

# *Recipes*

*From the Garden*



*Compiled and prepared by*

*Huntington 21<sup>st</sup> CCLC After-School  
Garden Club Students*



*Many of the vegetables and herbs used in these recipes were grown in our beds at the Eastwood Neighborhood Association Community Garden.*

*Thank you ENA!*



## Huntington 21<sup>st</sup> CCLC After-school Garden Club

Our mission is to learn how to take care of ourselves and the world around us. We believe in the importance of learning how to grow food and how to prepare it in a way that is nutritious and delicious so that we can be healthy. In gaining this knowledge, we believe it is our role to share it so that family and community members can also be healthy. We take pride in planting flowers to bring joy and beauty to our neighborhood. It is hoped that through this work we will teach the school and community ways to recycle, compost, and grow beneficial plants that not only look nice but provide a purpose to help teach everyone about nutrition and healthy lifestyles. We are not just a garden club. We are life-long gardeners who will help shape our community.

### 2017-2018 Garden Club Members:

David	Abdijaber
Emily	Akeela
Evan	Alexandra
Faduma	Alyssa
Fahmo	Ary
Grace	Bryan
Gwendolyn	Cassandra
Imani	Clarice
Isabella G.	Eliani
Isabella H.	Filsan
Jasmine	Htin
Jayla	Jason
Juliana	Louis
Lee Ann	Olivia
Thu Hla	Vanessa

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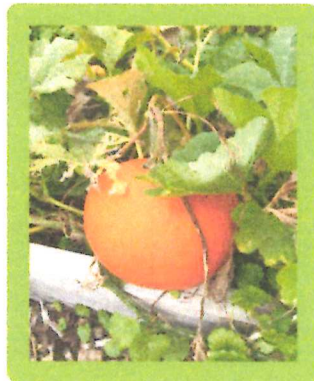
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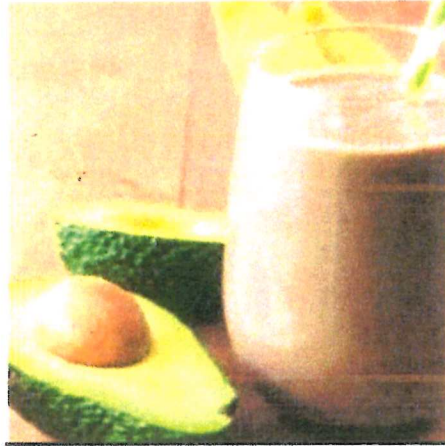
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### HGC Chocolate (Avocado) Smoothie

We love avocados! They are filled with antioxidants, are a healthy source of fat and protein, and are really *really* fun to grow. If you've never had one before, this is a great recipe that makes use of the rich, creamy consistency.

#### **Ingredients:**

1 half of an avocado	1 heaping T of cocoa powder
½ c vanilla yogurt	½ c cold milk
2 T honey	1 c of ice

#### **Directions:**

Place all ingredients into cup of Nutri-Bullet or similar blender. Blend until the consistency of chocolate pudding. Enjoy!

#### **Optional Add-ins:**

We sometimes like to make our smoothies into a meal replacement so a scoop of your favorite protein powder would be a great addition. You could also add a spoonful of raspberry jelly, whole strawberries, or any other fruit that you like to mix with chocolate.



### HGC Pumpkin Bread

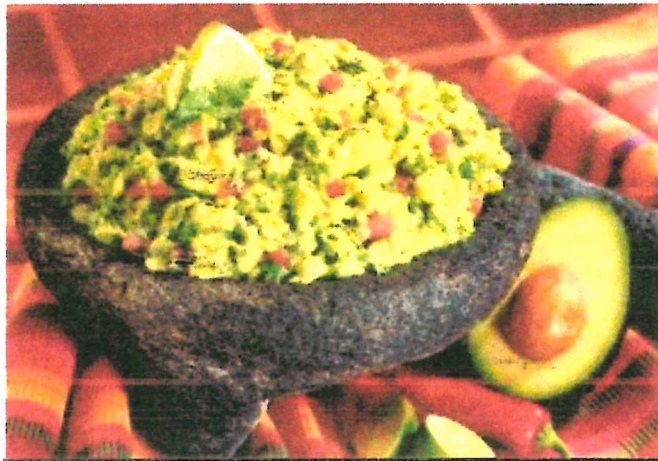
Try adding 1 cup of chocolate chips or chopped nuts at the end of this recipe if you are feeling fancy... but this bread is delicious with nothing more than a thin layer of fresh butter any time of the year.

#### **Ingredients:**

2 c flour	½ c corn or vegetable oil
1 tsp baking soda	2 large eggs
½ tsp baking powder	1 c canned pumpkin
2 tsp Chinese 5 spice	½ c water or 4 ounces of apple sauce
¾ tsp salt	
1 ½ c sugar	

#### **Directions:**

- 1) Preheat oven to 350. Mix all wet ingredients together. Whisk together dry ingredients in separate bowl and fold into wet mixture.
- 2) Pour into 2 greased 9x5 inch loaf pans. Bake one hour or until a toothpick inserted comes out dry. Let cool at least 10 minutes before serving for best results.
- 3) Serve with fresh butter or nothing at all. Wait for compliments. They are coming!



### HGC Guacamole

If you haven't tried guacamole before, it can look pretty scary. For one, it's *green*... And who knows what is hidden inside that thick, creamy concoction? To make it more fun and far less intimidating, we recommend making a guacamole bar. The details are in the recipe.

#### **Base Ingredients:**

4 avocado halves (2 avocados)  
¼ c of fresh lime juice  
Coarse salt and freshly ground pepper  
½ tsp garlic powder

#### **Bar Ingredients or Stir-ins:**

Chopped green onion	Smoked paprika
Diced tomato	Minced red onion
Finely chopped jalapeno or cherry peppers	siracha sauce
Freshly minced garlic	chili powder
Plain yogurt or sour cream	bell pepper

#### **Directions:**

Place base ingredients into cup of Nutri-Bullet or similar blender. Blend until smooth and adjust seasons to taste. Spoon into small bowls, each with its own spoon. Place remaining ingredients in individual bowls and allow each person to customize his/her own bowl of guacamole to taste. The plain yogurt can help tone down any flavor accidents, like too much lime or hot pepper. Serve with plenty of tortilla chips for dipping as folks will want to try it as they assemble!

Note: This is a fun idea for parties and all ingredients can be prepped the day before. To keep the mashed avocado/lime mixture from getting discolored, place it in a Ziploc bag with all of the air squeezed out overnight or freeze for several weeks. Remember that hot peppers get hotter the longer they have been cut, as more capsaicin releases over time so adjust use accordingly and always wear hand and eye protection when handling seeds and raw peppers.



### HGC Vegetarian Sushi

If you've never tried sushi before, you're in for a treat. Assembling your own means that you can choose the ingredients that appeal most to you. Fresh ingredients that you have grown may be the best way to go at first and then, as you get braver, you may want to branch out and try something more daring.

#### **Ingredients:**

1 package of sushi-nori wraps	1 long, thin cucumber
1 cup of uncooked jasmine rice	1 beautiful bell pepper any color
1 long, thin carrot	2 c water
2 T rice wine vinegar or white wine	1 T sugar

#### **Whisk together for sauce:**

½ c low sodium soy sauce	1 tsp chili oil
1 tsp sesame oil	1 tsp honey
Sesame seeds	Chinese 5 spice powder

#### **Directions:**

- 1) Cook rice in rice cooker by adding liquid ingredients to dry rice and sprinkling in salt and vinegar. Cook on white rice setting.
- 2) While rice cooks, thinly slice vegetables into long, even spears about the width of a chopstick. Trim ends off of peppers to maintain the line shape. Munch on scraps of veggies.
- 3) When rice has cooked but is still hot, use a spatula to spread it thinly and evenly onto 2/3rds of the nori wrap. About an inch and a half of bare wrapper should be at the bottom. Now, carefully arrange "stripes" of vegetables laying the precut strips lengthwise on the bed of flattened rice about an inch apart. Trim any excess off the ends and gobble it up.
- 4) Now the fun part: from the top or rice covered part of the wrap, carefully roll toward you, tucking the wrap and veggies in as you go. The finished product will look like a healthy cinnamon roll on the ends. Sprinkle warm water onto the remaining inch and a half of nori wrap and use it to seal the roll. Repeat the process until you run out of rice, rolls, or veggies.
- 5) Slice into 1 inch pieces starting with the first roll you made. (Rest time makes cutting easier with a sharp knife. You may need to rinse the knife between rolls to get the sticky rice off.)
- 6) Dip rolls into prepared sauce and enjoy!



### HGC Apple Turnovers

Like many of our recipes, this too has a few delicious options for the creative cook. Try subbing the vanilla extract with caramel or maple extract for a simple yet notable twist. Add sliced almonds to the top or try using 5 spices in place of the cinnamon to keep people guessing what that delicious flavor is.

#### **Basic Recipe:**

Puff pastry sheet (found in freezer section of grocer's)

One apple per turnover

1 tsp brown sugar per turnover

1T butter for each turnover

1 tsp vanilla

Ground cinnamon or apple pie spice to taste.

#### **Directions:**

- 1) Preheat oven to 400. Place puff pastry sheet on counter near warm oven to thaw.
- 2) Peel, core, and finely dice apples. Place in mixing bowl.
- 3) Stir in about 1 heaping tsp brown sugar per apple in bowl. Season with spices to taste. Mixture should be a rich, brown color. Chop butter coarsely and gently mix into apples. Add 1-2 tsp vanilla, if desired.
- 4) Roll out puff pastry into a large square. Cut into 9 smaller squares, each square should be about 5"x5".
- 5) Arrange squares on baking sheet **before** assembling!
- 6) Spoon apple mixture onto squares. Fold diagonally and press to seal with a fork. Score top of each turnover for ventilation.
- 7) Bake at 400 for 7-10 minutes until puffy and golden.
- 8) Cool for 3-5 minutes before gobbling up!



## HGC Squash Pie



It sounds kind of gross, right? A pie made out of *squash*? But choosing one of pumpkin's delicious cousins is an excellent way to get acquainted with the world of squash. Every single one of the students who tried it agree!

### **Ingredients:**

1 graham cracker pie crust  
2 acorns or other medium squash of your choice (not spaghetti squash)  
 $\frac{3}{4}$  c packed brown sugar  
 $\frac{1}{2}$  tsp salt  
2 tsp apple pie spice  
1 T cornstarch  
3 large eggs  
1 (12 oz) can of evaporated milk  
1 tsp vanilla  
Maple syrup, Cinnamon, and melted butter

### **Directions:**

Before beginning the pie, slice the squash in half and discard the seeds. Drizzle with cinnamon, maple syrup, and melted butter. Place on a cookie sheet and cover with foil. Bake until tender – about 45 minutes. Scoop out meat.

- 1) Preheat oven to 350. Mix 1 cup of squash with eggs. Slowly add in cornstarch, sugar, salt, and pie spice. Add vanilla and evaporated milk and mix until smooth.
- 2) Pour into pie crust and bake for 1 hour.
- 3) Pie needs to set before serving! Allow to cool for 1 full hour before eating or serve next day with plenty of whipped cream.



### HGC Fruit Smoothie

A smoothie can be as simple or as complex as you'd like. The basics ingredients are fruit, ice, and a liquid for blending. A creamier smoothie has yogurt or avocado in it, while a fruit slushy has no dairy and uses fruit juice as a liquid. The possibilities are endless. Here is one of our favorites:

#### **Ingredients:**

1 c frozen tropical fruit

1 T honey

1 c ice

½ c fruit juice or cold milk

½ c vanilla or fruit yogurt

#### **Directions:**

Place all ingredients into cup of Nutri-Bullet or similar blender. Blend until smooth and creamy with no visible chunks of fruit. If your smoothie is too thick and sticks to the sides of the canister, add a bit more liquid to get things going again.

#### **Delicious substitutes or add-ins:**

- Fresh strawberries for a tarter taste
- Half a banana and peanut butter in place of frozen fruit. Blend with ice, milk and yogurt.
- Watermelon, cantaloupe, or honey dew melon blended with honey, ice and juice
- Half an avocado in place of yogurt
- A scoop of vanilla protein powder
- Vanilla extract
- A spoonful of jelly in place of honey
- Add your own ideas



### HGC Lavender Lemonade

Sure, you've had lemonade. You may have even been lucky enough to try *pink* lemonade. But have you ever dared to try *lavender* lemonade? We didn't think so. Try it!

#### **Ingredients:**

1 large bunch of lavender, plus more for garnish.  
Juice from 3 lemons, or ½ cup store bought lemon juice.  
2 cups of water  
1 cup of sugar

#### **Directions:**

- 1) Boil water and sugar until reduced by half, stirring frequently (7-8 minutes at rapid boil).
- 2) Remove from heat and stir in lavender bunch. Let steep for 10-15 minutes or until cool.
- 3) Strain liquid into a pitcher. Stir in lemon juice, and several cups of fresh ice. For a pretty final touch, add several slices of lemon and place a lavender garnish in each cup upon serving.



### HGC Margarita Herb Pizzas

Every year, the students are asked what item they would most like to cook in our class and every year they make the same request: *PIZZA!* After years of perfecting our process, we present the Huntington Garden Club Margarita Herb Pizza. It's simple, fast, and a whole lot of fun!

#### **Ingredients:**

1 lb of bread dough (will yield 4 personal pizzas)  
1 jar of your favorite tomato sauce  
1, 8 oz block of low-moisture low-fat mozzarella cheese  
1 c fresh basil leaves  
¼ c fresh thyme leaves  
¼ c fresh oregano leaves  
1 large tomato or 2 medium tomatoes  
Salt and Pepper to taste  
Cornmeal for lining the pan

#### **Directions:**

- 1) Preheat oven to 400 and divide bread dough into four sections and roll out on a floured surface until a misshapen circle appears. Transfer to a baking sheet that has been sprinkled with cornmeal. Repeat with remaining dough balls.
- 2) Slice the mozzarella cheese into ¼ inch slices. Slice the tomatoes as thinly as possible.
- 3) Spread a layer of sauce onto the dough. Sprinkle the sauce with fresh thyme and oregano.
- 4) Next, place slices of mozzarella in a pretty arrangement among the 4 pizzas until none remains. Follow with thinly sliced tomatoes. Sprinkle with salt and pepper.
- 5) Bake pizzas until bubbly and golden (about 15-20 minutes). Remove from oven and place basil on top of hot pies. The heat will wilt the leaves but keep them from drying out in the oven. Serve when cool enough for consumption.

Note to the chef: These pizzas were prepared in a small convection style oven. You may need to adjust cooking time or temperature for additional ingredients.



### HGC Pumpkin Cookies

If you make these to bring to an event, be prepared to make them every time you return because they *will be requested!* Even people who think they can't stand pumpkin are tricked into loving it with these super chewy, ultra-delicious cookies. They are even great without the glaze if you are pressed for time!

#### **Ingredients:**

1 c shortening	1 tsp baking powder
½ c brown sugar	2 tsp apple pie spice
½ c white sugar	½ tsp salt
1 cup canned pumpkin	1 egg
1 tsp vanilla or caramel extract	2 cups flour
1 tsp baking soda	

#### Glaze:

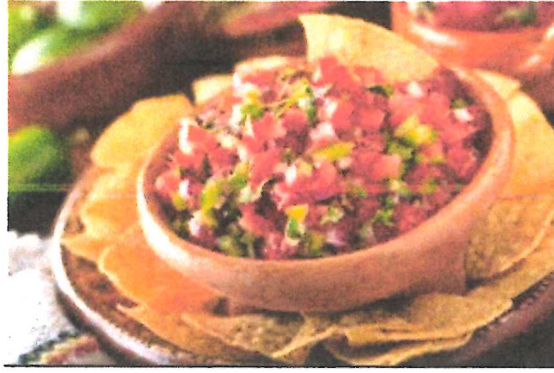
3 T butter	½ c brown sugar
¼ c milk	½ tsp Chinese 5 spice
2 c confectioner's sugar	

#### **Directions:**

- 1) Preheat oven to 350 and grease 2 cookie sheets or line with parchment paper.
- 2) Combine sugars, shortening, pumpkin, egg, and vanilla. Sift together remaining dry ingredients and fold until wet. Drop dough by heaping teaspoons onto baking sheets or parchment paper.
- 3) Bake for 10-12 minutes and cool on wire racks.

#### **Penuche Glaze:**

- 1) In a small saucepan over medium heat, combine butter and sugar. Heat to a boil, stirring constantly. Cook for 1 minute and remove from heat. Stir in milk, 5 spices, and whisk together.
- 2) Gradually stir in 2 cups confectioner's sugar until smooth. Brush or spoon onto *cooled* cookies for an unforgettable topping. Allow glaze to harden before stacking and storing.



### HGC Garden Fresh Salsa

We like to experiment with our cooking in garden club! Naturally, we tried many combinations of ingredients when assembling what we think is the best homemade salsa. It can be enjoyed right away with tortilla chips or it can be refrigerated for up to a week for a more blended flavor. Tinkering with the ingredients to get it just right takes patience... and a sense of adventure. When using hot peppers, especially the home-grown varieties, the level of heat can vary widely between not only the type of pepper but also with the size of the peppers on the same plate! We recommend chopping the spicier peppers finely (with gloves!) and spooning them in a little at a time to adjust the heat to your liking.

#### **Basic Recipe:**

4 ripe tomatoes the size of your fist	1 large bell pepper – any color
1 whole onion (white or red)	1 jalapeno pepper
4 cloves of garlic	1 serrano or wax pepper
½ tsp salt	¼ tsp black pepper

#### **Optional:**

2 T of finely chopped cilantro or parsley  
1 T lime juice  
Fresh snipped chives or garlic scapes  
A splash of tobacco sauce

#### **Directions:**

- 1) Using a serrated knife, slice tomatoes and dice. Place in a large mixing bowl with juice that comes out. Stir in salt, pepper, and lime juice.
- 2) Use a smaller sharp knife to finely chop onion and bell pepper. Mince garlic finely and stir into tomato mixture.
- 3) Carefully chop hot peppers into small pieces. Put into a separate bowl. Note: To reduce heat, strip the peppers of seeds and discard.
- 4) Stir in hot peppers one spoonful at a time. Taste regularly and remember that peppers get hotter the longer they have been cut! For hot salsa stir them all in. For medium or mild, stir in to taste.
- 5) Mix gently with large spoon and add any final touches such as cilantro, chives, or fresh garlic scapes. Sprinkle with more coarse salt and pepper.

**Notes:** We used a variety of hot peppers because we grew them. In fact, we grew all the vegetables in this recipe. At home, you can substitute a jalapeno for all of the peppers or create a combination of your own design. If you over spice your salsa, simply stir in more diced tomatoes.



### HGC Easy-Peasy Banana Bread

*The title says it all! Some days you don't want to spend a long time perfecting and tailoring a recipe – especially when it is delicious all on its own! There are some sweet variations of this bread, though. If you are feeling creative, you could jazz it up with flavored chips like chocolate or peanut butter but trust us it doesn't need it! We like to whip up a batch of this bread at the beginning of class, and get our work done while it bakes. As a reward for our hard work, we have a warm treat to enjoy at the end of our class.*

#### **Basic Recipe:**

3 ripe bananas, mashed	¼ c melted butter
1 ½ c flour	1 tsp baking soda
1 c sugar	1 tsp of salt

#### **Fancy Options to add or sub:**

½ c apple sauce instead of butter	1 c of chocolate or peanut butter chips
1 tsp apple pie spice	½ c peanut butter in place of butter
1 c chopped pecans or walnuts	

#### **Directions:**

- 1) Preheat oven to 325 and grease a loaf pan.
- 2) Mix all ingredients together in whatever order works for you.
- 3) Pour into prepared pan and bake for 1 hour.
- 4) Cool on a rack for as long as you can stand it! Enjoy with fresh butter or not – your choice!

**Note:** This recipe can also make 12 muffins.



### HGC Mint Tea

Mint is a favorite herb of children and adults alike. We often brew a pot of this at the beginning of class in the early Fall to warm us when we return from prepping our beds for the winter ahead. A treat any time of year, this can also be served cold by substituting the water added at the end of the directions for ice.

#### **Ingredients:**

3-4 cups of freshly harvested mint

1 cup of sugar

3 cups of water + 2 cups of water (added separately)

#### **Directions:**

Bring the 3 cups of water and 1 cup of sugar to a boil. Boil for 3-5 minutes until water visibly reduces. Remove from heat. Stir in mint leaves and let steep for 10 minutes. Strain and discard solids. For iced tea, pour over glasses filled with ice. Garnish with sprig of fresh mint. For hot tea, add 2 cups of boiling water and serve immediately.