harvest.

COOKING METHODS

Daikon is consumed in many different forms in different countries. Daikon roots can be eaten raw, but they are often pickled or cooked in stews. Just peel the rough skin like you would a carrot. Raw shredded daikon adds a spicy punch to any dish. In addition, the prickly leaves of the radish can be stir-fried and eaten as a delicious leafy green. Even daikon sprouts serve as a garnish for sashimi and can also be put into salads.

Daikon Miso Soup



ingredients

- 1/2 lb daikon radish
- 3 1/2 cups water
- 2 tsp dashi fish stock
- 3 tbsp miso paste
- 1 green onion

instructions

1. boil the water in a pot
2. peel & cut daikon into thin slices , and put them in the pot
3. once the daikon is cooked, add the soup stock.
4. dissolve the miso into the soup
5. right before turning off the heat, sprinkle the minced green onion into the soup

serve & enjoy

HISTORY & CULTURE

"Garlic", meaning spear-leek in Old English, derives from the onion family. Originally from central Asia, this crop is said to have been one of the earliest crops to be cultivated. Garlic's story begins before 3000 B.C. and was highly valuable in ancient Egypt. "Spear-leek" was heavily used within India among the lower class, as it was seen as a beneficial "ayurvedic spice."

NUTRITION & HEALTH BENEFITS

Garlic has SO MANY BENEFITS. It improved blood pressure, lowers cholesterol, can help with fighting infections like colds and flus and can improve bone and skin health! What can't garlic do? Garlic also had medicinal properties and is high in nutrients but low in calories.

Garlic

COOKING METHODS

Garlic can be eaten raw or cooked! My favorite way to enjoy the flavors of garlic is roasting the entire bulb in the oven at 400 degrees for roughly 40 minutes. Then spread it on toast or add to pasta dishes!

GROWING & CULTIVATION

Garlic is typically planted in the fall or spring and is native to central Asia. It also grows wild in Italy and France and typically requires cool air temperatures though it is not effected greatly by hot weather in later growth stages.

chimichurri



ingredients



1 fresno chili OR 1 tsp crushed red pepper flakes

1/4 cup fresh oregano OR 1 tbsp dry oregano

1/2 tbsp ground black pepper

1/4 cup red wine vinegar

Juice of half a lemon

1 cup Italian parsley

1 cup of olive oil

4 garlic gloves

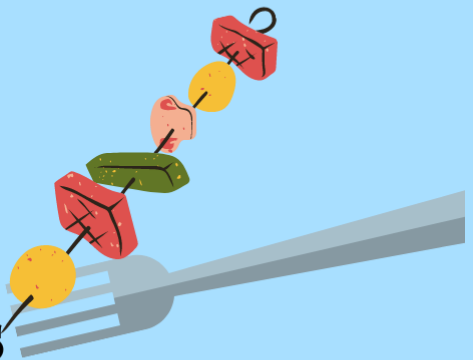
1 cup cilantro

1 tsp salt

instructions

finely dice all ingredients and add to a bowl. mix, taste, and enjoy.

perfect on bread, meat, fish, and veggies!



A woman in a white top and grey pants is reaching up into a large fig tree to pick a green fig. The tree is full of large, green, lobed leaves and several green figs are visible hanging from the branches. The background is a clear blue sky.

Green Fig

NUTRITION & HEALTH BENEFITS

This crop is a great source of calcium and dietary fiber. High in antioxidants, figs are not only delicious but also high in nutrients. Dried figs are also contain large amounts of minerals like copper, magnesium, and potassium.

HISTORY & CULTURE

The green fig was one of the first plants to be cultivated by humans. Although it was first cultivated in Egypt, it is indigenous to western Asia, is naturally found in northern Africa, and the eastern Mediterranean like Greece and Turkey. Native to eastern Mediterranean and Italy there are some new varieties through propagation in California. Green figs have been naturalized in the western Mediterranean and temperate areas, similar to Southern California.

GROWING & CULTIVATION

Figs usually ripen in summer and fall. They grow best in warm climates and with care in temperment climates. There are 200 cultivars of figs, many shapes, textures, and flavors.

COOKING METHODS

It is best to select figs that are soft to the touch. This crop is best when stored in the refrigerator for up to 5 days; unripe figs will not continue to ripen after they are picked. Eat them while their fresh, cook them into a jam, roast them, or even poach them!



Fig Jam

..... INGREDIENTS

20 - 30 small figs
1 tbsp lemon juice
lemon zest (optional)
2 tbsp brown sugar
2 tbsp honey
1 tsp rosewater

..... COOK

*2 options for fig preparation

Option 1: Peel & smash figs

Option 2: Cut fig stems & base, & cut in half

1. Combine prepared figs in a medium pot with: lemon juice, zest (optional), brown sugar, & honey
2. Keep the pot of ingredients on the stove over medium heat until the jam begins to thicken
~should have a goopy consistency~
3. Stir consistently for 15-20 minutes or until you reach your preferred consistency
4. Taste jam mixture & alter as needed
5. Turn off heat & allow the jam to cool
6. Transfer jam to a jar, store in a cool place & enjoy



HISTORY & CULTURE

Kale has been a recorded part of the human diet for over 4,000 years, and now there are over 50 known varieties. Most kale is native to the Mediterranean and Asia, though there are unique varieties from around the world. The ancient Greeks and Romans ate varieties in the middle ages, but it was not until the 17th century that kale was grown in the United States. During World War 2, the growth of kale in gardens was encouraged as it is so easy to grow while providing many nutrients.

COOKING METHODS

Kale can be used in many different ways. It can be wilted in soups, baked in the oven, sauteed with butter or oil, steamed, massaged and tossed in salads, or used in smoothies! One tip: when preparing, cut around the thick, white vein in the middle of the leaf to maximize tenderness.

GROWING & CULTIVATION

Kale is a popular winter crop as it can withstand cold temperatures, meaning it is often harvested into late fall and early winter.

Kale

NUTRITION & HEALTH BENEFITS

Kale is an extremely nutrient dense vegetable. One cup of Kale has more than the daily recommended intake of vitamin C, vitamin A, and vitamin K. It also has more calcium per gram than milk, is high in fiber, and high in folate, magnesium, antioxidants, and omega-3 fatty acids. Some studies have suggested that kale lowers cholesterol, which could reduce the risk of heart disease over time.

KALE SALAD

INGREDIENTS

- 1-5 cups roasted cauliflower
- 4 bunches kale
- 1-2 avocados
- sliced, toasted almonds

VINAIGRETTE

- juice of $\frac{1}{2}$ lemon
- 1 tsp honey
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp red pepper flakes
- 1 tbsp of extra virgin olive oil

INSTRUCTIONS

- 1) Wash & dry your kale
- 2) Slice kale into small pieces & place into a large bowl
- 3) mix vinaigrette ingredients & pour over kale
- 4) massage kale & let sit for 10 mins
- 5) add roasted cauliflower, sliced avocado, & almonds
- 6) toss &

serve //

HISTORY & CULTURE

Don't be fooled... even though these cucumbers have the size, shape and color of a lemon, they hold a sweet seedy goodness inside! They were created in India or the Middle East in the 16th century and were brought to the US in 1894. It is low in cucurbitacin which is what gives cucumbers their bitter taste and thus it has a lighter, less bitter flavor. They are actually part of the gourd family!

GROWING & CULTIVATION

They tend to fruit later in the season than other varieties. Cucumbers thrive in warmer climates so they are best grown in hot, moist climates.

COOKING METHODS

Pickled or raw!

NUTRITION & HEALTH BENEFITS

Lemon cucumbers offer many beneficial nutrients, including vitamin A & C, iron, and calcium, as well as various antioxidants and active ingredients. They are also high in water content and low in calories with only about 20 calories per 1 cup of cucumber.

lemon cucumber

1. peel and deseed 10-12 lemon cucumbers
2. chop roughly & place in blender with...
 - 1/2 cup plain greek yogurt
 - 2 tablespoons lemon juice
 - large handful of your favorite herb (we ♥ cilantro and mint)
 - 1 clove garlic, minced
 - Large glug of olive oil
 - 1/2 teaspoon cumin
 - salt & pepper to taste
3. blend until smooth & top with olive oil and feta cheese

gazpacho

HISTORY & CULTURE

Mint is a versatile plant with a lot of healing and therapeutic properties. In ancient Egypt, mint was said to be great for digestion and in ancient Greece and Rome, mint was used for funeral ceremonies in order to bring a fresh, sweet scent to bodies. Greek Doctors even believed that mint could prevent women from becoming pregnant. In Europe during the 1500s, mint just was thought to be a protective agent against poison as it helped with the circulation of blood. In the 1640's, ment was used to treat over 40 ailments.

GROWING & CULTIVATION

Mint is found in the temperate zones of the world and is native to Eurasia, North America, southern Africa, and Australia. For this reason, mint does not grow well in cold temperatures, but in warm and sunny conditions this plant grows very aggressively and quickly. In the mid 1440s, mint was introduced to England by the Romans. Many of these species of the plant, including spearmint and peppermint are used for food flavoring, liqueur, perfume, and herbal medicine. On top of this, if planted next to cabbage and tomatoes, mint acts as a repellent and will fight off moths, ants, beetles, and fleas. Using mint oil around your garden is also a great way to help keep mice away

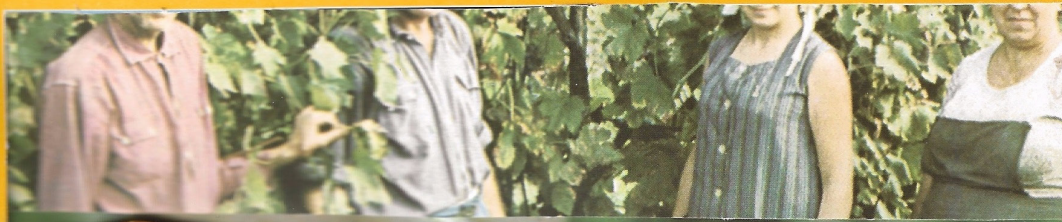
Mint

COOKING METHODS

A popular consumption method for this plant is tea. Brewing hot water with mint leaves is great for digestion and soothes the stomach after eating a meal. It is also used in desserts, marinades, salad dressings, and often found in Middle Eastern or Vietnamese dishes for fresh tasting meals

NUTRITION & HEALTH BENEFITS

Mint is an incredible plant that is used as a digestive tool, as it increases metabolic processes and helps with indigestion. In addition to this, it is also helpful in relieving pain and acting as a calming agent. Throughout history, mint has been boiled in water in order to relieve headaches, by applying it to the temples. Mint is also primarily associated with oral hygiene as it is used for teeth whitening!



LIMONADA

INGREDIENTS ~ INGREDIENTS ~ INGREDIENTS

2 cups crushed ice
4 cups water
2 large lemons, cut

1 bunch of mint
1 cup sugar
Juice of 1 lemon

INSTRUCTIONS ~ INSTRUCTIONS ~ INSTRUCTIONS

1. Peel the skin off of 2 lemons
2. Cut the 2 lemons into pieces
3. Add all ingredients into a blender
4. Pour lemonade into mesh strainer
5. Taste and serve





Mulberry

HISTORY & CULTURE

The mulberry is native to South Asia, but over time has been dispersed across Europe and the United States. The fruit is related to figs! In Asia and North America, the plant is traditionally grown for its leaves, which are then fed to silkworms. In China, mulberry has been used in herbal medicine for thousands of years. The most common varieties of mulberry are white, red, and black.

GROWING & CULTIVATION

Mulberry trees ripen in the summer, from June to August.

COOKING METHODS

The berries are sweet and delicious eaten raw, but can also be juiced and used for wine, fruit juice, or tea. The berries can be reduced and made into a jam, or canned! Dried, the fruit makes a good snack.

NUTRITION & HEALTH BENEFITS

Mulberries have a high water and protein content compared to most berries. They also have moderate amounts of fiber, which helps to maintain our digestive system. The berries are rich in both vitamin C and iron.

HISTORY & CULTURE

Mustard greens are native to India. The first varietal differentiation of mustard greens was cultivated in China near Sichuan. Mustard greens have been naturalized throughout the northern hemisphere from Japan to Europe to South and North America. Though very tolerable of a variety of climate and soil conditions, Mustard greens prefer rich organic nutrient-dense soils, full sun and cool temperatures for efficient and fast growth

NUTRITION & HEALTH BENEFITS

Mustard greens contain compounds which have cancer preventing benefits, including antioxidants, anti-inflammatory and natural detoxifying properties.

COOKING METHODS

Can be sauteed, cooked in soup and stew! Chinese mustard greens can be used in tofu stir fry.

GROWING & CULTIVATION

Mustard greens may be found year-round with peak season fall through spring.

Mustard Greens

SALT PICKLED MUSTARD GREENS

These are especially common in Eastern China (the city of Ningbo) and northern China. Chopped up, they make great stir-fries with tofu, edamame, rice cakes or ground meat, or fillings for buns. They also season up steamed fish, getting rid of the fishy smell. Yes, probably not the healthiest, but they will add variety, crunch and flavor to your home cooking. And look at how easy, versatile, and durable (can be kept in the fridge for up to half a year) they are!



What you need:

- Mustard Greens (or turnip greens)
- Salt (2-5% of the weight of greens, or adjusted to your liking)
- Containers
- A large bowl to season the greens

Steps:

1. Wash the greens, spread them out in a layer and dry them for a day in a well-lit, well-ventilated place.
2. In a large, clean bowl, place a layer of mustard greens, then sprinkle them with salt. Repeat until all the greens are added.
3. Using clean hands, message the salt into the greens, until the greens (including stems) are wilted and translucent.
4. Place a layer of greens into the glass jar, then press tightly before putting another layer and repeating. Add in the water from messaging the leaves as well.
5. Seal the jar and let them sit for at least a week, then it is ready to serve!

A video demonstration: <https://www.youtube.com/watch?v=7rq7Gf-y9KI>

COOKING METHODS

Spring/summer onions are best used in salads, sandwiches, and fresh, lightly-cooked or grilled dishes whereas fall/winter onions are best for savory dishes that require longer cooking times and more flavor.

HISTORY & CULTURE

Onions are believed to have originated in central Asia and been a staple in the prehistoric diet. This crop may have been one of the earliest cultivated plants because they were less perishable than other foods of the time, were transportable, were easy to grow, and could be grown in a variety of soils and climates.

GROWING & CULTIVATION

Spring/summer onions include yellow, red, and white varieties that are available March through August. These have thin, lighter-colored skins, are higher in water content, and its flavor ranges from sweet to mild. Fall/winter onions include yellow, red, and white varieties which are available August through May. They have multiple layers of thick, darker colored skin, and are lower in water content, giving them a longer shelf life.

NUTRITION & HEALTH BENEFITS

Onions are an excellent source of vitamin C, sulphuric compounds, flavonoids and phytochemicals. It can help reduce the chance of cancer (especially colorectal cancer) due to its properties as an allium vegetable. This crop also supports the building of collagen and the compound quercetin is linked to lowering blood pressure.

Onion



Quiche Lorraine



INGREDIENTS

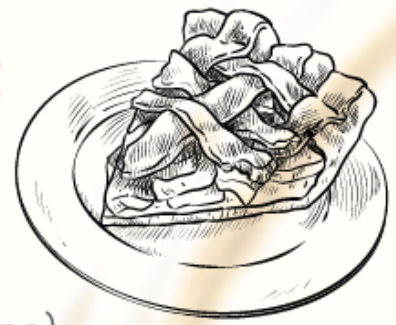
- 1 premade/homemade pie crust
- 3 eggs
- 8-9 slices of bacon
- 1 onion
- 180 ml heavy cream
- 70 ml milk
- 80g gruyere cheese
- pinch of nutmeg
- salt & pepper to taste

DIRECTIONS

- 1) Pre-bake pie crust by placing it on top of your tin & softly piercing the base w/ a fork & placing a piece of parchment paper w/ rice/dry beans on top. Bake for 20 mins at 350° F.
- 2) Thinly slice bacon and sautee until crispy on a non stick / castiron pan
- 3) When done, safely discard the bacon fat, leaving only a tbsp remaining. set bacon aside
- 4) Thinly slice your onion & sautee using leftover oil until soft and golden brown
- 5) For egg mixture: whisk eggs, cream, milk, salt & pepper, and nutmeg until well combined
- 6) Shred the gruyere and mix into mixture
- 7) To assemble: evenly place bacon and onions on the bottom of your pie base then pour liquid mixture on top and bake for 20 to 30 mins or until golden brown. Let cool and ENJOY!

MAKES 2 PIES!

Onion Pie



Ingredients:

- 1 kilo of onions (about 6 onions)
- 100 grams butter - 1 bar
- 1/2 liter heavy cream (about 2 cups)
- 1 1/2 cups grated cheese (Mexican blend)
- 3 eggs
- Salt and pepper
- 2 deep pie crusts



Instructions:

1. Preheat oven to 325.
2. Place pie crust on your pie tins and slightly pierce with fork across the base. Use a piece of parchment paper that will cover your pie tin and lay it on top of the crust. Place beans/rice on top of the parchment paper and pre-bake your crust for about 20 mins or until slightly cooked.
3. Meanwhile, thinly slice the onions and sauté in butter until translucent.
4. In a separate bowl, mix cream, eggs, and cheese - salt and pepper to taste.
5. Once cooled, add onions on top of each pie crust and pour cream and egg mixture on top.
6. Bake at 325 until browned approximately 30 to 45 minutes. Check that the pies are set like a quiche.

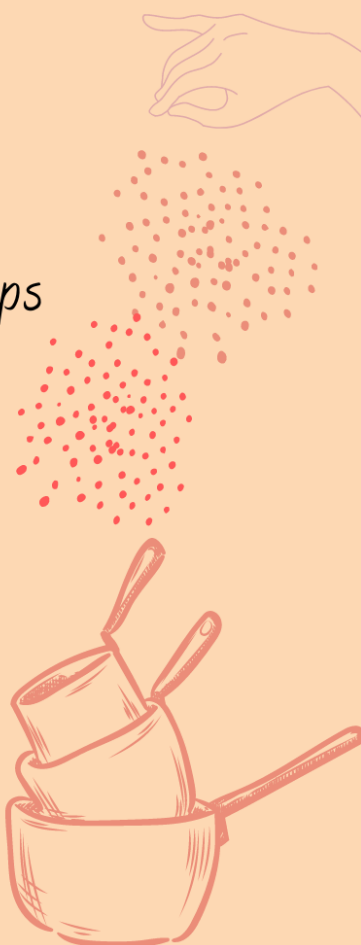


Ingredients

- 1 tbsp of Butter or Oil
- 1 large onion
- 1 Tsp. Maple Syrup or Agave
- Dash of Salt



1. Cut one large onion into thin strips
2. Heat a pan on medium
3. Add butter or oil to a pan
4. Add onion to pan
5. Cook onion until translucent
6. Drizzle maple syrup over onion
7. Add dash of salt
8. Serve and enjoy





HISTORY & CULTURE

Not only is this crop used to add a decorative twist to any dish, but it has also historically been seen as sacred across a multitude of cultures. In Ancient Greece, parsley was used to decorate tombs, while in Judaism it has been utilized during Passover celebrations.

This herb originates from Southern Europe and Western Asia.

GROWING & CULTIVATION

Parsley is native to central and eastern Mediterranean regions (Turkey, Italy, Greece, Israel and more). It grows best in moist soil and does best with high to medium levels of sun. It is most often planted in the spring.

COOKING METHODS

Parsley is usually added as a garnish on top of dishes but it also makes an amazing pesto as a substitute for basil! It is also delicious added to soups or baked with vegetables.



NUTRITION & HEALTH BENEFITS

Parsley is rich in antioxidants and nutrients and it also supports bone health and eye health. It also has antibacterial properties! It is rich in vitamin A, K and C and is super easy to add to your diet!

Parsley

parsley Green Sauce

by Allison

Time: 20 minutes prep plus overnight sit

Yield: 1 cup

Ingredients:

~1 packed cup of parsley leaves and tender stems, roughly
chopped

3 garlic cloves, minced

1 shallot, diced

1 teaspoon of salt

½ cup red wine vinegar

¾ cup olive oil

Directions:

Combine the parsley, garlic, and shallot into a food processor
or good blender; pulse to combine.

Add in the salt, vinegar, and oil and blend until the parsley has
broken into small bits and the mixture is fairly smooth and ho-
mogenous.

Pour into a sealable glass jar and store in the refrigerator for
3-5 days or freeze in an ice cube tray and store for future
use.

Eat it on anything you like! Really good on meat, fish, salads,
blanched veggies, eggs, etc.



Graphic by Alyssa H

Passion Fruit

GROWING & CULTIVATION

Passion fruit ripens 70-80 days after pollination. Purple passion fruit is ready in summer/ fall, while yellow passion fruit is ready into winter.

COOKING METHODS

There are a lot of ways to cook passion fruit. Whether it is eaten raw (seeds are edible) or juiced (blending passion fruit pulp and straining it in a cheesecloth/ strainer), passion fruit is always a delicious snack or drink.

HISTORY & CULTURE

Purple passion fruit is native from southern Brazil through Paraguay to northern Argentina, while yellow passion fruit has an unknown origin. It is an important commercial crop in Australia, Hawaii, South Africa, and Israel.

NUTRITION & HEALTH BENEFITS

Raw passion fruit is 73% water, 22% carbohydrates, 2% protein and 0.7% fat (table). In a 100 gram amount, fresh passion fruit supplies 97 calories, and contains 36% of the Daily Value (DV) of vitamin C, 42% dietary fiber, B vitamins riboflavin (11% DV) and niacin (10% DV), 12% iron and 10% phosphorus.

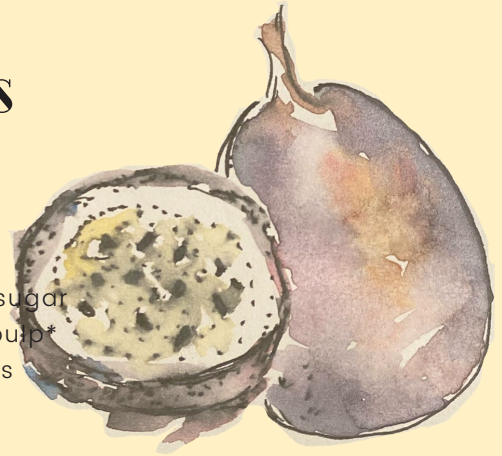
PASSION FRUIT ETON MESS



INGREDIENTS

PASSION FRUIT CURD

2 large eggs
2 large egg yolks
1/2 c plus 1 tbsp of white sugar
3/4 c fresh passion fruit pulp*
1/3 c butter, cut into cubes
pinch of salt



ASSEMBLY

1 1/2c cold heavy whipping cream
1 Package of store bought vanilla meringues (or homemade)

HOW TO MAKE



1. In a saucepan whisk eggs, yolks, and ½ cup sugar to combine. Stir in the pulp, butter, and salt to the egg mixture
2. Place the pan over a medium-low flame whisking constantly allowing the butter to melt. The sauce should just begin to thicken and take on a gelatinous consistency, but don't over cook.
3. Remove from the heat and with a spatula, press the curd through a mesh sieve. Place curd in the fridge to cool (can be made up to a week in advance)*.
4. Combine the cream and tablespoon of sugar in a mixing bowl. Using a stand mixer (or sheer arm strength and a whisk) whip the cream until it holds stiff peaks.
5. Crush around 6 large vanilla meringue pieces. Can be done by placing meringues in a plastic bag and crush until they reach dime size pieces.
6. To assemble, layer a dollop of cream at the bottom of the glass, followed by a dollop of the cooled and thickened passion fruit curd, then add a layer of meringue pieces. Continue to layer two or three times to fit the glass. Finish the top of the glass with a spoonful of curd and cream.
7. Best served immediately, but may chill in the refrigerator for an hour.

Notes*

Curd can be used as a topping on scones, waffles, or ice cream as well as a filling in cakes, cupcakes, crepes!

Persimmon

GROWING & CULTIVATION

Persimmons ripen in the fall, and their cold tolerance depends largely on their variety. Persimmon trees are strong and do great in home gardens with plenty of sunshine.

COOKING METHODS

Persimmons are generally eaten raw (the skin is edible too). They can be dried and eaten as a snack or put in tarts, salads, cakes.

HISTORY & CULTURE

The persimmon is originally from China, but it was introduced to Japan over 1000 years ago and the common varieties we see today have developed there: the fuyu and the hachiya. The fuyu variety is rounder and hard when ripe, but the hachiya is skinny and doesn't become sweet until very squishy. These fruits were introduced to the U.S. in the late 1900s and have since developed into new varieties that are produced in states with mild winters and warm summers.

NUTRITION & HEALTH BENEFITS

Persimmons are high in beta-carotene (which converts into vitamin A), fiber, potassium, and vitamin C. They help to reduce inflammation, lower blood pressure, and boost the immune system.



PERSIMMON SALAD

INGREDIENTS:

1 PERSIMMON

4 CUPS ARUGULA

1/4 CUP WALNUTS, ROUGHLY CHOPPED AND TOASTED

1 OUNCE GOAT CHEESE


1/4 CUP POMEGRANATE SEEDS

2 TBSP SHERRY VINEGAR

2 TBSP OLIVE OIL

PINCH OF SALT AND PEPPER

PREPARATION

1. MAKE DRESSING: IN A SMALL DISH, WHISK SHERRY VINEGAR, OLIVE OIL, SALT AND PEPPER. SET ASIDE.
 2. SLICE THE PERSIMMON INTO 1/4 INCH HALF MOONS.
 3. PLACE ARUGULA IN A LARGE BOWL WITH ARUGULA, PERSIMMON SLICES, TOASTED WALNUTS, CRUMBLED GOAT CHEESE AND TOSS WITH YOUR PREPARED DRESSING AND ENJOY!!!
- 

COOKING METHODS

Whether it is eaten raw, used in a salad, cooked as a stew (cook in a little water and spice until soft), or baked into pies or cakes, pears are delicious for any sweet and savory meal.

HISTORY & CULTURE

Pears are one of the oldest cultivated crops, and derive from China and Asia Minor. This crop is the most widely produced fruit in the world, mainly in China, Europe, and the United States. In The Odyssey, Homer says pears are "gift of the gods" and it is thought of as having very strong meanings like prosperity, fertility, wisdom and nobility across the world.

NUTRITION & HEALTH BENEFITS

A medium-sized pear (178 grams) provides the following nutrients: 1 gram of protein, 27 grams of carbs, 6 grams of fiber, Vitamin C, Vitamin K, Potassium, and Copper. In addition to this, pears have a variety of benefits, as it acts as an anti-inflammatory agent, reduces carcinogens, and promotes gut health.

GROWING & CULTIVATION

Pears take 3-7 years to fruit from sprout. It can be harvested between midsummer and fall depending on type and region!

Pear

PICTURE PERFECT PEAR PIE

"satisfying crunch of a nice fruit crisp"

Ingredients:

6 pears
1.5 lemons
Pre- made pie crust
1/4 cup Walnuts,
chopped
1 cup Brown sugar
1 cup cup Sugar
1.5 cup oats
1 cup butter, cold and
cubed
tsp cinnamon
pinch of salt



Procedure:

1. Preheat oven to 350 F
2. I used a premade pie crust, make sure it's thawed when you're ready to bake.
3. Slice your pears (peeling is overrated)
4. Add your pears, brown sugar and cinnamon to a bowl. Add juice of 1 1/2 lemons and make sure everything is coated.
5. In a separate bowl, mix walnuts, sugar, butter (cubed, or mashed with a fork), a pinch of salt and more cinnamon.
6. Butter your pan/pie dish. Lay pie crust on top of it and trim it as needed.
7. Add your pears and even out, then pour your crisp mix on top
8. Bake for about 40 mins at 350 (it'll start to smell really good when it's close)



Plum

HISTORY & CULTURE

Plums are closely related to cherries and peaches, and it is said to have originated in China during 470 BCE. During Ancient Rome over 300 variations were introduced, and two thousand years ago European plums were discovered.

GROWING & CULTIVATION

They are grown on every continent except Africa and they might be one of the first fruits domesticated by humans. They grow best in temperate climates.

NUTRITION & HEALTH BENEFITS

Plums are low calorie, low fat and low protein. An average plum has 46 calories, is 87% water, 11% carbohydrates, 1% protein, less than 1% fat. They also have very high water content! They are a great source of vitamin C, are filled with fiber and have many other health benefits including indigestion relief, relief from influenza infection and even anxiety relief!

COOKING METHODS

Plums can be cooked into a jam or compote or baked! Or even grilled! They are often used to make plum wine or other varieties of liquor. They are also dried to create prunes!

plum chutney

by Allison

Yield: 2 cups of chutney

Time: 1 hour

Ingredients:

½ cup brown sugar

½ cup apple cider vinegar

10 medium plums, pitted and cut into ½ inch pieces

2 tablespoons cup honey

½ cup raisins, purple and golden

½ cup red onion, diced

¼ cup Indian garlic ginger paste (or equal amount of each separately, finely grated)

2 tablespoons Mustard seed

¼ cup crystallized ginger, chopped up

2 teaspoons cinnamon

2 teaspoons garam masala

½ teaspoons Red pepper flakes (adjust to preference)

½ teaspoon ground ginger

½ teaspoons cardamom

Directions:

Combine vinegar and sugar in a medium saucepan over medium-high heat and bring to a simmer, stirring to combine.

Add the plum pieces and stir to cover in the vinegar/sugar mixture.

Add the rest of the ingredients and stir to combine.


Keep over medium heat and stir frequently to keep from burning for 15-30 minutes or until your desired consistency is reached.

Taste while cooking and adjust spices and other ingredients according to your preference.

When done, spoon the chutney into clean glass jars and seal the lids immediately. Can keep in the refrigerator for up to two months sealed.

Graphic by Alyssa Ha

Quince



GROWING & CULTIVATION

Quince will grow in most temperate climates and tolerates winter frost. It can also deal with relatively poorly drained sites.

COOKING METHODS

Quince is typically not eaten raw, but a common cooking practice is to turn it into jam. If you slice a quince, place it in a pot with water and a small amount of sugar and let it simmer until the flesh softens you can create a delicious jam.

HISTORY & CULTURE

Native to various parts of Asia and the Mediterranean, the cultivation of this crop has been traced back to Greece and Rome. For years, quince has served as a symbol of love and fertility.

NUTRITION & HEALTH BENEFITS

This crop contains moderate amounts of vitamin c and copper, has a rich supply of antioxidants which reduce metabolic stress, lowers inflammation, and protects cells against damage by free radicals. Quince syrup has been shown to reduce pregnancy-induced nausea and has also been shown to help manage acid reflux symptoms. This crop may also protect gut tissue against damage related to inflammatory bowel diseases (IBD)



Cooked Quince Dessert

Ingredients:

2 quince

Sugar

Water

Steps:

1. Cut each quince up (into either cubes or slices)
2. Cut away the seeds & fibers in the middle but keep the hard part underneath
 - a. Set aside the seeds to put in the syrup later for flavor
3. Put all the slices/cubes into a medium sized pot (along w/ seeds)
4. Add sugar (1000 grams of fruit = 750 grams sugar)
 - a. If making jam make it 1 gram:1 gram
5. Pour about as much water as sugar in the pot
6. Boil
7. Once the water has been absorbed add another cup of water
8. Resulting color should be orangish/yellow and the quince should be syrupy
9. Optional: add vanilla or other spices
10. To make jam, just put all of that in a food processor and boil it again until the water is absorbed again
(Best served cold & eaten within a week)

HISTORY & CULTURE

Squash comes from the Narragansett Native American word askutasquash, which means eaten raw or uncooked. It is one of the oldest known crops—10,000 years by some estimates of sites in Mexico. Native Americans roasted or boiled the squashes and pumpkins and preserved the flesh as conserves in syrup. They also ate the young shoots, leaves, flowers, and seeds.

COOKING METHODS

Squash is best baked because of the high heat that it requires but it can be microwaved at high heats if you don't have an oven!

Squash

GROWING & CULTIVATION

After being picked they can be stored in a cool dark place for months. Squash are grown in almost every state but mainly in CA, New York and Michigan.

NUTRITION & HEALTH BENEFITS

Squash is a good source of minerals, carotenes and vitamin A, with moderate quantities of vitamins B and C. Summer squash is high in water content, thus low in calories.

caramelized squash

1. wash & chop squash into small pieces
2. toss the squash in olive oil
3. mix cinnamon, salt, brown sugar, nutmeg
4. sprinkle mixture over squash & bake for 30 min - 1 hr at 350°F
5. enjoy alone or with vanilla ice cream





HISTORY & CULTURE

Sugar cane is the world's largest crop by production quantity with 1.8 billion tones produced in a year! Sugarcane is an ancient crop of the Austronesian and Papuan people.

GROWING & CULTIVATION

It is a perennial grass, and it produces stalks that reach 10-20 feet high! Grown in tropical and subtropical regions, in a variety of soil types and fertility. Plant with plenty of sun and water

NUTRITION & HEALTH BENEFITS

The less processed, the more nutritious! Essential nutrients include potassium, calcium, magnesium, iron, zinc, thiamin, riboflavin, and various antioxidants. The antioxidant's diuretic property are known to help urinary tract issues by removing excess salt and water to help kidney function.

COOKING METHODS

Boil in water for a sweet drink, then cool with ice, flavor with lemon or lime or mint, ginger, and salt. You can also eat it raw as a sweet snack! Peel the hard outer layer and spit the fibrous inner flesh.

Sugar Cane

SUGARCANE JUICE

A refreshing drink for a hot day! Street vendors in India sell fresh-squeezed sugarcane juice, using a hand-cranked or motorized machine to crush the tough stalks. We'll be using a blender for the same effect. The quantities in this recipe are very flexible, and feel free to add other flavors (lime, coconut juice, cinnamon).

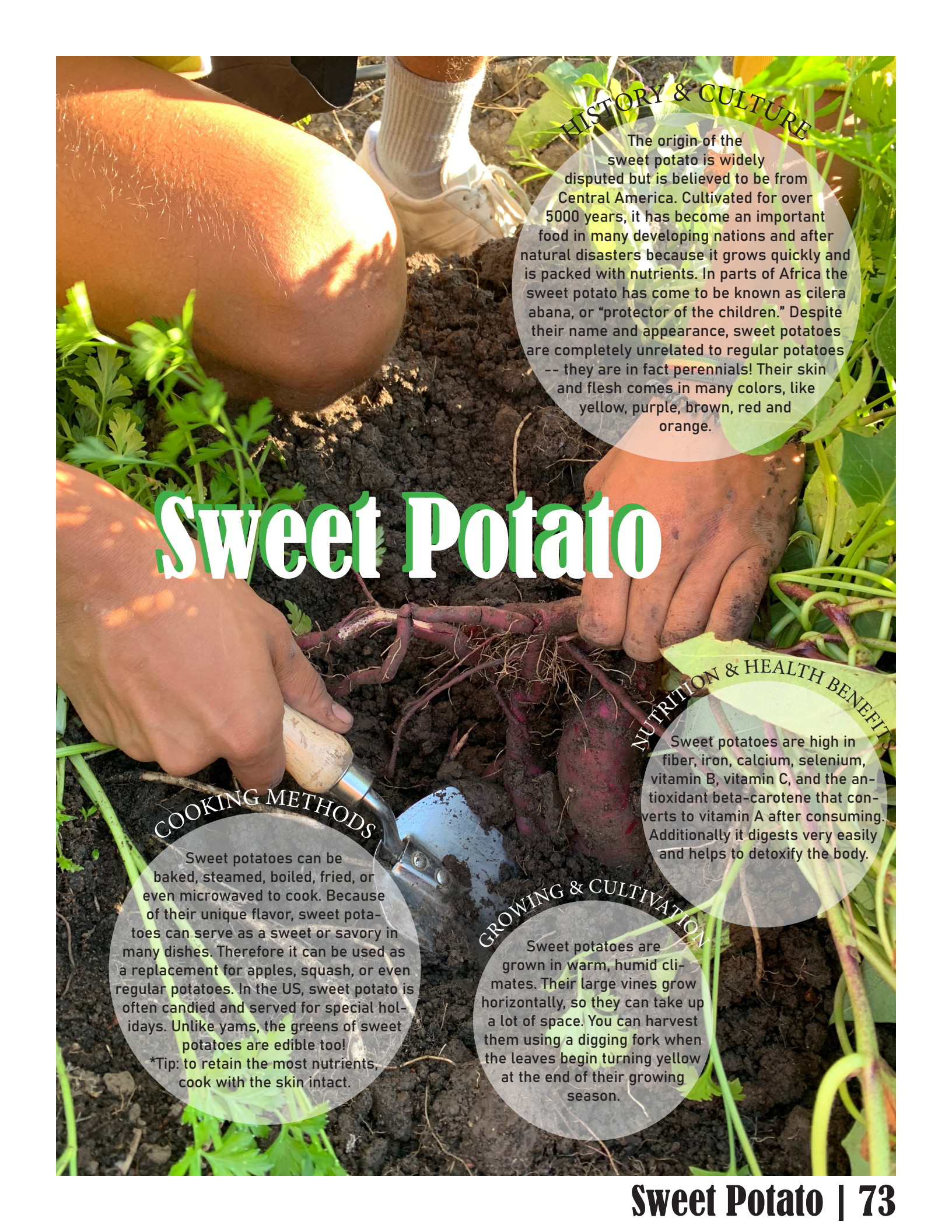
For 2 servings, you'll need:

- 1 four-inch piece of sugarcane
- juice from half a lemon
- 1/2 inch of ginger
- 1/4 cup of water

Steps:

1. Cut sugarcane into small pieces. Use a knife to carefully peel off the thick skin.
2. Cut peeled sugarcane into smaller pieces.
3. Add sugarcane pieces, lemon juice, ginger and water into a blender. Blend for a few minutes.
4. Strain mixture through a wire strainer, add ice if desired, and enjoy! ♥

the sugarcane plant



HISTORY & CULTURE

The origin of the sweet potato is widely disputed but is believed to be from Central America. Cultivated for over 5000 years, it has become an important food in many developing nations and after natural disasters because it grows quickly and is packed with nutrients. In parts of Africa the sweet potato has come to be known as cilera abana, or "protector of the children." Despite their name and appearance, sweet potatoes are completely unrelated to regular potatoes -- they are in fact perennials! Their skin and flesh comes in many colors, like yellow, purple, brown, red and orange.

Sweet Potato

NUTRITION & HEALTH BENEFITS

Sweet potatoes are high in fiber, iron, calcium, selenium, vitamin B, vitamin C, and the antioxidant beta-carotene that converts to vitamin A after consuming. Additionally it digests very easily and helps to detoxify the body.

COOKING METHODS

Sweet potatoes can be baked, steamed, boiled, fried, or even microwaved to cook. Because of their unique flavor, sweet potatoes can serve as a sweet or savory in many dishes. Therefore it can be used as a replacement for apples, squash, or even regular potatoes. In the US, sweet potato is often candied and served for special holidays. Unlike yams, the greens of sweet potatoes are edible too!

*Tip: to retain the most nutrients, cook with the skin intact.

GROWING & CULTIVATION

Sweet potatoes are grown in warm, humid climates. Their large vines grow horizontally, so they can take up a lot of space. You can harvest them using a digging fork when the leaves begin turning yellow at the end of their growing season.

SWEET POTATO CASSEROLE

by Mia

Great for seasonal events (it's a Thanksgiving favorite in my house)! It's like a dish and a dessert all in one :)

Ingredients:

Filling:

1/2 stick unsalted butter (melted)
3-4 large sweet potatoes (about 1 3/4 pounds)
1/2 cup milk
1/4 cup brown sugar
1 tsp vanilla extract
1/2 tsp salt
2 large eggs

Topping:

1/2 cup all-purpose flour
1/2 cup brown sugar
1/2 stick unsalted butter (melted)
1/4 tsp salt
3/4 cup chopped pecans



Directions:

Prep the sweet potatoes: Microwave the sweet potatoes in a container, covered, for 12 min or until soft. Peel and mash the sweet potatoes.

Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.

Whisk together the butter, mashed sweet potatoes, milk, brown sugar, vanilla, salt and eggs in a large bowl. Transfer to the baking dish.

For the topping: Combine the flour, brown sugar, butter and salt in a medium bowl until moist and the mixture clumps together. Stir in the pecans. Spread the mixture over the top of the sweet potatoes in an even layer. Bake until mostly set in the center and golden on top, 25 to 30 minutes. Serve hot and enjoy!

Graphic by Alyssa Ha

~kamote cue~

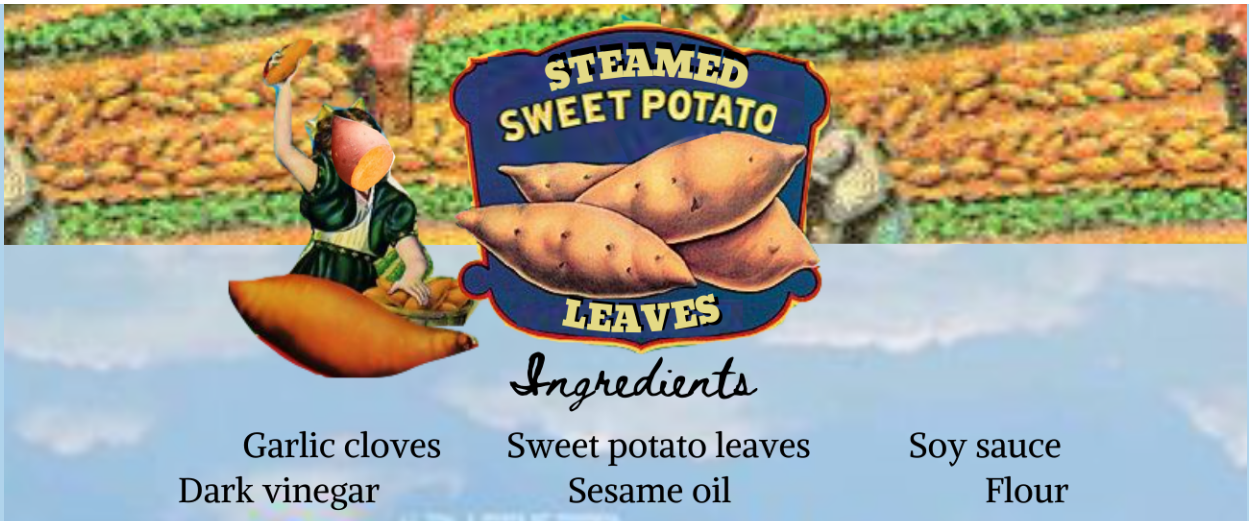
INGREDIENTS

- 1 sweet potato
- 1-1½ cup brown sugar (adjust sweetness to taste)
- vegetable oil for deep frying
- optional: bamboo sticks

INSTRUCTIONS

1. peel sweet potato — cut as desired
2. heat oil in pan
3. when oil starts to bubble, add brown sugar
4. when sugar floats, add sweet potatoes
5. fry for ~8 mins, & flip a few times to allow sugar to stick to every side
6. remove the potatoes
7. (optional) skewer the potatoes with bamboo sticks





Steps

1. Start boiling water in a pot. Wash and drain the sweet potato leaves. Don't pat dry!
2. Pour in flour to coat the leaves (the residual water on the leaves helps the flour stick)
3. Transfer leaves into the steam basket. Cover and cook for 5-10 minutes.
4. Prepare for mashed garlic dip in one of three ways:
 - a. Mash the garlic in the mortar & pestle if you have a set.
 - b. Smash the garlic on the cutting board, then send it through the garlic masher.
 - c. Smash, chop, smash the garlic until mashed.
5. Mix the mashed garlic with soy sauce, dark vinegar, and sesame oil, tasting and adjusting to your liking.
6. Don't forget to check on the leaves – it is done when they are dark green and soft.
7. To serve, dip the leaves into the mashed garlic.

Why am I not specifying the amount?

Mom: As for the proportions, you just slowly adjust with experience.

Me: That's "some" in our recipes, right?

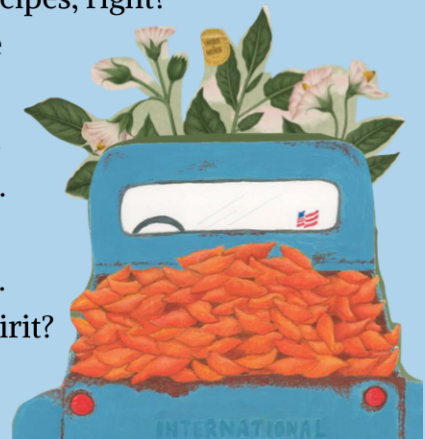
Mom: Yeah, Chinese food is all like this, unlike western food, especially Germany – where people are naturally rigorous... even rigid.

Me: Hmm that's interesting.

Mom: For us it's more about exploration – a kind of exploration of the food culture.

Me: So that's more like a kind of spirit?

Mom: Yes, and this is hard to pick up, you have to really understand it.



sweet potato porridge

my grandparents' & my parents' generation - from Shandong, a northern Chinese province - largely subsisted on sweet potatoes. When my grandma said to me, "let me show you how to make yummy sweet potatoes..." this is the dish she introduced. She loves this porridge even now, with the "improving" material conditions as they cheer for - more meat, more bread, more fancy foods. This comes as no surprise, considering how nutritious, nutty, & sweet the porridge is, as well as the liberty you are given in cooking it.

ingredients

raw/roasted peanuts
sweet potatoes, peeled & cut into chunks
green onions/scallions, chopped
flour
cilantro

steps

1. pound a few peanuts into pieces. fry in wok until nice & crispy
2. add scallions & saute until fragrant
3. add sweet potato pieces & water, bring to a boil. Lower to a simmer.
4. add flour to bowl & slowly add water bit by bit, stirring with chopsticks or a fork. add enough water so that the flour forms into little doughs (dough drops). we will use them to thicken the soup.
5. when the sweet potatoes are soft (~10-25 minutes later, depending on size of chunks), add in the dough drops until they are cooked.
6. to serve, top with chopped cilantro.





HISTORY & CULTURE

Tamarillos are native to the Andes of Ecuador, Colombia, Peru, Chile, Argentina, and Bolivia, and are still popular in these areas. This tree has also been grown in New Zealand, where it has been grown commercially since World War II due to fruit shortages. Not much is known about the history of the tamarillo.

NUTRITION & HEALTH BENEFITS

Tamarillos are rich in both Vitamin C and iron and low in calories. They contain anthocyanin, a compound that helps prevent heart disease and cholesterol-related illness. They also contain carotenoids, flavonoids, and phenolic compounds, antioxidants with benefits for visual health, anti-inflammation, and immune system enhancement.

COOKING METHODS

Tamarillos look like oval-shaped tomatoes, but they have tougher skin and tangy, mildly sweet flesh. The flavor is similar to kiwifruit, tomato, guava, and passionfruit. These fruits can be substituted for tomatoes in my uses such as in hot sauces, chutneys, curries, or salads. They can also be used in juices, smoothies, or added as a fermented flavoring to Kombucha. In traditional medicine, tamarillos are believed to combat anemia and respiratory illness. Shoots are also sometimes put into the baths of children to prevent illness. In Yunnan, China, Nanpie is a staple in the diet of the Dai people. In Nanpie, tamarillos are roasted and mashed with chilies, garlic, and herbs into a sauce-like dish.

GROWING & CULTIVATION

Tamarillos are picked in warm weather; in Northern America, this is during the months of July through November. The trees prefer subtropical climates and are intolerant to both drought and frost. They do well in Mediterranean climates.

Tamarillo

Tamarillo Juice

Ingredients:

- tamarillo (~4)
- ice/water
- sugar or honey



Instructions:

- Boil the tamarillo for about 2 minutes.
↳ remove the peel.
- Mash and then strain.
- or
- Blend until smooth and strain.
- Chill for a few hours
until cold and serve!



TIP!

When blending,
add water, ice,
and sugar to taste.

Tomatillo



HISTORY & CULTURE

Tomatillo is estimated to have first been domesticated around 800 BCE by the Aztecs in the region of modern-day Mexico and was a staple for food for them and other groups like the Mayans. It was taken to Europe by the Spaniards in the 1500s but was overshadowed by tomatoes. 52 million-year-old tomatillo fossils have even been found in Patagonia. Traditionally, the plant is used to make salsa verde in Mexico and Guatemala.

NUTRITION & HEALTH BENEFITS

Tomatillos are high in Vitamins C and K which help with the body's immune system and healing. It also contains niacin helps with circulation and turn carbs into energy, potassium, which keeps muscles healthy, including the heart, and fiber, which helps with digestion and general gut health.

COOKING METHODS

When choosing tomatillos to cook with, select fruits that are firm, bright green, and slightly shiny with the husk attached. Remove the husk and rinse before cooking - it is okay if the skin feels slightly sticky! There are two main methods for preparing tomatillos: boiling and roasting. Whichever method you choose, do so until the tomatillos are just soft, about 5 minutes. They can then be blended into salsas and sauces and used in dishes like enchiladas and chilaquiles. You could also make soup, salads, guacamole, jam, chutney, or a number of other sides and condiments. Uncooked, tomatillos can be kept at room temperature for up to a week, or for two weeks in the refrigerator when covered loosely.

GROWING & CULTIVATION

Tomatillos are very frost sensitive and therefore grow best in warmer climates. Currently, it is commercially produced primarily in Mexico, Guatemala, and a few areas in the United States. It can still be found growing wild in Mexico and Guatemala. Here's a Fun Fact: the fruits are technically berries, with many small seeds!

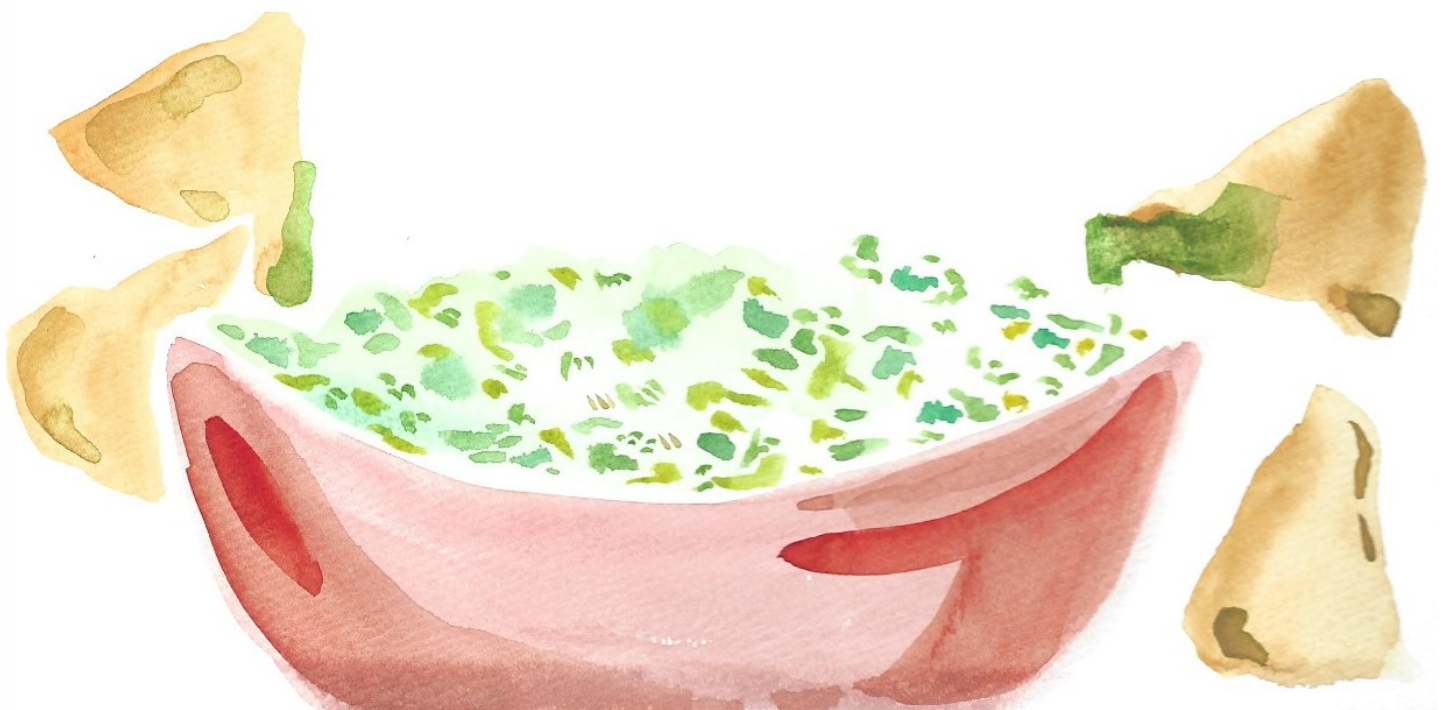
diego's salsa verde

Ingredients

- 1 1/4 lb of tomatillos
- 2 medium tomatoes
- 1/2 white onion
- 1 green bell pepper
- 2 garlic cloves
- 1 jalapeño (stemmed, seeded, chopped)
- 1/2 cup cilantro leaves
- pinch of salt
- pinch of achiote

Instructions

1. Remove papery husks from tomatillos and rinse vegetables well
2. Cut the vegetables in chunks and place cut side down on a baking sheet. Place under a broiler for about 5-7 minutes to lightly blacken the skins of the produce
3. Combine everything in a blender and puree until desired consistency



Tomato

NUTRITION & HEALTH BENEFITS

Tomatoes are high in vitamin C, potassium, vitamin K1, and folate. They have essential nutrients and antioxidants, are beneficial for blood pressure control and heart disease prevention. They are also important for blood clotting and bone health and normal tissue growth and cell function. Observational studies have noted links between tomatoes — and tomato products — and fewer incidences of prostate, lung, and stomach cancers.

Tomatoes are attributed mostly to high lycopene content and are good for skin health.

HISTORY & CULTURE

The origins of the tomato is traced back to the early aztecs around 700 AD and reached Europeans around the 16th century. However, there was once resistance to tomatoes in parts of Northern Europe because it was thought to be poisonous. Tomatoes were not regarded as a kitchen vegetable worldwide until the Civil War Period.


COOKING METHODS

This crop is used in a wide variety of cuisines. They are great for making soups, sauces, jams, and perfect for salads.

GROWING & CULTIVATION

Tomatoes are a summer crop: Tomato seeds germinate readily in constant temperatures of 68 to 80 degrees Fahrenheit, emerging in six to 14 days. They die in freezing weather and do not thrive in cold, windy, and wet climates. In order to get them to ripen, they need a warm, dry spot. The different varieties include, Cherry, Grape, Paste, Heirloom, and large-fruited varieties. Tomatoes need nutrient-rich, fast-draining and loamy soil in which to grow.





TIME : 30 mins
YIELD : 1 serving

EGGS IN PURGATORY

INGREDIENTS

- 2 eggs
- 1/2 lb cherry tomatoes or other
- 1 tbsp olive oil
- 1/2 cup diced onion
- 2 large garlic cloves minced
- red pepper flakes to taste
- basil, parsley, oregano fresh or dried
- cheese like feta, goat, mozzarella

DIRECTIONS

- 1) heat oil in a small pan; add onion, garlic, red pepper and saute until translucent
- 2) add in tomatoes and stir to combine; cover the pan and let sit for ~5 minutes or until the cherry tomatoes start to split; press down on the tomatoes to help them open
- 3) stir the mixture together w/ salt and pepper and your fresh or dried herbs of choice; cook until the raw tomato flavor is gone ~10m
- 4) use spoon to make two holes in the sauce to expose the pan bottom and crack an egg into each hole; cover and cook on medium-low ~5m until the top egg whites are set
- 5) spoon into bowls and top w/ cheese, herbs, bread

Vegan Sambal

INGREDIENTS:

- ¼ cup olive oil
- 2 medium onions
- 8+ cloves of garlic
- a can of tomato paste
- 2-3 tablespoons of chili powder
- 2 medium size tomatoes
- 2 dried chilis

STEPS:

1. heat a medium pot to medium-low with olive oil.
2. dice the onions.
3. add onion and cook until soft and brown.
4. add whole garlic cloves when the onion is soft but not browned. keep the heat low so that you're careful not to burn the onions or garlic.
5. mix tomato paste with chili powder.
6. add the tomato paste mixture
7. cut the tomatoes into quarters, and remove the skin.

8. add your fresh tomatoes and dried chilis.

9. cover and cook on low for at least 30 minutes, until tomatoes are completely disintegrated. the longer you cook it the better it tastes so you can leave it for hours.

10. at the end you can mash the garlic cloves into the mix. it should be a paste like consistency.

TO SERVE, mix and eat it with coconut rice*. you can add toppings too. my favorites are cucumbers to cut the spice and peanuts for crunch. you can also add fish sauce with the fresh tomatoes for a more accurate version of nasi lemak.

* you can make an easy coconut rice by adding coconut milk and a little bit of water as the liquid when making rice.

TOMATO GOLDEN TOFU STIR-FRY

"A stranger in a vast array of classic Chinese dishes, this dish nevertheless tastes like a relative. Even its rugged appearance fits our Shandong province food culture of favoring practicality over aesthetic appeals"

- Helen Guo



INGREDIENTS



Tomatoes

Mushrooms

Shelled Edamame

Firm tofu

Sriracha

Soy sauce

Salt

Oil

Aromatics (garlic, ginger, scallions)

COOK



1. Chop tomatoes, mushrooms, and aromatics. Crumble firm tofu.
2. Heat the wok/pan over medium to high heat with a dash of oil.
3. Add crumbled tofu to the pan and fry out excessive water (but not to the extent of browning) and add soy sauce and sriracha, tasting and adjusting to your liking. Set aside.
4. Add more oil to sauté mushrooms and chopped aromatics
5. Add chopped tomatoes and turn heat to high. Sauté until tomatoes begin to soften and mix in edamame.
6. Add water to the pan, enough to allow tomatoes to soften further, cook, and be reduced into a sauce-like consistency.
7. Add back crumbled and seasoned tofu. Stir fry to mix the ingredients and flavors thoroughly AND serve!

Tomato Golden Tofu

Helen Guo

Sorry, but no word does justice to this nutritious, rich yet simple Chinese dish. Maybe the picture does a little.




Ingredients:

- Tomatoes, chopped loosely
- Eggs, beaten
- Tofu, cut into flat pieces
- Spring onion tops
- Salt
- Sugar (optional)
- Vegetable oil

Steps:

1. Add tofu to beaten eggs, along with a pinch of salt. Let the eggs coat the tofu.
2. Heat oil over MEDIUM, then pour the tofu-egg mixture in. Frying and flipping, make sure the tofu is coated with a golden egg layer. If an “omelette” is formed, break it into individual tofu pieces.
3. Set the tofu aside. Add in tomatoes, saute until softened. Add some salt and sugar to your liking.
4. Add the tofu back and thoroughly mix everything up.



HISTORY & CULTURE

The perennial purple tree collard is a hybrid of the cabbage family. It is thought to have originated in Africa and continues to be common in subtropic and tropical environments. This collard was passed within African American communities and is thought to have been brought by those communities to the Bay Area from the South during World War II. Because the plant rarely goes to seed, its cuttings can be very valuable to growers.

GROWING & CULTIVATION

Purple tree collards prefer sun and temperate climates, though they can survive at a range of temperatures. After the frost, the leaves become especially sweet. Collards can be propagated by taking 8 inch stems with leaves and placing them in moist soil. While the branches get woody after about 3 years, they are said to be able to grow and survive for upwards of 20 years.

Tree Collard

NUTRITION & HEALTH BENEFITS

Purple tree collards are rich in calcium and vitamins B1, B2, and B9, as well as vitamin C. However, importantly, this Vitamin C may be lost if the collard is boiled. It is also high in Vitamin A and soluble fiber.

COOKING METHODS

Collards are delicious served many ways, raw or cooked. They can be simply prepared by blanching and stir frying with salt and garlic. They can also be baked with oil and seasoning to create "kale" chips!

tree collards, caramelized onion, & goat cheese puff pastry tartlet

ingredients ~

- 1 1/2 c chopped tree collards
- 2 medium onions
- 5 oz goat cheese
- 2 tbsp olive oil
- 1/2 tsp dried thyme
- salt & pepper
- 1 sheet frozen puff pastry
 - ↳ [defrosted!]
- gruyere cheese



instructions ~

1. peel & slice your onions into 1/4" slices. pour olive oil onto your pan or skillet and heat to medium heat (not too hot!) add onions to skillet, season w/ a pinch of salt & pepper, & cook until caramelized, ~45-55 mins. stir occasionally. add a little bit more oil/turn down heat if onions start to char.
2. while onions are caramelizing, wash & chop your tree collards. set aside in small bowl.
3. place goat cheese in another small bowl, add a pinch of salt & pepper & thyme. mix with a spoon. set aside.
4. once onions are caramelized, place in small bowl & let cool.
5. preheat oven to 375°F. On a lightly floured surface, lay out the sheet of defrosted puff pastry. cut sheet into 8 equal rectangles, & arrange on a parchment lined baking sheet.
6. top each tartlet with a layer of goat cheese, then tree collards, & finally the caramelized onions. Leave a 1/2" border around each tartlet.
7. cook in the oven for 20 mins. Take out & shave gruyere over the tartlets & put back into the oven for 5-10 mins until golden brown & crispy.
8. take out, let cool, &

enjoy!



Zucchini

NUTRITION & HEALTH BENEFITS

It is rich in nutrients, antioxidants, supports digestion, and just overall helps out in our body—whether it's with our eyesight, heart, skin.

COOKING METHODS

My go-to method of cooking is to slice it up and saute it in the pan, maybe adding it to a pasta or on a salad. You could also bake it in an oven, create zucchini spirals, or mash into zucchini fritters. It's also perfect for a summer barbeque.

GROWING & CULTIVATION

End of the summer! Oxford Tract, SOGA, Clark Kerr, and Barker garden have all grown zucchinis in the past.

HISTORY & CULTURE

Although this squash crop can be traced back to Mesoamerica, Zucchini originates from Northern Italy during the 19th century. This crop first appeared in North America during the 20th century at the arrival of Italian immigrants.



ZUCCHINI BREAD

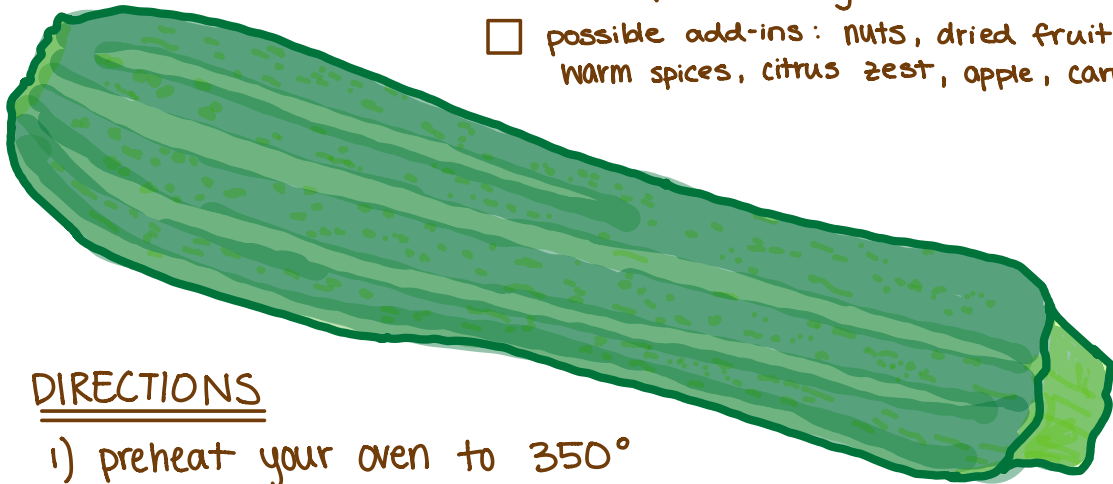
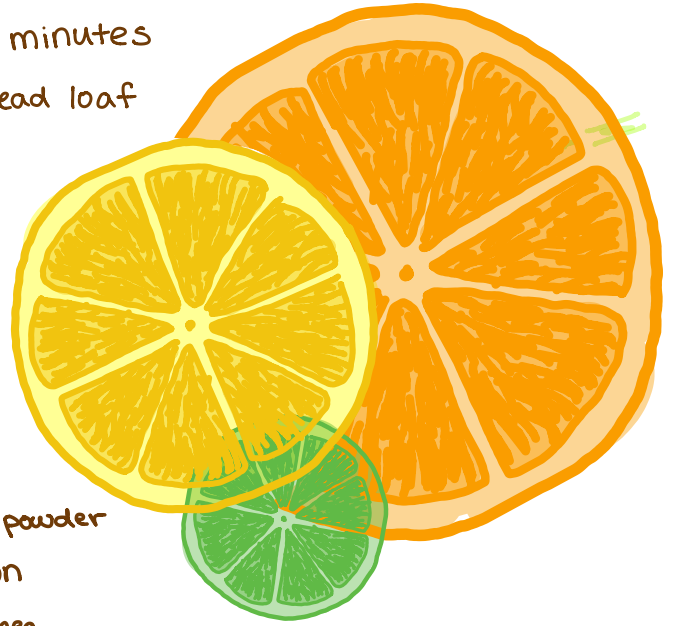
VEGAN

TIME: 90 minutes

YIELD: 1 bread loaf

INGREDIENTS

- ☐ 1.5 cups zucchini (grated)
- ☐ 1.5 cups flour
- ☐ $\frac{2}{3}$ cups brown sugar
- ☐ $\frac{1}{3}$ cups olive oil
- ☐ 1 banana (mashed)
- ☐ 1 tspn vanilla extract
- ☐ $\frac{1}{2}$ tspn salt
- ☐ 1 tspn baking soda
- ☐ 1 tspn baking powder
- ☐ 1 tbsp cinnamon
- ☐ $\frac{1}{2}$ tspn nutmeg
- ☐ 1 lemon (juice and zest)
- ☐ $\frac{1}{4}$ cup non-dairy milk
- ☐ possible add-ins: nuts, dried fruit, warm spices, citrus zest, apple, carrot



DIRECTIONS

- 1) preheat your oven to 350°
- 2) grate the zucchini and squeeze out as much moisture as possible using paper towels
- 3) whisk together flour, salt, baking soda + powder, and all spices
- 4) in another large bowl, combine zucchini, brown sugar, olive oil, banana, vanilla, lemon zest + juice
- 5) add the dry ingredients into the wet until all combined
- 6) stir in milk to loosen the batter
- 7) pour the mixture into a greased bread tin and bake @ 350° for ~50 minutes or until a toothpick comes out clean

ENJOY!

Vegan Zucchini Brownies

Ingredients:

- 1 medium zucchini, peeled and sliced, and measured 2/3 cup
- 1/4 cup + 2 tablespoons pure maple syrup or agave syrup
- 1/2 cup creamy roasted almond butter (runny, not stiff/thick)
- 1/2 teaspoon vanilla extract
- 1/4 cup superfine oat flour, spelt flour or all purpose flour
- 1/4 cup + 2 tablespoons unsweetened natural cocoa powder (not dutch)
- pinch of salt
- 6 heaping tablespoons dairy-free semi-sweet chocolate chips + 3 tablespoons for top

Instructions:

1. Spray a nonstick small pan with nonstick spray well on the bottom and sides (try to avoid Canola oil). Preheat the oven to 350°F degrees.
2. Peel and slice the zucchini. Use a scale so you get the correct amount of moisture for the brownies, as all zucchini sizes are so different.
3. Add the zucchini and all of the remaining ingredients, except the chocolate chips, to a food processor or blender and blend until smooth. Scrape the sides and process for another minute. It should be very smooth and runny. If you taste it and want the base sweeter, add 1-2 tbsp of a dry granulated sugar.
4. Stir in the chocolate chips, do not blend. Pour the batter into the prepared pan, making sure to scrape out all of that chocolatey goodness. You may now add more chocolate chips on the top for even more chocolatey goodness.
5. Bake for 22-25 minutes (depending on how cake-ie you want them) until they have a dry/shiny look on top and have pulled away from the edges. Depending on whether you correctly measured your zucchini will affect the baking time, as less water from the zucchini means they will cook faster. Check the brownies at 22 minutes, 20 minutes if you used all-purpose flour.
6. Let them cool in the pan 45 minutes to an hour, or they will fall apart. These firm up a ton while they cool.
7. Eat as is or with a delicious scoop of vegan whipped cream or vanilla ice cream. A truly scrumptious recipe.

ZUCCHINI FRITTERS

INGREDIENTS

- 1/2 cup uncooked green lentils
- 2 smashed garlic cloves
- 1 1/2 cups vegetable broth
- 1/2 tsp cumin & ground coriander
- 3/4 lb (v2) zucchinis
- 1/4 tsp salt
- 1/2-3/4 cup garbanzo flour
- 1 large egg

INSTRUCTIONS

- 1) combine lentils, garlic, & broth in pot. bring to a boil, reduce to simmer, cook until lentils fall apart, ~25 mins
- 2) place zucchini in sieve, sprinkle w/ salt. drain ~10 mins; squeeze out water
- 3) combine zucchini & lentils. add spice, flour, & whisked egg
- 4) stir to combine. shape into thin, 3" patties
- 5) pan fry over medium heat in a thin layer of oil
- 6) pat dry, serve, & enjoy!

Index & Credits

the team behind the research and recipes of each crop

Introduction : Lily

Acorn Squash

Cat, Cierra

Amaranth

Cat

Apple

Veronica, Alison, Cat

Bean Pole

Tasneem

Beet

Cat, Defne, Claire, Alyssa

Blackberry

Veronica, Connor, Sophia

Black Beans

Moe, Sophia

Bok Choy

Mia, Defne, Cat

Cabbage

Sophia, Cat

Carrot

Belle, Veronica, Cierra, Cat, Tasneem

Cauliflower

Tasneem, Cat, Claire, Moe

Chard

Moe, Alexia, Sana

Collard Greens

Veronica, Helen, Tasneem

Comfrey

Cat, Sana

Daikon

Mia, Cat

Garlic

Moe, Alexia, Cierra

Green Fig

Alison, Cierra

Kale

Cat, Veronica

Lemon Cucumber

Lily, Cat

Mint

Cierra

Mulberry

Cat

Mustard Green

Belle, Helen, Sana

Onion

Veronica, Cierra, Mia

Parsley

Moe, Alison, Isie, Alyssa

Passion Fruit

Tasneem, Isie

Persimmon

Mia, Isie

Pears

Tasneem, Connor, Isie

Plum

Lily, Alison, Alyssa

Quince

Emna, Veronica, Tasneem

Squash

Lily, Cat

Sugar Cane

Grace, Sana

Sweet Potato

Mia, Belle, Veronica, Helen, Cat, Alyssa, Cierra

Tamarillo

Helen, Tasneem, Nelly

Tomatillo

Alison, Diego, Cat

Tomato

Veronica, Alison, Tasneem, Mia

Tree Collard

Cat, Genna

Zucchini

Alison, Veronica, Olivia, Cat, Tasneem, Moe