

# Garden Recipe Book

## 2017-2018



**By Ms. Bekkah and the students of Alamo Elementary**

## **Garden Fried Rice**

### **Ingredients:**

- Oil
- 5 cups white rice, cooked
- 1 cup green peas
- 3 large carrots, diced
- 1 medium daikon, diced
- 2 eggs, beaten
- 5 teaspoons canola oil
- 5 teaspoons soy sauce
- Hoisin sauce (optional)
- 1 head iceberg lettuce (optional)



- 1.) Heat oil in wok or large pan or wok, on high heat.
- 2.) Add carrots and daikon and mix gently. Add egg and mix until egg starts to turn solid. Add rice, green peas, and soy sauce. Stir until rice is crispy.
- 3.) Turn off the heat and serve with hoisin sauce if desired.
- 4.) For an extra treat, wrap rice in lettuce and eat with your hands!

## **Rainbow Smoothie**

### **Ingredients:**

- 4 cups strawberries, chopped
- 1 cup orange juice
- 2 bananas
- 3 cups spinach, kale, or other green vegetable
- 2 cups blackberries or blueberries



Put all ingredients in a blender. If it's hard to blend, add more juice until desired consistency is reached. Serve and enjoy! *This is a great way to use up fruit that is going bad. If you ever have overripe bananas or too many berries/mango/peaches etc, chop them up and freeze them.*

## **Herb Butter**

### **Ingredients**

- ¼ c heavy whipping cream
- Dash of salt
- Herbs of your choice (rosemary, thyme, oregano, nasturtium, etc.)



### **Recipe**

- 1.) Pour cream into a jar and add salt. Finely chop herbs and add to jar.
- 2.) Shake! Keep shaking until the milk has separated and the butter has formed.
- 3.) Serve on bread, crackers, or corn tortillas (recipe below). Enjoy!

## **Garden Pasta**

### **Ingredients:**

- 4 cups pasta
- 4 cups greens (kale, spinach, arugula, parsley, fava greens...)
- 1 lemon
- ½ cup butter
- Parmesan cheese (optional)



### **Directions:**

- 1.) Cook pasta. Meanwhile, rip greens into small pieces.
- 2.) Add 1 tsp butter to large pan. Add greens, and stir-fry until wilted, then add pasta.
- 3.) Add butter to taste. Mix until greens are cooked.
- 4.) Squeeze lemons, discard rinds, and set juice aside.
- 5.) Add juice to pasta and stir. Serve with parmesan cheese if desired!



## Spring Rolls

### Ingredients

- Rice paper wrappers
- 10-20 leaves of lettuce, depending on size, finely chopped
- 1/4 large head of red or green cabbage, finely chopped
- Cilantro, mint, or chives, finely chopped
- Edible flowers like nasturtium, borage, etc.
- 2 large carrots, grated
- 8 ounces rice vermicelli
- Tofu (optional)
- Dipping sauce such as nuoc mam pha or a peanut sauce (we just used a mixture of soy sauce, honey, sesame oil, rice vinegar, and water to taste)



### Directions:

- 1.) Prepare vermicelli according to package (let sit in hot water for about 10 minutes)
- 2.) Prepare ingredients. You can mix together or leave in separate bowls so each person can custom make their wrap!
- 3.) Dip rice wrap in cold water for about 5 seconds, then lay flat on a cutting board or plate. In a minute, the wrap will be flexible enough to roll. This step is a bit tricky since the wraps are very fragile—they are brittle and can break easily before wetting, and afterwards they are sticky and rip easily. Be patient!
- 4.) Load ingredients into the wrap just below the equator. Be sure not to add too much, or they will be hard to roll!
- 5.) Fold the bottom of the wrap over the ingredients, then fold the sides in. Finish by rolling it up to seal. Enjoy with your favorite sauce!

## Herbal Tea

### Ingredients

- Herbs: mint, lemon verbena, lemongrass, etc.
- Ginger
- Lemon or orange zest (outer zest peeled from fruit, not grated)
- Black or green tea (optional)
- Filtered water



### Directions

- 1.) Boil water. Let cool in kettle for 5-10 minutes.
- 2.) Add fresh herbs to a teapot. Amount depends on the strength of the herb and how strong you like your tea – approximately 1/4-1/2 cup of leafy herbs per cup of water. Ginger can be potent, depending on freshness.
- 3.) Pour hot water over herbs and let steep for several minutes. Enjoy with honey or sweetener, if desired.

## States-of-Matter Ice Cream

### Ingredients

- 1 cup half and half
- 2 tbsp sugar
- ½ tsp vanilla
- Dash of salt
- ¼ cup rock salt
- Ice



### Recipe

- 1.) Add half and half, sugar, vanilla and salt to a quart sized ziploc bag. Seal tightly.
- 2.) In a gallon-sized bag, put ice and rock salt. Put smaller bag inside big bag and seal.
- 3.) Shake until the liquid has frozen. Enjoy!

## **Radish Salsa**

### **Ingredients:**

- 1 bunch radishes
- Sweet fruit or vegetable: 1 apple, ½ can of pineapple, one mango, or 1 cup corn
- ½ cucumber
- ¼ red onion
- ¼ bunch cilantro
- 1 lime
- Salt and pepper to taste



### **Directions:**

- 1.) Chop radishes, fruit, cucumber onion, and cilantro. Combine in bowl.
- 2.) Squeeze the lime juice into the bowl.
- 3.) Add salt and pepper to taste, stir, and enjoy with chips or corn tortillas!

## **Soil Stir Fry**

### **Ingredients**

- 2 cups black rice, cooked
- 1 can black beans, rinsed and drained
- “Organic matter” like spinach, kale, or swiss chard
- 2 cloves garlic, minced
- Cumin
- Salt
- Oil
- ½ cup sunflower seeds



### **Recipe**

- 1.) Heat oil in a saute pan on high. Add garlic and cumin and cook for 1 minute.
- 2.) Add “organic matter” and let cook until tender.
- 3.) Add rice, black beans and sunflower seeds, stirring frequently, until mixture is hot.
- 4.) Add salt to taste and enjoy!

## **Corn Tortillas**

### **Ingredients**

- 1 3/4 cups masa harina (corn flour, NOT cornmeal!)
- 1 1/8 cups water

### **Directions**

- 1.) Mix together masa and hot water until combined.
- 2.) Knead dough until smooth. If dough is sticky, add more masa; if it begins to dry, sprinkle with water.
- 3.) Cover dough with plastic wrap and allow to stand for 30 minutes.
- 4.) Preheat a cast iron skillet or griddle to medium-high.
- 5.) Divide dough into 15 1-inch balls. Using a tortilla press, a rolling pin, or your hands, press each ball of dough flat between two sheets of plastic wrap.
- 6.) Immediately place tortilla in preheated pan and allow to cook for approximately 30 seconds, or until browned and slightly puffy. Turn tortilla over to brown on second side for approximately 30 seconds more, then transfer to a plate.
- 7.) Repeat process with each ball of dough. Keep tortillas covered with a towel to stay warm and moist until ready to serve.



## **6 Plant Parts Salad**

*(root, stem, leaf, flower, fruit, seed)*

- 1 large carrot, grated
- 1 green onion and/or celery, chopped
- 3 cups lettuce, spinach, or other leaf, chopped
- 1/2 cup pineapple sage, broccoli, nasturtium, or other edible flower
- 1 cup sweet fruit: apple, strawberry, or mango, chopped
- Sunflower seeds, pumpkin seeds, or other edible seed



Prepare ingredients and mix together in large bowl. Top with salad dressing of choice (see recipe below). Serve and enjoy!

## **Garden Salad Dressing**

- ½ cup honey
- Juice from 2 limes
- Salt and pepper to taste
- ¾ cup olive oil

Put all ingredients into a sealed jar. Shake to mix. Serve with your favorite salad!

## **Herbal Lip Balm**

*NOT edible, but a great home remedy for chapped lips! Makes 6 half-ounce tins.*

### **Ingredients:**

- ¼ cup beeswax (beaded or shredded)
- ½ cup olive oil
- 3 teaspoons herbs (Yarrow, Calendula, Comfrey, Plantain, and/or Rosemary)
- 1 mL essential oil (Lavender, Peppermint, and/or Orange)

### **Supplies:**

- Small mason jar and large pot
- Tea strainer or cheesecloth
- Teaspoon
- Water
- Small liquid measuring cup
- Pot holder
- 6 half-ounce round metal tins, with lids.



- 1.) Mix all ingredients in mason jar.
- 2.) Place in pot of boiling water and cover. Wait 7-8 minutes for mixture to melt.
- 3.) Use pot holder to remove the mason jar from the pot.
- 4.) Using the cheesecloth or tea strainer, strain from the jar into measuring cup to separate the herbs from the liquid. Immediately pour into tins.
- 5.) Wait until solid before sealing with lids. Apply to chapped lips and dry skin!