

COASTAL ROOTS FARM 

# Harvest Recipe Book

Recipes featuring produce from Coastal Roots Farm



Compiled by Coastal Roots Farm  
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## About the Farm:

Coastal Roots Farm is a nonprofit community farm and education center. We cultivate healthy, connected communities by integrating sustainable agriculture, food justice, and ancient Jewish wisdom.

Since our inception in 2014, Coastal Roots Farm has provided dignified access to fresh food for those who need it most. Inspired by Jewish agricultural practices, we grow organic crops and share the harvest with our community through pay-what-you-can farm stands, Community Supported Agriculture (CSA) programs, and direct donations to local hunger relief organizations. Through workshops, field trips, agricultural festivals, and community events, we offer hands-on education and invite our neighbors to connect to the land and each other.

Coastal Roots Farm is located in Encinitas, CA on approximately 15 acres of land. Our Farm consists of vegetable gardens, greenhouses, a food forest, animal pastures, compost systems, and a vineyard. Coastal Roots Farm was incubated by the Leichtag Foundation and received 501(c)(3) public charity status in 2015.

To learn more and get involved, visit [coastalrootsfarm.org](http://coastalrootsfarm.org).

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## About the Contributors:

Noelle Parton believes in making all facets of wellness simple and getting back to the basics in order to thrive and live an abundant life. She is passionate about using food as medicine, and one of her joys is showcasing the rainbow of life-building and healing foods through delicious plant-based recipes presented without specified measurements. She is a Certified Health Coach and Exercise Physiologist recently completed a Masters in Nutrition for Wellness from the renowned leader in science-based natural medicine, Bastyr University. You can find her creations on her website [simplytothrive.com](http://simplytothrive.com) and related social media.

Katie Hibbard lives each day with a deep desire to create. Katie graduated from Point Loma Nazarene University with a degree in Graphic Design and Sustainability. From cradle to grave—sustainable practices lead Katie's work whether she is using a brush, a thread, a spatula, or a shovel. View more of her work at [katiehibbard.com](http://katiehibbard.com).



## How to Use This Book:

Coastal Roots Farm grows certified-organic produce year round, keeping in step with the mild seasons of our coastal Southern California climate. We believe that the ability to eat seasonally and locally is an integral part of a healthy food system, which is why we make our produce available to all of our neighbors, regardless of ability to pay. We think incorporating fresh produce into your daily diet is not only a healthier, more sustainable way to eat, but it's also delicious!

These recipes are intended to be a guide into the abundance of the plant world.

The best form of medicine is food, and the best food as medicine is daily consumption of the varied tastes, colors, and textures of plants. Eating well is about more than a single vitamin, mineral, or protein; in every plant, an entire symphony of vitamins, minerals, phytochemicals, and fiber work together, building on one another to create optimal health for your body.

In this book you will find a selection of vegetables that Coastal Roots Farm grows throughout the year. For each item of produce we have provided storing recommendations (without plastic), a few health benefits, and tasty recipes. The recipes are simple and flexible, and all are plant-based, vegan, dairy-free, and gluten-free. Ingredient amounts are offered as suggestions rather than specific measurements. We hope this encourages you to become comfortable cooking with produce and adjusting recipes according to your own tastes and preferences. Don't be afraid to use all your senses as you cook—smell, taste, listen, look, and touch. Some of these recipes may serve as a complete meal, while others lend themselves best to side dishes or starters. Feel free to modify according to your eating habits, adding fish, meat, or dairy as desired.

Coastal Roots Farm strives to nourish community, and we hope this book helps you nourish yourself and your own community. Thank you for sharing the harvest with us!

*All recipes included in this book were developed by Noelle Parton. They are original recipes unless adapted by Parton from other sources. View adapted recipes in the bibliography. Copyright 2018, N. Parton.*



## Table of Contents:

Beets.....	6
Cabbage .....	8
Carrots.....	10
Cauliflower .....	11
Collard Greens.....	12
Delicata Squash .....	14
Fairy Tale Eggplant .....	16
Fennel .....	17
Green Bell Pepper .....	18
Kale .....	19
Kohlrabi.....	21
Leek.....	23
Mustard Greens .....	24
Pak Choi/Bok Choy.....	26
Patty Pan Squash .....	28
Purple Bush Beans .....	29
Radish.....	30
Red Long Bunching Onions .....	31
Rutabaga .....	33
Shallots .....	35
Swiss Chard .....	36
Traviata Eggplant .....	38
Turnips .....	39
Zucchini Squash.....	40
Recipe bibliography .....	42



## Beets

Beets, a flavor-packed root veggie, help increase the body's ability to defend cancer as well as protect the heart and brain. Their deep red-violet hue comes from bioactive pigments and compounds that help your body detoxify. And don't throw away those greens—they're flavorful and nutritious! Enjoy the tops sautéed or added to smoothies. To store beets, remove greens from roots. Store greens in an open container with a wet towel on top. Store roots in a paper bag in the refrigerator crisper drawer.

### Shredded Beet, Carrot, and Apple Salad

*Three ingredients harmonize into a stunning and refreshing salad. Serve as a side, invigorating snack, or part of a bowl with greens and protein.*

Total time: 10 minutes

Yield: 2+ servings

#### **Ingredients:**

2-3 large raw beets

2-3 large carrots

2-3 tart apples, cored

Large bunch of parsley, finely chopped

½ - 1 lemon, juiced

Sea salt and black pepper, to taste

#### **Directions:**

Shred beets, carrots, and apples. Equal parts of each is a great place to start, adjusting as desired. Toss together with parsley and lemon juice to taste. Finish with salt and pepper if needed.

## Beet and Persimmon Smoothie

*A sweet smoothie brightened with lemon, ginger, and herbs. A power-packed way to support digestion and fuel your body to start the day.*

Total time: 10 minutes

Yield: 1+ servings

### Ingredients:

1-2 beetroots, diced

Large bunch beet greens

1-2 persimmons, Fuyu or Hachiya, tops removed

1-2 stalks celery, roughly chopped

Knob fresh ginger

Several sprigs parsley

Lemon, as desired

Water, as needed

### Directions:

In a high-speed blender, add as much of each ingredient as you like, except the water. Play with the amounts to create your own unique smoothie. Blend until smooth and creamy, streaming in water until desired thickness.

Taste and adjust with any additional ingredients. If it seems too “beety,” try adding extra lemon to brighten it up.

### Notes:

No need to peel the beets when they’re organic, simply wash or wipe off any dirt and remove any of the roots.

If using Hachiya persimmons, make sure they are very soft; unripe Hachiyas contains tannins that will cause your mouth to dry out.



## Cabbage

Both green and purple cabbage boast different nutrients and phytochemicals that create their beautiful colors. Like broccoli, cabbage releases phytochemicals when cut or chewed, which promote necessary functions like detoxification and hormone balance. Eat raw or lightly steamed to retain all the vital phytochemicals, and keep cabbage on a cool counter or in the refrigerator crisper drawer.

### Cabbage Salsa

*A recipe that never gets old. Packed with flavor, this salsa will keep you coming back for more. Best simply served in heaps and with a fork.*

Total time: 15 minutes

Yield: 8-10 one-cup servings

#### Ingredients:

1 large or 2 small heads cabbage

Pinch sea salt

1 red onion, sliced thinly

Jalapeño, minced

1 bundle cilantro, chopped

2-3 limes, juiced

3-4 ripe tomatoes, diced

Freshly ground pepper

#### Directions:

Shred cabbage as thinly as possible and place in large bowl. Massage with salt until cabbage softens and begins to release water.

Add onion, as much jalapeño depending on desired spice level, cilantro and lime juice.

Mix well and lightly massage again to release additional water from cabbage. Add tomatoes and mix well.

Taste and season with black pepper and extra salt if needed.

Serve immediately, chilled, or let sit overnight in the fridge for the cabbage to release more liquid and wilt.

## Basic Traditional Sauerkraut

*Traditionally fermented sauerkraut is an incredibly powerful food to add to your diet. Not only is it a probiotic, loaded with beneficial bacteria that your gut needs to stay healthy and encourage overall health, but it is also a prebiotic which means it contains the food (the cabbage!) for the bacteria to multiply and grow.*

Total time: 20 minutes, plus time to ferment

Yield: 1-2 quarts, depending on cabbage size

### Ingredients:

1 large head cabbage, about 2 pounds

1-2 tablespoons quality sea salt (non-iodized)

Glass jar such as a mason jar or other fermentation vessel

Airlock lid, optional

### Directions:

Shred cabbage either with a knife or mandolin. The thinner the shred, the quicker the ferment.

Place in a large mixing box and sprinkle with salt. Massage the cabbage firmly, as you would dough, until the salt is spread out evenly and water is released from the cabbage, creating a saltwater brine in the bowl. For less time massaging, let the cabbage sit for about 10 minutes after mixing the salt and cabbage.

Taste to ensure the cabbage is very salty.

With your jar ready, taking a handful of cabbage at a time, squeeze out remaining water and add into your jar. Press it down with your fist or a flat tool so that no air is throughout the cabbage. It should be packed down well. Keep repeating with the remainder of the cabbage and leave at least 2 inches of air from the top of the jar. Use the outer cabbage leaves and weights or the cabbage core on top of the packed cabbage to keep the cabbage weighted down. Cover with the brine so that there is about 1 inch of brine covering the cabbage and 1 inch of space from the brine to the top of the jar. Remove any floating cabbage (unless using an airlock) and cover tightly with the lid.

Store in a dark space that is 64-70°F. If using a normal lid, unscrew the lid and “burp” daily. This step is not necessary if using an airlock. Small bubbles should be present in the jar after several days.

Taste after 1 week to gauge tang and begin eating if it is as you like, or let ferment longer to develop a deeper tang.

Store in the fridge for at least one year.

### Note:

As you master this basic sauerkraut, enjoy experimenting by adding veggies like shredded carrots, thinly sliced onion, purple cabbage, and spices like caraway seeds, dill, fresh garlic, or jalapeños.



## Carrots

Your parents were right: carrots really are good for your eyes! They contain beta-carotene, which your body converts to vitamin A— a vital nutrient for your eyes. But vitamin A isn't just good for your eyes; it's also necessary for immune, cell, reproductive, and bone health. To keep carrots crisp, remove the greens (save these for smoothies, pestos, or stir fries) and keep in a covered glass container filled with water.

### Raw Carrot Ginger Soup

*Create a nourishing soup in minutes. Full of sweet carrots kicked up with fresh ginger and turmeric, this soup is great served as a main dish or as a side dish with a choice of main protein.*

Total time: 10 minutes

Yield: 1-2 servings

#### **Ingredients:**

3-4 carrots, roughly chopped into chunks

1 zucchini, roughly chopped

1/4 - 1/3 cup raw cashews, soaked at least 15 minutes

Splash raw apple cider vinegar or lemon juice

Knob fresh or pinch ground ginger

Knob fresh or pinch ground turmeric

Pinch freshly ground black pepper

Pinch sea salt

Water, as needed

#### **Directions:**

Place all ingredients except water in a high-speed blender. Start with a small amount of ginger, turmeric, and black pepper until after blending and tasting. Blend on high until smooth, adding water as needed to blend and until desired thickness. Taste. Add additional seasonings if needed.

Serve cold as a refreshing, chilled soup or continue blending until warm.



# Cauliflower

Cauliflower can be purple, orange, or white, but even the white-colored veggies are full of powerful nutrients and compounds. Cauliflower's potassium, vitamin C, folate, and B6 help to support the immune system and cognition. It also contains compounds known to boost the body's ability to defend against cancer. To store, keep in a closed container or paper bag in the refrigerator crisper drawer.

## Cauliflower Fauxtatoes

*A versatile vegetable that can take the shape of many other foods, cauliflower makes an excellent swap for potatoes to create a creamy, savory mashed potato alternative.*

Total time: 5 minutes

Yield: 3-4 servings

### Ingredients:

1 head cauliflower, broken down into small chunks  
Handful of raw cashews, soaked about 30 minutes and rinsed  
 $\frac{1}{4}$  -  $\frac{1}{2}$  lemon, peeled and left whole or juiced  
1-2 teaspoons onion powder  
 $\frac{1}{2}$  - 1 teaspoon garlic powder  
Pinch smoked paprika  
Pinch nutritional yeast, optional  
Pinch sea salt and freshly ground black pepper  
Warm water, as needed  
Herbs of choice

### Directions:

Put as much of each ingredient as you want, except the water, into a high-speed blender. Start with a lesser amount of lemon and spices to make it easier to adjust the flavor to your preference. Blend on high until smooth and creamy, adding small amounts of water just to help blend but keep thick. Taste and adjust any additional ingredients like cashews for creaminess or spices for a more savory flavor. Blend for 30 seconds to 1 minute to warm. Serve with herbs of choice, salt and pepper.

### Notes:

Taste a piece of the cauliflower prior to blending to ensure that it isn't spicy or bitter as it sometimes can be.

While this is raw, you can easily create a cooked version by steaming the cauliflower prior to blending and serving hot.



These dense, leafy greens are one of the richest plant sources of calcium, critical for bone health and healthy cell function.

They're also dense with folate, a key nutrient in heart health and brain function. Collards are traditionally used in Southern cuisine but are delicious in a variety of dishes. To store, bunch like a bouquet and keep in a cup of water on the counter or in the refrigerator. Or, store wrapped in a damp cloth, bands/twist ties removed.

## Collard Greens

### Sautéed Collards with Caramelized Onion and Mushrooms

*The perfect combination of sweet and caramelized onion and mushrooms with slightly sautéed kale and rich umami flavor. Serve as a side to your favorite main dish or bulk up with extra vegetables and choice of protein.*

Total time: 15 minutes

Yield: 4-5 servings

#### Ingredients:

- 1 tablespoon coconut oil, olive oil, or ghee
- 1-2 cloves of garlic, minced
- 1 small onion, diced or cut into strips
- 4-5 mushrooms, sliced
- 1 bunch collards, chopped or thinly sliced
- 1-2 tablespoons tamari or soy sauce, if not gluten free

#### Directions:

Heat oil in a skillet on medium heat. Add garlic, onions, and mushrooms with a pinch of salt and slowly caramelize until desired color has been reached. Once caramelized, add collards and sauté until wilted. Stir in the tamari. Taste to ensure the flavors are perfect. Serve and enjoy!

## Chickpea & Avocado Collard Wraps with Tahini Sauce

*These nutrient-dense collards provide the perfect hearty, whole-foods wrap full of flavor and texture. Great for any meal!*

Total time: 10 minutes

Yield: 6 wraps

### Ingredients:

*For the sauce:*

1/4 cup raw tahini

1-2 cloves of garlic, minced

1/4 - 1/2 lemon, peeled and left whole or juiced

Fresh parsley

Pinch cayenne, jalapeno, or red pepper flakes, optional

Pinch sea salt

Water, as needed

*For the filling:*

3/4 - 1 cup cooked chickpeas, cooked from dried

1 ripe avocado, mashed

Large bundle fresh parsley, finely chopped

1 small red onion, diced

2-3 medium carrots, shredded

Sea salt and freshly ground pepper, to taste

6 collard greens, stems trimmed down

### Directions:

Blend ingredients for the sauce together in a blender or with an immersion blender, streaming in water to help blend. Set aside.

Combine all ingredients for the filling, except for the greens, into a bowl and lightly mash until everything is well incorporated.

Scoop a healthy portion of the mixture into each collard wrap.

Drizzle with the tahini sauce, a sprinkle of parsley, and any hot sauce, if desired.

### Note:

The cooked chickpeas can easily be swapped with a different legume such as sprouted lentils, quinoa, or a different main protein of choice.



## Delicata Squash

Unlike summer squash, winter squash has a hard waxy peel. Common types are butternut, acorn, delicata, and kabocha. Winter squash promotes better immune health and is rich in vitamin A. Don't forget to save the seeds! You can roast them for a tasty source of fiber, healthy fats, and protein. Stored in a cool, dark, well-ventilated place, winter squash will keep for 1-3 months.

### Roasted Delicata Squash, Quinoa, and Arugula Salad

*Squash and quinoa ground the delicate, peppery arugula and tart pops of pomegranate to create a beautiful and satisfying meal.*

Total time: 30 minutes

Yield: 2-3 servings

#### Ingredients:

1-2 large delicata squash, halved, seeds removed, and cut into ¼ inch slices

Pinch sea salt and freshly ground black pepper

1-2 cups cooked quinoa

One or two handfuls pecan pieces

3-4 scallions, sliced

½ - 1 lemon, halved

3-4 handfuls arugula or other tender greens

Pomegranate seeds, to top

#### Directions:

Preheat the oven to 400°F.

Lay delicata out on a baking sheet lined with parchment paper and sprinkle with salt and pepper. Bake until tender and golden brown, flipping once, for about 20 minutes. While roasting, toss together quinoa, pecans, and scallions with a squeeze of lemon juice to taste.

When delicata is roasted, lay out greens on a serving plate followed by the quinoa mixture, squash, and pomegranate seeds.

Lightly toss together and finish with a squeeze of lemon and black pepper, if desired.

## Stuffed Delicata with Chimichurri Black Beans

*A simple dish that can be easily swapped with different fillings. Make extra chimichurri and use as dressing or dip for other dishes or veggies.*

Total time: 30 minutes

Yield: 2 halves

### Ingredients:

1 delicata squash, cut in half and seed removed

Water, as needed

*For the chimichurri:*

Bundle parsley, roughly chopped

Bundle cilantro, roughly chopped

1-2 shallots, skins removed and quartered

1-2 cloves garlic

1 tablespoon fresh or dried oregano

1/4 - 1/3 cup raw apple cider vinegar

Extra-virgin olive oil, as needed

Pinch sea salt

Cayenne pepper, if desired

*For assembly:*

1-2 cups cooked black beans

1/2 - 1 cup cooked quinoa

Pumpkin seeds for topping

### Directions:

Preheat oven to 400°F.

Place squash cut side down in a roasting pan.

Pour enough water in the pan to cover the bottom.

Bake squash until fork-tender, 20-30 minutes.

While squash is baking, place chimichurri ingredients in a food processor and pulse, slowly streaming in just enough olive oil until chopped finely and well combined.

Taste and adjust any seasonings.

In a mixing bowl, combine black beans, quinoa, and enough chimichurri sauce to coat. Mix well.

Spoon black bean mixture into delicata squash boats.

Top each boat with additional chimichurri sauce and a sprinkle of pepitas for serving.



## Fairy Tale Eggplant

Fairy tale eggplants are at their best in late summer and fall. Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, bell peppers and potatoes. The phytochemicals that are responsible for the blue or purple pigment also help the body protect against cancer and inflammation, and promote heart and brain health. Wrap fresh eggplant in a paper towel and place in a reusable container in the refrigerator crisper.

### Quinoa Stuffed Eggplant with Tahini Sauce

*Stuffing eggplant is a fun way to incorporate the vegetable into a meal, especially a Mediterranean-inspired dish.*

Total time: 35 minutes

Yield: 2 halves

#### Ingredients:

1 eggplant

Olive oil

1 medium shallot, diced (about 1/2 cup)

5-6 mushrooms, sliced

Pinch sea salt

5 - 6 whole tomatoes, chopped

2 garlic cloves, minced

1/2 cup cooked quinoa

1/2 - 1 teaspoon ground cumin

Bundle parsley, chopped, some reserved for garnish

Freshly ground pepper

*For the sauce:*

1-2 tablespoon tahini

1/2 lemon, juiced

Sprinkle fresh or granulated garlic

Water, as needed

#### Directions:

Preheat the oven to 400°F. Cut the eggplant in half lengthwise and scoop out some of the flesh. Place on a baking sheet and drizzle with 1 tablespoon of oil. Sprinkle with salt and bake for 20 minutes.

While the eggplant is cooking, sauté shallot and mushroom with a pinch of salt until soft, about 5 minutes. Add tomatoes, quinoa, cumin, parsley and pepper and cook until broken down and liquid evaporated.

Remove the eggplant and reduce oven temperature to 350°F. Stuff each half with the quinoa mixture. Bake for another 10 minutes.

In a small bowl, whisk together about equal parts tahini and lemon juice, as much garlic as desired, and thinned with water. Taste and adjust as needed. Drizzle sauce over eggplant and sprinkle with parsley.



fennel

Fennel has a similar texture to celery with a licorice-like flavor. It has been used in natural remedies for thousands of years. Fennel aids in digestion because of its high fiber and certain compounds that enhance digestion. If you plan to eat your fennel within a few days, keep out at room temperature in a bowl or cup of shallow water. For longer storage keep in a closed container with a little water in the refrigerator.

## Fennel and Arugula Salad

*Thinly sliced fennel and cucumbers marinated in tangy lemon bring balance to the light, spicy arugula.*

Total time: 20 minutes

Yield: 1-2 servings

### Ingredients:

1 medium fennel bulb  
1 medium or 2-3 small cucumber  
2-3 large handfuls of arugula or other fresh green  
1-2 lemons, juiced  
Drizzle cold-pressed extra-virgin olive oil, optional  
Pinch sea salt and freshly ground pepper  
Small bunch basil leaves, chiffonade  
Walnuts or other raw nut or seed, chopped

### Directions:

Using a mandoline or sharp knife, slice the fennel and cucumber into thin shavings and place in a mixing bowl.  
Toss with lemon juice, a drizzle of oil, salt and pepper. Let sit in the fridge for 15-20 minutes to soften, if desired.  
Toss marinated vegetables with as much arugula as you like. Taste and adjust seasoning as needed.  
Serve on a platter or in a bowl, topped with basil and walnuts, to taste.



## Green Bell Pepper

The bell pepper is sweet and versatile, and jam-packed with vitamins including A, B, and C. Actually, there's more vitamin C in half a large bell pepper than a medium orange! Bell peppers also contains anthocyanins, which help defend against cancer and protect the heart and brain. Keep in a cool room for short storage, or in the crisper for longer storage. Wash only before use.

### Summertime Bell Pepper Salad

*Simple ingredients come together to create a spectacular salad. Enjoy as a side, snack, or bulk up as a main with some greens and lentils or other protein.*

Total time: 15 minutes  
Yield: 2-4 large servings

#### **Ingredients:**

- 3-4 bell peppers, any color
- 1-2 ears of corn, shucked and kernels shaved off
- ½ large or 1 small cucumber, diced
- 2-3 ripe peaches or nectarines, pitted and diced
- 1 small avocado, pitted and diced
- 1-2 limes, juiced
- Small bunch fresh basil, thinly sliced
- Pinch sea salt
- Freshly ground black pepper
- Minced jalapeño, to taste, optional

#### **Directions:**

Gently mix together all ingredients in a large serving bowl, using as much of each vegetable, basil, and lime as desired. Alternatively, layer each ingredients on a large serving plate, squeeze lime juice over, and sprinkle with basil and seasonings.



Kale is a superfood! As a cruciferous vegetable, it contains phytochemicals that increase the body's own antioxidant functions. Not only that, but kale is also one of the best sources of vitamin K, an essential nutrient for heart and bone health. To store, remove rubber bands or twist ties and place kale in a cup of water on the counter or fridge, or wrap in a damp cloth.

## Mint Cho'kale'te Chip Milkshake

*An energizing, dairy-free drink that's just as thick and creamy as its ice cream counterpart! A great way to boost your greens and get your plant-based protein.*

Time: 10 minutes

Yield: three 8-ounce glasses

### Ingredients:

2 large or 3 small spotted bananas, peeled and frozen in small chunks

1/4 - 1/3 cup raw hemp seeds, soaked at least 15 minutes to soften

2 - 3 large handfuls kale, curly or lacinato

1/2 - 1 cup fresh mint

1/2 cup ice

Water or coconut water, as needed

1-2 tablespoons raw cacao nibs

### Directions:

Place the first five ingredients in a high-speed blender. Start with less mint if unsure of how minty you like your shake. Blend on high until smooth and creamy, slowly adding water to help blend and thin. Want your shake thicker? Blend in a few extra chunks of frozen banana or more seeds. While still in the blender, add a sprinkle of cacao nibs and blend on high for only five to ten seconds, or until the nibs are broken up to desired size. Enjoy served in chilled glasses.

### Note:

Raw cashews are a great alternative for the hemp seeds, as both become very creamy when blended. Soak the same as the hemp seeds.



Kale

## Rainbow Vegetable Slaw

*The perfect balance of raw, crunchy vegetables and rich, creamy avocado sauce.  
Delicious served as-is or as a topping for wraps or tacos.*

Total time: 25 minutes

Yield: 4-6 servings

### Ingredients:

*For the salad:*

¼ - ½ head green cabbage, shredded

¼ - ½ head red cabbage, shredded

3-4 stalks kale, lacinato or curly, shredded and ribs removed

Kale ribs, thinly sliced like celery

1-2 large carrots, shredded

½ - 1 red onion, thinly sliced

¼ - ½ cup golden raisins, some reserved for garnish

1-2 green onions, thinly sliced, for garnish

*For the dressing:*

½ avocado

¼ cup tahini paste

2-3 tablespoons raw apple cider vinegar

1-2 tablespoon Dijon mustard

1 clove garlic

Sea salt and freshly ground pepper, to taste

Water, as needed

### Directions:

In a large bowl, combine as much of each shredded and grated vegetables, except the green onions.

Blend all ingredients for the dressing in a high-speed blender until smooth and creamy, slowly streaming in water to help blend, keeping the dressing thick.

Pour the dressing over the slaw and combine until evenly coated.

Garnish with fresh sliced green onions and golden raisins.

Serve at room temperature or chilled.

Store in the fridge for up to 5 days.



## Kohlrabi

Kohlrabi is a hardy vegetable that can be eaten raw or cooked. The roots are often used in salads, just like carrots or broccoli, and the leaves can be swapped for kale or spinach. Kohlrabi is in the same family as broccoli and cabbage, and is full of nutrients and minerals like potassium, manganese, iron, and calcium. Eat raw or lightly steamed to retain all the nutritious goodness. To store, separate leaves and keep roots in a paper bag in the refrigerator, wrapped in a damp paper towel.

### Fermented Kohlrabi Pickles

*Crunchy kohlrabi with traditional dill and mustard seeds create probiotic-rich pickles.*

Total time: 10 minutes, plus time for fermentation

Yield: 1 quart

#### Ingredients:

2 tablespoons sea salt

1½ - 2 cups water, as needed

Small bunch fresh dill

1-2 teaspoons mustard seed

3 medium kohlrabi, peeled and cut into spears

#### Directions:

In a medium bowl, combine water and salt, stirring until dissolved, and set aside. Place fresh dill and mustard seeds in the bottom of a quart jar, followed by the kohlrabi spears, packing them together vertically and leaving about 2 inches from the top of the jar. Pour enough saltwater brine to cover the vegetables by an inch, leaving about one inch from the top of the jar. Weigh the vegetables down under the brine with a ceramic or glass weight or jar if they begin to float. Cover jars with lids screwed on tight or airlock lids. Let ferment at room temperature (preferably 60-70 °F) until desired flavor and texture, checking after 3 or 4 days. If using a regular lid, unscrew the lid to “burp” and release the pressure every day. If spears are still salty when you check them, put the lid back on and ferment a few more days as needed to reach desired tang. Once to your liking, place the jar into cold storage and keep up to 1 year.

#### Note:

Use whatever spices you like such as coriander, cumin seeds, or jalapeño.



Kohlrabi

## Kohlrabi and Apple Salad with Creamy Mustard Dressing

*Similar to a Waldorf, this salad is crunchy and balances sweet with spice. It is satisfying and filling as both a side and main dish.*

Total time: 10 minutes

Yield: 2-4 servings

### Ingredients:

1 large or 2 small kohlrabi, stems removed, shredded or julienned

1-2 tart apple of choice, shredded or julienned

¼ - ½ purple cabbage, shredded

Handful chopped walnuts

Bundle fresh parsley, chopped

*For the dressing:*

1-2 tablespoons Dijon or spicy mustard

½ - 1 lemon, juiced and zested

1 - 1 ½ cups chopped cauliflower or zucchini

2-3 tablespoons hemp seeds

1-2 dates, pitted

Pinch sea salt

Freshly ground black pepper

Water, as needed

### Directions:

Toss together the first five ingredients in a large bowl.

Add ingredients for the dressing in a high-speed blender. Start with a lesser amount of the ingredients if unsure how tangy, sweet, or mustardy you like.

Blend on high until creamy, streaming in water as needed to help blend. Taste and add more mustard, lemon, or other seasoning if needed. If too thin, simply blend in additional cauliflower/zucchini or seeds.

Pour enough dressing over the salad to coat evenly and mix well. Sprinkle with additional parsley or seeds if desired.

### Note:

Substitute the hemp seeds with other seeds such as sunflower or sesame, ideally soaked for about 8 hours and rinsed.



Leeks are high in vitamin K, an essential nutrient for heart and bone health. They have a mild, onion-like taste and their phytochemicals—like those found in onions—help the body defend against cellular damage that can lead to cancer. Store fresh leeks at room temperature in a cup with shallow water or in the refrigerator crisper drawer wrapped in a damp cloth.

## Creamy Leek Soup

*Garnish with a pop of flavor like fresh herbs or pesto. Serve as a main or with a salad.*

Total time: 40 minutes

Yield: 3-4 servings

### Ingredients:

1-2 parsnips  
1 head cauliflower  
3-4 large leeks, chopped  
Extra-virgin olive oil  
Pinch sea salt and freshly ground pepper  
Ground turmeric  
1 head garlic  
 $\frac{1}{4}$  -  $\frac{1}{2}$  lemon  
Water, as needed, or vegetable stock  
Garnish of choice (herbs or pesto)

### Directions:

Preheat oven to 375°F. Chop the parsnips into smaller cubes and break the cauliflower into slightly larger florets as the cauliflower cooks faster. Place with leeks on a parchment paper-lined baking sheet. Drizzle with just enough

oil to lightly coat and sprinkle with salt, pepper, and as much turmeric as you like. Toss to evenly coat. Slice the top end off of the head of garlic so that the cloves are slightly exposed and remove any of the papery skin if loose. Place flat side down on the parchment paper with the veggies. Roast until tender and golden, about 30 minutes, stirring halfway. Add roasted veggies, and as much of the garlic based on taste preference, to a high-speed blender. (If unsure, start with about half the garlic head and add more after blending and tasting.) Add a squeeze of lemon and blend until creamy, slowly pouring in the water or broth until desired thickness. Taste and adjust with additional roasted garlic, turmeric, lemon, or salt and pepper. Serve with garnish of choice.

### Notes:

To chop a leek, peel off any dry or damaged layers. Cut in half lengthwise and rinse the layers well to wash away hidden dirt. Chop the white and pale green parts as half-moons, up to the point where the darker green becomes tough.



## Mustard Greens

Mustard greens are loaded with health benefits! Like other leafy greens, they promote cardiovascular health. As a cruciferous vegetable, they support the body in daily detoxification and cancer protection.

Finally, the bitter green helps stimulate digestion. Eat the greens raw or lightly steamed to retain all the vital compounds, and store in a cup of water on the counter or in the fridge, rubber bands and twist ties removed.

### Corn and Watermelon Salad with Smoky Dressing

Total time: 15 minutes

Yield: 1 large salad

#### Ingredients:

*For the dressing:*

Raw apple cider vinegar

Tamari or soy sauce

Water

Spices: chili powder, ground cumin, turmeric, garlic powder, and smoked paprika

Sea salt and freshly ground pepper

*For the salad:*

Mustard greens and lettuce, chopped

1 medium zucchini or yellow squash, thinly sliced

¼ large watermelon, thinly sliced

½ - 1 raw corn on the cob, kernels shaved off

½ - 1 large avocado, sliced

Pickled onions

#### Directions:

Mix together equal parts raw apple cider vinegar, soy sauce or tamari, and water. Add desired amount of spices, starting with about ½ teaspoon each and adding additional based on desired smoky flavor. Finish with a sprinkle of salt or seaweed granules and pepper. Set aside. On a large serving platter or in a bowl, build your salad by layering as much greens, zucchini, and watermelon as you like. Taste a small piece of the mustard greens and if they are too spicy, simply use more lettuce. Finish with avocado slices, pickled onions, and dressing.

## Cucumber Noodles with Mustard Greens Pesto

*Mustard greens spice up a Mediterranean-inspired noodle salad.  
Enjoy with your choice of protein, such as chickpeas.*

Total time 15 minutes

Yield: 2-4 servings

### Ingredients:

*For the salad:*

3-4 small or 1 large cucumber, spiralized

½ - 1 cup artichoke hearts, quartered or chopped

¼ - ½ cup Kalamata olives, halved or quartered

1 large or 2 small red bell pepper, diced

*For the pesto:*

2-3 full stalks kale, leaves removed and roughly chopped

2-3 full leaves mustard greens, roughly chopped

Handful mint leaves

½ - 1 lemon, juiced

½ cup green peas

2-3 cloves garlic

Raw walnuts, optional

Pinch sea salt and freshly ground pepper

Water, as needed

### Directions:

Add all ingredients for the salad to a large mixing bowl and toss. Set aside.

Place all ingredients, except for the water, into a blender or food processor. Begin blending, adding water only as needed to help the ingredients blend, as you want the pesto to be thick. Blend until you reach desired consistency.

Taste and adjust if needed. If too spicy from the mustard greens, blend with extra kale or peas. Add more lemon if you want additional acidity.

Pour over the salad and mix until well coated.

Enjoy immediately.

### Notes:

The cucumber noodles can be partially or fully swapped for zucchini noodles.

Use a vegetable peeler or julienne the cucumbers if you don't have a spiralizer.

Raw sunflower seeds or other seeds can be swapped for the walnuts.



This member of the cabbage family has a number of different names, including pak choi, horse's ear, Chinese celery cabbage, and white mustard cabbage. High in calcium, bok choy is best eaten raw or lightly steamed to retain its many nutrients like vitamin C and phytochemicals. Store wrapped in a paper towel in the refrigerator crisper drawer.

## Pak Choi / Bok Choy

### Baby Bok Choy and Shiitake Stir-fry

*Deep in umami flavor, this stir-fry highlights the richness of shiitakes and lightness of bok choy.*

Total time: 10 minutes      Yield: 2-3 servings

#### Ingredients:

2-3 cloves garlic, minced	2-3 baby bok choy, or 1-2 large, sliced into strips
Knob fresh ginger, minced or grated	Large bunch Thai or regular basil
Water, as needed	Cooked quinoa or other grain, to serve
5-6 large or 8-9 small shiitake mushrooms	Sesame seeds to garnish
½ - 1 small chili, minced (optional)	
Splash tamari or soy sauce	

#### Directions:

Brush or wipe off any dirt on mushrooms and rinse. Slice if large; keep whole if small. In a large skillet over medium to medium-high heat, add minced garlic, ginger, and chili and a splash of water. Cook until fragrant and beginning to brown, 1-2 minutes. Add mushrooms, a splash of tamari or soy sauce and any additional water. Cook until the mushrooms have absorbed most of the liquid and are soft. Add bok choy and additional tamari or soy sauce if desired. Remove from heat and stir until greens have wilted, about 3-4 minutes. Add basil as desired and let slightly wilt. Serve over quinoa or other grain such as brown rice and a sprinkle of sesame seeds.

#### Notes:

Freeze ginger prior for easy grating.  
If you don't have access to fresh shiitakes, use 1/3 the amount of dried mushrooms.

## Raw Pad Thai Zoodle Salad

*A twist on Pad Thai. This crisp and crunchy salad is complimented by a savory, creamy dressing.*

Total time: 15 minutes

Yield: 2+ servings

### Ingredients:

#### *For the salad:*

- 2-3 small or 1 large bok choy, thinly sliced
- 1/4 - 1/2 head purple cabbage, thinly sliced
- 1-2 bell pepper, quartered and thinly sliced
- 1-2 large carrots, thinly sliced in rounds
- 1-2 medium zucchini, spiralized or julienned, optional
- 1-2 green onions, chopped

#### *For the dressing:*

- 1/4 - 1/3 cup raw almond butter
- 1/2 - 1 medium zucchini, chopped
- 1/4 - 1/2 lemon, peeled or juiced
- 1-2 dates, pitted
- 1-2 teaspoons miso paste
- 1 garlic clove or 1/2 - 1 teaspoon granulated garlic
- Knob fresh or 1/2 - 1 teaspoon ground ginger
- Pinch cayenne pepper, optional
- Water, as needed
- Pinch sea salt
- Fresh basil, optional

### Directions:

In a large serving bowl, toss together as much of each vegetable as desired. Place all ingredients for the dressing, except for the water, into a high-speed blender. Blend on high until smooth, slowly streaming in water to help blend, keeping the dressing pourable but on the thick side. Taste and blend in any additional ingredients. Pour enough dressing to evenly coat the veggies. Serve garnished with fresh basil, additional green onions, or sesame seeds.

### Notes:

Swap the almond butter for other nut or seed butter like tahini or sunflower seed if desired.  
Use raw apple cider vinegar in place of lemon if desired.



# Patty Pan Squash

Made of roughly 95% water, summer squash—including zucchini, yellow squash, and patty pan—is very hydrating to the body. Its antioxidants, lutein and zeaxanthin, promote cell, eye, heart, skin, and brain health. For short storage, keep on the counter away from heat and direct sunlight. Wrap in cloth and refrigerate to store for up to a week.

## Chilled Creamy Squash and Spinach Soup

*A quick soup to blend up for just you or to feed a crowd. Pairs great with a salad.*

Total time: 5 minutes

Yield: 1+ servings

### Ingredients:

3-4 patty pan squash or 1-2 zucchini or yellow squash, roughly chopped

2-3 handfuls fresh spinach leaves

½ - 1 avocado, cut in half and pitted

½ - 1 lime, peeled and left whole or juiced

1-2 garlic cloves

Pinch sea salt

Water, as needed

Toppings of choice, such as seeds or sprouts, optional

### Directions:

Place all ingredients except the water in a high-speed blender. Start with smaller amounts and add more after blending and tasting.

Blend on high until smooth and creamy, slowly adding water to reach desired thickness.

Taste and blend in any additional ingredient to taste.

Serve immediately or after chilling with any toppings of choice.

### Note:

Substitute raw cashews, soaked for about 15 minutes and rinsed, for avocado.



Did you know purple bush beans turn green when cooked? These beans can also be eaten raw. Bush beans contain vitamins A, K, and C and minerals such as calcium and magnesium, as well as protein. Store beans in the refrigerator in an open or loosely closed container with a damp cloth draped over them.

## Purple Bush Beans

### Corn & Bush Bean Tomatillo Tacos

*It's always fun to use greens as taco shells. Collards not only add an extra boost of nutrients and fiber, but they also are the perfect vessel to hold this delicious filling of sweet bush beans and flavorful toppings.*

Total time: 10 minutes

Yield: 2+ tacos

#### Ingredients:

##### *For filling:*

2-3 handfuls of whole bush beans, cut into 1 inch pieces

2-3 ears of fresh corn

½-1 sweet onion, finely diced

1 lime, juiced

Bunch cilantro, finely chopped

Pinch sea salt and freshly ground black pepper

Choice of protein: sprouted lentils, quinoa, tempeh, etc.

##### *For assembly:*

2+ leaves of collard greens

Salsa

Avocado slices

Pickled onions

#### Directions:

In a bowl, mix together filling ingredients with preferred amount of vegetables. Taste and adjust any seasonings. Set aside.

Prepare the collard greens by trimming the middle vein so that it lays flat against the leaf. If the greens are too tough, lightly steam for 10-15 seconds.

For assembly, pack the collard green with filling and top with the salsa, avocado, and onion, as well as any other toppings as desired.

Enjoy!



Radish

Offering a peppery, satisfying crunch with every bite, radishes are a well-loved root crop. They belong to the Brassica family, making them cousins to cabbage and broccoli. Radishes contain a specific phytochemical called indole—formed when you chop or chew the veggie—which stimulates the antioxidant, anti-inflammatory, and cancer-protective pathways in the body. To store, remove greens and keep roots in an open container in the refrigerator with a wet towel.

## Spring Radish, Asparagus, and Fig Salad

*A light and refreshing salad full of crunch, flavor, and nutrients.  
Serve as-is, or boost with hummus, quinoa, sprouted lentils,  
or nuts/seeds of choice.*

Total time: 5 minutes

Yield: 2+ servings

### Ingredients:

- 1-2 bunches greens of choice, chopped
- 5-6 medium radishes, thinly sliced
- 1 bundle asparagus, thinly sliced at an angle or cut in desired size
- Fresh figs, quartered
- 1-2 lemons, juiced
- Pinch sea salt and freshly ground black pepper
- 1-2 spring onions, thinly sliced
- Small bunch parsley, minced
- Sprouts of choice, optional

### Directions:

On a serving plate, layer the greens, radishes, asparagus, and figs. Finish with lemon juice, salt and pepper, onions, parsley, and sprouts.

### Note:

If you don't have access to fresh figs, use a different fresh fruit like persimmon, apple, pear, etc.



## Red Long Bunching Onions

Bunching onions have small bulbs and are more mature versions of scallions. Like regular onions, they're part of the Allium family and contain sulfur compounds that help support your body's daily detoxification processes. The bulbs can be red or white with a milder, sweeter flavor than full-size onions. Leave on the counter if using within a few days or store in the crisper drawer wrapped in a paper towel.

### Cashew Scallion Cream Cheese

*A rich and flavorful dairy-free take on traditional cream cheese.  
Use as a dip or spread with cut up veggies or flax crackers.*

Total time: 10 minutes, plus time for soaking  
Yield: 2 ½ - 3 cups, depending on thickness

#### Ingredients:

2 cups raw cashews, soaked for 30 minutes, drained and rinsed  
7-10 bunching onions, chopped and divided  
½ - 1 lemon, peeled and left whole or juiced  
Pinch sea salt  
Fresh herbs or spices of choice, optional  
Water, as needed

#### Directions:

Add cashews, onion, and lemon to a high-speed blender. Start with less of each ingredient, then add more after blending according to taste. Add salt and any fresh herbs and/or spices that you like. Blend on high until smooth and creamy, slowly adding just enough water to help blend while keeping the cream thick. Taste and add any extra lemon or seasonings. Scoop mixture into a bowl and mix in remaining onions. Serve immediately or cover and refrigerate up to 3 days.

#### Note:

Cashews can easily be swapped with hemp seeds, soaked raw sunflower seeds, or even pine nuts.



Rod Long  
Bunching Onions

## Creamy Zucchini Noodles with Lentil Spring Onion Sauce

*This sauce doesn't only pair with zoodles; try using as a dip or tossing together with veggies and quinoa for a nourishing bowl.*

Total time: 25 minutes, plus time for soaking

Yield: 2-4 servings

### Ingredients:

1/3 - 1/2 cup white or brown lentils,  
preferably soaked 8 hours or overnight and  
rinsed

Water, as needed

4-5 medium zucchini

Any additional veggies such as asparagus  
or kale

*For the sunflower sprinkle:*

1/4 - 1/3 cup raw sunflower seeds

1/4 - 1/2 teaspoon miso

Large pinch granulated garlic

Cayenne pepper, optional

*For the sauce:*

6-8 bunching onions, roughly chopped

Small bunch fresh basil

1/4 - 1/2 lemon, zested, peeled and left  
whole or juiced

1-2 teaspoons miso

Pinch sea salt, optional

Freshly ground black pepper, to taste

Extra basil, chopped, for garnish

### Directions:

Place beans in a medium saucepan and enough water to cover by about an inch. Bring to boil, reduce to simmer and cover. Cook until lentils have broken down, about 15 minutes, adding additional water if needed to cook longer.

While cooking the lentils, spiralize the zucchini or use a julienne peeler. Place noodles in a large bowl, along with any other veggies of choice either spiralized or thinly cut. Set aside.

Combine the sunflower seeds with miso, garlic, and pepper into a food processor.

Pulse until to desired crumble size. Remove and place into a small serving bowl.

When lentils are cooked, drain and lightly rinse. Add lentils to the food processor with onion, basil, lemon, and miso. If unsure what you like, start with lesser amounts of each and add more after blending and tasting. Sprinkle in a pinch of salt and pepper.

Process on high, slowly streaming in water as needed to help, until mixture is smooth and creamy. Taste and adjust any additional seasonings, herbs, lemon, as desired.

Toss the noodles with enough sauce to evenly coat. Serve with sunflower sprinkle, extra basil, and salt and pepper if needed.



## Rutabaga

This root veggie has a mild, sweet, turnip-like flavor. It's rich in iron and in vitamin C, which helps the body absorb iron! Rutabagas are best eaten raw or very lightly cooked as vitamin C is easily damaged by heat. Store the roots in a cool, dark, humid place, or keep in a closed container in the refrigerator crisper drawer.

### Shredded Rutabaga and Apple Slaw

*Rutabaga doesn't need much to create a beautiful, vibrant slaw that's great as a side or even a snack.*

Total time: 10 minutes  
Yield: 2+ servings

#### Ingredients:

1-2 large or 2-3 small rutabaga  
1-2 tart apples, halved  
Handful currants or raisins  
1-2 lemons, juiced  
1-2 tablespoons Dijon mustard

Water, as needed  
Pinch sea salt  
Freshly ground black pepper  
Spices or herbs of choice, optional

#### Directions:

Shred rutabaga and apples with a grater, food processor, or julienne with a knife. Toss together in a bowl with currants.  
In a separate small bowl, whisk together equal amounts or a 2:1 ratio of lemon juice and mustard with a fork.  
Taste and add a splash of water if needed to cut the acidity some, or more lemon or mustard to your preference. Optional: mix in spices or fresh herbs such as ground cumin, cayenne, or parsley.  
Pour over the salad and toss with salt and pepper. Serve as-is or chilled.



Rutabaga

## Nourishing Vegan Shepherd's Pie

*A hearty dish featuring rutabaga as the creamy "mashed potato" topping.  
Enjoy with side of greens and dressing.*

Total time: 20 minutes, plus time for soaking  
Yield: 1 large skillet, 4-6 servings

### Ingredients:

3 -4 large rutabaga, diced

*For the filling:*

2-3 garlic cloves, minced

1/2 - 1 large sweet onion, diced

4-5 white or crimini mushrooms, sliced

Sea salt and freshly ground black pepper,  
to taste

Water or vegetable stock, as needed

Splash raw apple cider vinegar or lemon  
juice

1-2 medium zucchini or yellow squash,

diced

1-2 stalks celery, sliced

1-2 medium carrots, sliced in half circles  
or to desired size

¼ - ½ cup peas, fresh or frozen

¼ - ½ cup corn, fresh or frozen

1-2 cups green or black lentils, soaked  
overnight or about 8 hours

½ - 1 teaspoon each granulated garlic,  
ground cumin, and dried oregano, or  
savory blend

Fresh parsley, chopped

### Directions:

Place diced rutabaga in a steamer and steam.

While steaming, in a large cast-iron skillet, sauté as much garlic, onion, and mushrooms as you would like with a pinch of salt and pepper over medium heat until lightly caramelized. Use a splash of water to prevent sticking.

Add a splash of vinegar, desired ratio of zucchini, celery, carrots, lentils, and enough water to cover the bottom of the skillet.

Cover and cook until tender and zucchini slightly broken down, about 10 minutes.

While the filling is cooking and when rutabaga is fork-tender, blend on high in a high-speed blender, in a bowl with an immersion blender, or in a food processor. Use water or broth as needed to help blend but keep thick, and seasoning with salt, pepper, and any other desired seasonings.

Once fork-tender, stir in peas and corn, plus your preference of seasonings.

Taste and adjust with additional seasonings, salt, and pepper.

Spread the rutabaga purée evenly over the filling.

Serve as is or broiled until golden brown and finished with any extra seasonings or herbs.

### Note:

It's easiest to use a cast iron to cook, broil, and serve this in. However, if you don't have one, make the filling in your skillet and transfer to a baking dish before topping and broiling.



Part of the Allium family (like onions), shallots are rich in sulfur compounds that protect against cardiovascular, cancer, and inflammatory diseases. They're closely related to garlic, with many cloves in a head, and pack a punch of flavor. Store in a cool, dark, dry, and well-ventilated place where they will keep for about a month.

## Roasted Shallot and Sweet Potato

*Great as a side or roasted with chickpeas for a protein boost and served alongside a big salad. Also delicious with a vibrant sauce or pesto.*

Total time: 40 minutes

Yield: 2+ servings

### Ingredients:

3-4 large or 5-6 small shallots

2-3 sweet potatoes

Fresh rosemary and thyme, minced, to taste

Pinch sea salt and freshly ground black pepper

### Directions:

Preheat oven to 400°F.

Quarter or chop shallots into thick slices.

Chop sweet potatoes into bite size cubes or chunks slightly bigger than the shallots.

Lay out on a baking sheet lined with parchment paper.

Sprinkle with herbs, salt and pepper.

Roast in the oven until sweet potatoes are fork tender and both are golden brown, 30-35 minutes.



Swiss  
chard

Not only is Swiss chard (also called rainbow chard) beautiful, it's also one of the earth's most nutrient-dense foods. Chard promotes everything from cell to eye to heart to brain health. It is laden with calcium, iron, minerals like magnesium and potassium, and sodium, which provide the body with electrolytes for proper cell function and blood pressure. You can store chard like a bouquet in a jar of water on the counter or in the fridge, or keep wrapped in a damp cloth, bands/twist ties removed.

## Chard Greens and Berry Smoothie

*A great way to boost your consumption of greens is by creating a delicious fruit and veggie-packed smoothie. Enjoy as a satisfying breakfast to start your day feeling light and ready for the day, or as a snack to help keep you full of energy.*

Total time: 5 minutes

Yield: 1+ servings

### Ingredients:

2-3 Swiss chard leaves, roughly chopped or torn, stem included

1-2 celery ribs, roughly chopped

¼ avocado

1-2 handfuls fresh or frozen berries of choice

Small bunch fresh parsley or basil

¼ - ½ lemon, peeled and left whole or juiced

Water, as needed

### Directions:

Place as much of each ingredient in a high-speed blender, except the water. Blend on high, slowly adding in the water until smooth and creamy and to desired thickness.

Taste and add more of any ingredient if needed.

Serve as is or chill in the fridge.

## Chard Spring Rolls with Tomato Mango Dip

*Tender chard leaves take the shape of a wrap to roll up thinly-sliced veggies and dunk into a vibrant dip. Serve as an appetizer, snack, or as a fun creation to make with kids.*

Total time: 10 minutes

Yield: 1+ servings

### Ingredients:

1+ chard leaves

Julienned veggies of choice (carrot, beet, bell pepper, zucchini, cucumber, etc.)

Avocado slices

Bunch cilantro, chopped

Pea or other sprouts of choice

*For the dip:*

1 mango, peeled and chunked

1-2 medium heirloom or other ripe tomato, quartered

Pinch sea salt

### Directions:

Lay chard leaf flat, underside of the leaf facing up.

Put as many julienned veggies, avocado slices, cilantro, and sprouts as you like in the middle of the chard leaf going with the length of the leaf.

Roll tightly, folding in the ends, and slice in half.

Make as many of these rolls as you want and set aside.

In a blender or food processor, add equal parts mango and tomato chunks with a pinch of salt or seaweed. Blend on high until smooth or leave slightly chunky.

Pour out into a bowl for dipping.

Serve with the prepared rolls.



## Traviata Eggplant

Prized for their glossy colors and unique taste, eggplants are at their best in late summer and fall. Traviatas are classic large, bell-shaped, and dark purple. Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, bell peppers and potatoes. The phytochemicals that are responsible for the blue or purple pigment also help the body protect against cancer and inflammation, and promote heart and brain health. Wrap fresh eggplant in a paper towel and place in a reusable container or paper bag in the refrigerator crisper.

### Smoky Roasted Eggplant Hummus

*Complex and rich flavor from roasted eggplant and smoky paprika.  
Use as a spread or dip with sides like sliced veggies and flax crackers.*

Total time: 35 minutes  
Yield: 4-5 servings

#### Ingredients:

2 large or 3-4 small eggplants  
3-4 garlic cloves, skins left on  
2 cups cooked chickpeas, rinsed  
1/3 cup tahini  
1-2 lemons, zested and juiced, or simply peeled  
½ - 1 teaspoon ground cumin  
1 - 1½ teaspoon smoked paprika  
Pinch sea salt  
Water, as needed  
Parsley, chopped  
*Serve with (optional):*  
Sliced veggies  
Kalamata olives  
Flax crackers

#### Directions:

Preheat oven to 400°F. Cut the eggplant in half and score the flesh in shallow cross marks. Sprinkle with salt and arrange flesh

side down on a baking sheet lined with parchment paper. Loosely wrap garlic cloves with parchment paper and set on a baking sheet. Roast for about 30 minutes, until the eggplant skins darken and begin to sink. (Less time if using small eggplants.) Remove from the oven and let cool. In a blender or food processor, add the chickpeas, roasted garlic and eggplant, tahini, as much lemon zest and juice as desired, cumin, paprika, and salt. The skins of the eggplant can be included but can be bitter, so taste the skin before blending. If too bitter, scoop out flesh and discard skins. Blend until desired consistency and thickness, streaming in water as needed to help blend. Taste; add seasoning if needed (e.g. lemon, salt or spices). Garnish with parsley or other herb and serve chilled or at room temperature. Store in the refrigerator for up to four days and/or freeze for up to a month.



## Turnips

Turnips are members of the cabbage family and resemble rutabagas. These root vegetables are high in vitamin C and glucosinolate, which promotes detoxification and helps the body defend against cancer. Turnip greens are also nutrient-rich—save them for stir fries or smoothies so you can enjoy the benefits of vitamin K and calcium! To store, remove greens and store the roots with a moist cloth in an open container.

### Fall Vegetable Salad with Garlicky Orange Tahini Dressing

Total time: 15 minutes

Yield: 4-6 servings

#### Ingredients:

*For the dressing:*

¼ - 1/3 cup raw tahini

1-2 teaspoons Dijon or grainy mustard

½ - 1 navel or Valencia orange, peeled

1 clove garlic

Splash raw apple cider vinegar or water

Pinch sea salt and freshly ground black pepper

*For the salad:*

½ - 1 pound Brussels sprouts, trimmed and finely shredded

3-4 turnips, thinly sliced with a knife or mandolin, plus greens thinly sliced

2-3 small golden beets, thinly sliced

½ - 1 large fennel bulb, thinly sliced

1-2 stalks celery, thinly sliced

½ - 1 small red onion, thinly sliced

Large bunch flat leaf parsley, roughly chopped, for garnish

Raw pumpkin seeds, for garnish

#### Directions:

In a blender, add dressing ingredients according to taste. Blend on high until smooth and to desired thickness, adding extra vinegar or water if needed.

Taste and adjust extra tahini, mustard, orange, or seasonings.

In a large bowl or on a serving platter, toss together all salad ingredients except the garnishes.

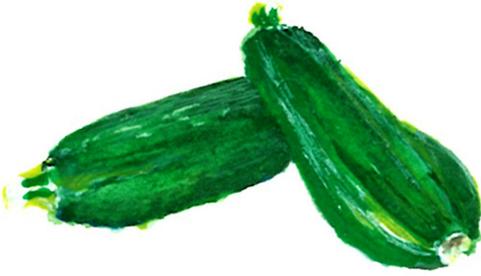
Serve with the dressing on the side or dress the salad and lightly toss until evenly coated just prior to serving.

Garnish with parsley and seeds.

#### Notes:

Use whichever fall vegetables are freshest such as kohlrabi, celery root, butternut squash, etc.

Veggies can be shredded, julienned, or sliced.



# Zucchini Squash

Made of roughly 95% water, summer squash—including zucchini, yellow squash, and patty pan—is very hydrating to the body. Its antioxidants, lutein and zeaxanthin, promote cell, eye, heart, skin, and brain health. For short storage, keep on the counter away from heat and direct sunlight. Wrap in cloth and refrigerate to store for up to a week.

## Zoodles with Raw Marinara Sauce

*A typical pairing—noodles and marinara—but bursting with flavor and ingredients found in their whole form to nourish and keep you full.*

Total time: 15 minutes

Yield: 2-4 servings

### Ingredients:

2-3 medium zucchini, ends trimmed  
1-2 English cucumbers (or more zucchini)  
½ - 1 cup sundried tomatoes, soaked if hard until soft  
½ - 1 large red bell pepper, chopped  
½ - 1 sweet onion, chopped  
2-4 fresh medium tomatoes, chopped  
½ - 1 lemon, peeled  
3-4 fresh dates, pitted  
Fresh or dried herbs of choice - basil, parsley, oregano, or Italian seasoning  
1-2 cloves garlic or 1-2 teaspoons garlic powder  
Pinch sea salt  
Sprouted lentils or lentil meat, optional

### Directions:

Spiralize zucchini and cucumbers. Set aside in serving bowl.  
Place as much of each remaining ingredient as desired, except the lentils, in a food processor and process until desired consistency. Start with a lesser amount and add more after processing and tasting. Add extra fresh tomato or a splash of water to help thin out if you want a looser sauce. Adding extra sundried tomato, bell pepper, and dates will give the sauce richness and thickness, while the lemon and fresh herbs will brighten the flavor. Process in the sprouted lentils if using, or leave on the side.  
Serve the zoodles with the marinara sauce and any additional fresh herbs.

## Zoodles with Avocado Cream & Pesto Sauce

*Two sauces swirl together with tender zucchini noodles to keep you feeling satisfied and energized.*

Total time: 15 minutes

Yield: 2-4 servings

### Ingredients:

3-4 zucchini, ends trimmed

*For the pesto sauce:*

1 bundle rainbow chard, or other greens such as kale, spinach, or collard greens

1-2 lemons, cut in half and peeled or juiced

3-4 cloves garlic, peeled

1-2 teaspoons ground cumin

Sea salt and freshly ground black pepper, to taste

Water, as needed

*For the avocado cream:*

1 large or 2 smaller avocados

2 limes, peeled and kept whole or juiced

1-2 teaspoons garlic powder

Pinch of cayenne, smoked chipotle powder, or smoked paprika, optional

Sea salt and freshly ground black pepper, to taste

Water as needed

### Directions:

Spiralize the zucchini using a spiralizer or julienne peeler. Set aside in a large bowl.

In a blender or food processor, add all ingredients for the pesto sauce except the water.

Blend until desired consistency is reached, as chunky or smooth as you like, adding small amounts of water to help blend.

Taste and add extra lemon, garlic, cumin, salt or pepper if needed. Set aside in a bowl.

In that same blender or food processor (no need to rinse out), add all avocado cream ingredients except water. Begin blending, slowly streaming in water to help blend, and then blend on high until smooth and creamy and to desired thickness.

Taste and add any extra seasonings. Set aside in a bowl.

Mix the zoodles with either the avocado cream or the pesto sauce and use the other to top.

Serve immediately or store in the fridge up to 3 days.

# Recipe Bibliography:

*In order of recipe appearance.*

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