

# FINCA TRES ROBLES COMMUNITY COOKBOOK



On so many of my farm tours the place I start my tour is to ask people about Houston's seasons. I like starting here because even though we Houstonians know we live in a unique climate, the conversations I have with many folks reveals there is still a disconnect on what that uniqueness of climate means in terms of what our farms can produce.

Looking back on my first years of farming, I loved Iowa and Maine where the arc of the season is already quite defined. Where the diversity of crops is taken for granted as normal and the standard. How you can have tomatoes, broccoli, cauliflower, potatoes, bell peppers, onions, cilantro, carrots and parsley all harvested during the same month.

Houston has a different story and what I love about having a unique climate and seasonal arc is that we also have a distinct offering and diversity of vegetables that is ours.

The challenge with that uniqueness is there is less tradition and fewer shared stories about how to take advantage of them. What do you do with okra, eggplant, yard long beans, and roselle? What do you do with five different types of leaf greens? And bok choy with Mexican Mint Marigold?

Here is our first compilation of collected recipes from farmers, farm friends, and the home chefs that put in the work to transform what we grow into the dishes we eat. I hope you'll find at least a few new recipes to turn the flavors we harvest into a new family tradition.

Enjoy!  
Tommy

# Marinated Long Bean Summer Salad

Tommy Garcia-Prats

It's so hard to find simple delicious recipes who's main ingredients all come from the farm. In this respect, this recipe is a winner. Most seasonal recipe books come from places with different seasons and a different mix of vegetables from our own so when I came across this recipe, it quickly became a part of my seasonal salad rotation.

I have to give credit for this recipe to our friend Courtney Robins who runs the Joy of Setting the Table. We hosted a number of field trips in partnership with her on our farm in previous years that involved harvesting products out of the field that would then be cleaned, chopped and prepared into a three course meal. She would always come up with simple recipes that not only highlighted our produce but were super delicious.

I tweaked the original recipe slightly to include entirely farm vegetables but the dressing and directions are all hers.

This dish focuses on our yard long beans and the unparalleled Suyo cucumber which are both plentiful from June through August. Don't forget to throw in a bit of the farm's serrano or gong boa peppers for a kick. Further, the fact that it's a cold salad and can be prepared relatively quickly make it a great Houston summer dish especially for a farmer coming home after an exhausting day in the fields under an unforgiving sun.

## INGREDIENTS

Salad Ingredients:

1lb Yard Long Beans (2-3 bunches)

2 Suyo Cucumbers

2-3 hot peppers

Salad Dressing Ingredients:

1/4 c. Olive oil

1/4 c. plus 2 T. rice vinegar

1 t. salt

1 t. pepper

Variations:

Basil/Thai Basil

Feta Cheese

Amaranth

## INSTRUCTIONS

1. Chop yard long beans into 1" pieces.

Wash and pat dry.

2. Bring 1 quart of water to a gentle boil and add yard long beans. Cook for 6 minutes until softened slightly. Drain and allow to cool and drain. Transfer cooled beans to a large mixing bowl

3. While the yard long beans are cooking, chop the Suyo cucumbers into bite size pieces and hot peppers in small enough pieces not to overpower the dish. Add to the large mixing bowl with the cooled beans.

4. To make the marinade, whisk together the olive oil, rice vinegar, salt and pepper.

Add marinade to the cooled beans, cucumbers, and hot peppers. Toss until well covered.

5. Cover and refrigerate for 24-48 hours before serving. Toss periodically to ensure all beans are marinated.

I have made this dish 30 minutes before dinner and served it right away and it's still delicious. However, letting the vegetables marinate over night or at least for a few hours definitely raises the level of the salad and provides a crisp cool dish to share.

This is a great base recipe to add variation with other ingredients on hand:

I love adding thai or italian basil as a garnish when serving, mixing in some feta cheese, or chopping some summer greens like amaranth into the mix. Don't do spicy. Leave out the peppers.

# Okra & Tomatoes (Roundtree Fricasee)

Rachel Brownlee

One of my favorite dishes from childhood is okra and tomatoes. My grandmother, who everyone called Mamee, always called it fricasee, which I now know is a dish that does not at all resemble okra and tomatoes!!! My mom's family is from Lampasas in the Texas Hill Country, and fresh okra was readily available all summer. My parents moved to Evansville in Southern Indiana, and fresh okra was not easy to find in the 70s and 80s so we had to make do with frozen. I've been preparing okra and tomatoes since I was a kid, and never really had a recipe, so the measurements here are approximate.

## INGREDIENTS

1 medium onion, chopped (yellow or white are best)

1 green bell pepper, chopped

2-3 stalks celery, chopped

1 - 1 1/2 lbs fresh okra, cut into bite sized pieces

2 15 oz cans diced tomatoes (I used fire roasted ones)

1 tbsp. Vegetable or olive oil

To taste:

Salt

Pepper

Cayenne Pepper

## INSTRUCTIONS

In a large skillet, heat oil until it shimmers. Add chopped onion, bell pepper, and celery (the cajun trinity) and sauté until vegetables

are soft and lightly browned. Add the okra, salt, pepper, and cayenne. Stir several times and cover and let cook for about 5-7 minutes or until the okra has begun to soften. Add the tomatoes, bring to a brisk simmer, reduce the heat and let simmer gently for 15 minutes or until the okra is tender.

Variations:

Add hot chiles with the "trinity" at the beginning for a kick

Add a clove or so of minced garlic

Add a cup of fresh corn

Add fresh herbs: leafy herbs like basil, tarragon, epazote, etc. are especially good.

Add cooked shrimp or chicken

Add black eyed peas, navy beans or lima beans

I usually use a good hot sauce (my preference is a Louisiana hot sauce like Crystal) and often eat it over rice, especially if I've added a protein like shrimp or chicken.

# Garden Fresh Ginger Noodles

Travis Weddle

It all started in a kitchen, whipped up in the midst of a tumultuous romance. The relationship was sour but noodles, a delight. From the chaos a strong, badass and resiliently kind woman came striding out with this delightful recipe in her back pocket. She brought it all over the world, and eventually to New Zealand. There, the noodles became a shining star; bringing friends together for laughter filled evenings, and feeding hungry hikers and backpack adventures.

This dish is wildly versatile - add any fresh herbs and veggies from Finca Tres Robles and they will shine against the tangy background of this ginger-punch Asian-inspired noodle dish. Thai basil, green onion, cilantro, radish, cucumber, you name it! This dish is ready to meet you wherever you are on your culinary journey and stay with you all the way. Excellent for picnics, car camping, and bringing friends, new and old alike, together.

Enjoy! This vestige of heartbreak has become the dish of a lifetime for us, and we hope you love it too. For real pizzazz, serve with an over easy egg on top.

## INGREDIENTS

Ginger Dressing:

2 carrots  
6 clove garlic  
1/4 cup water  
1/4 cup soy sauce  
1/4 cup chopped onion  
1/2 cup olive oil  
5-6 tbsp minced ginger  
1 tbsp sugar  
1 tbsp green onion

2 tsp apple cider vinegar  
1 tsp toasted sesame oil

Toppings:

1 thinly sliced bell pepper  
1 sliced cucumber  
3 sliced radishes  
1/4 cup chopped baby bok choy  
1/4 cup cilantro  
1 tbsp chopped thai basil  
1 drizzle of sesame seeds  
(optional) over easy egg

1 package of rice noodles

## INSTRUCTIONS

Cook rice noodles according to package. Drain and rinse with cold water to cool. Blend all Ginger Dressing ingredients in blender. Serve over chilled rice noodles. Add Toppings.

# Eggplant & Long Bean Stirfry

Grayson Sumpkin

This is one of my summer go to recipes, I think I made it at least once a week for most of quarantined summer when I was cooking at home more than ever.

## INGREDIENTS

1/4 cup oil (for shallow fry/stir frying)  
1 bunch long beans, cut into 2-3 in pieces  
2-3 long eggplant, cut into 1/2 in by 2 in strips  
1 inch ginger, julienned  
6 cloves garlic  
2 tbs soy sauce  
1 tbs oyster sauce  
Chili oil/chili crisp to taste  
Salt, to taste  
Sesame seeds (garnish)  
Chopped scallions (garnish)

## INSTRUCTIONS

Shallow fry longbeans in a flat bottom skillet over med/med high until slightly wrinkled/cooked but still crisp. Remove with slotted spoon to plate. Shallow fry eggplant in remaining oil until lightly brown, remove to plate. Add 1-2 tbs leftover oil to a wok or high sided sauté pan over medium heat. Sauté garlic and ginger until fragrant. Add eggplant, long beans, soy sauce, oyster sauce, and chili oil, stir fry for a couple minutes. Garnish with scallions and sesame, serve with rice.

# White Beans and Radishes, Miso and Greens

Sylvie Kalikoff

Finca Tres Robles radishes are so beautiful and delicious that they inspired me to start using more radishes in my cooking! This recipe is adapted from the NYTimes Cooking recipe by Colu Henry of the same name and it is the perfect combination of fresh and warm, easy and fancy! The ratios of greens to beans to radishes can be changed to your liking, and the type of green or white bean can be with whatever you have on hand.

## INGREDIENTS

2 tablespoons miso

4 tablespoons unsalted butter

2 garlic cloves, chopped

1-2 (15 oz) cans of white beans (garbanzo, cannellini, butter, etc) rinsed and drained

3 cups of greens (arugala, kale, mustard, etc)

4 (or more) radishes, thinly sliced

## INSTRUCTIONS

-Whisk the miso with 1/4 cup water until dissolved

-Melt the butter over medium heat until it foams

-Add the garlic and stir, <1 minute

-Add the miso mixture and beans. Toss to coat in the saucy garlic/butter/miso mixture

-Stir occasionally until beans are warmed through

-Remove from heat and stir in the greens and radishes

# Caribbean Fish and Rice

Malone Sams

I love to eat. I love the ceremony of cooking and eating. Cooking has saved my mindfulness practice on days where mindfulness may have otherwise slipped out the window. Stepping into the kitchen to intentionally prepare nutrition for your body is more than necessary. It creates space where you have to be present with yourself, for yourself. I grew up cooking all the traditional recipes of my family and time spent creating those recipes time and time again are certainly both mindful and sacred times. Although Pacific Fish and Rice is not a family recipe, I sure do hold it close to my heart. It is a recipe that was born out of this mindfulness practice, out of listening to my bodies needs, out of honing in on my own intuition. This dish is a fun one in that you do need to be very present as it is quick! It only takes about 30 minutes from start to finish, and then voila! You have a very colorful, gorgeous, and nutritious dish.

## INGREDIENTS

- 1 Filet of Red Snapper
- 1/2 tsp smoked paprika
- 1/2 tsp of sea salt
- cracked black pepper (a couple turns of pepper grinder)
- 3 tbsp grassfed butter
- 1 cup of basmati or jasmine rice (really this is a preference on if you prefer sticky rice or not)
- 1 whole bunch of cilantro
- 1 bunch of farm greens (can be any greenery from the farm--misome, bok choy, kale, chard)

## INSTRUCTIONS

Butter the bottom of a broiler pan (I personally unwrap about half the block of butter, holding on the still wrapped side, rub the butter all over the pan)

Rinse your fish, lightly pat dry, place on buttered pan.

Sprinkle smoked paprika on the fish (more if you like it spicy, less if you just want a little flavor)

Salt and pepper the fish

Cover your fish in thin slices of butter. I mean cover! This is important for later. The fish is going into the broiler, most of the butter will run off and turn in to a sort of ghee.

## Fresh Pesto (Pasta)

Dan Garcia-Prats

I am not known for my culinary talents and am a bit of a lazy chef so I look for recipes that I can easily incorporate seasonal veggies throughout the year. Making fresh pesto for

Now that your fish is prepped, set aside.

Before you move to rice, turn on your broiler to 500 degrees. My broiler is a drawer in the bottom of my oven so the fish will be close to the fire no matter what. If you have a broiler that is in the main oven house, move the oven rack as close as you possibly can to the top of the fire. If you do not have a "broiler" setting, get your oven as hot as you possibly can and find where the heat source is coming from (usually top, some ovens it is top and bottom) and see how close you can get your rack just below the heat source.

Rinse your rice. Bring two cups of water, pinch of salt, splash of fat (olive oil, butter, ghee, etc) to a boil. Dump your rinsed rice into the salty fatty water, give it a little stir if you wish, cover, cut back to simmer.

Now place your prepped fish in the oven under the heat source or fire, as close as you can, set a timer for 12 minutes. This timer is just so you do not forget, this time is not EXACT as it depends on the heat of your oven and the size of your filet.

While the fish is cooking, julienne cut your farm greens (thinly thinly slice, so the farm greens are in strips).

Chop your cilantro.

Cut lime in half.

Check your rice, is the water almost all the way gone? If so, dump your chopped cilantro in (don't stir yet!) put the lid back on, turn the burner off, and forget about it until the end. Now it is a waiting/checking game. Check your fish at about 12 minutes. There should have a deep golden color to the fish with maybe even some darker golden areas and start to curl a bit along the thinner tail end of the fish. Don't be afraid to pull it out and check, especially if your oven is on broiler. The fire will stay lit as it is fed with oxygen.

Once your fish is golden, remove from heat and squeeze half of a lime all over the fish, you should hear it sizzle. You're almost done! Stir the cilantro completely into your rice. Time to plate! Keep reading, you don't want to forget about your beautiful citrus ghee you just made!

I find it best served in a low shallow bowl.

How to plate--

Place cilantro rice on one half of the bowl and your julienned (thinly cut) farm greens on the other half of the bowl. Filet of fish goes on top. Now grab your hot fish broiler pan with the citrus butter, pour it all over the fish and let it drip over the fish and soak into your rice and greens. Place a quarter of a lime in the bowl for looks, squeeze it on if you like it extra citrusy. Enjoy!

use in Pesto Pasta is perfect for me: a simple, quick meal that allows me to use whatever fresh veggies and meat I may have that week. I typically make a big batch of the fresh pesto to have extra that I can freeze and quickly utilize in other dishes in the future. I personally enjoy using Italian basil but the recipe can easily replace the basil

with parsley or, for those a little more adventurous and looking for a bit more of a kick in their pesto, mustard greens.

## INGREDIENTS

- 4 Cups of Fresh Basil Leaves (Parsley or Mustard Greens may also be substituted)
- 4-6 Garlic Cloves (depending on size)
- .2/3 Cup of Pine Nuts (Walnuts or other Nuts may be substituted)
- 1 Cup of Olive Oil (can use more or less depending on your preferred texture profile)
- Optional
- 1 Cup of Grated Parmesan Cheese - I typically do not add it to the initial pesto but let people add it to their pasta to their liking
- 1 Teaspoon Kosher Salt (taste to liking)
- 1 teaspoon Ground Black Pepper (taste to liking)

## INSTRUCTIONS

Pesto is great because it's easy to tweak and modify to meet your personal taste, some like it chunky and others like it a little more oily, some without nuts, some like it saltier or with some pepper. Modify this recipe to meet your taste:

1. Add the garlic cloves, basil leaves, pine nuts and other desired ingredients (parmesan cheese, salt, pepper) to a food processor or blender. Pulse and chop in until fine and paste-like.
2. While the food processor or blender is running, slowly add the olive oil and keep mixing until the olive oil is mixed in completely with the other ingredients.

Freeze for Later:

You can easily freeze pesto for later use in a plastic container but it can be difficult to unfreeze and use in this larger quantity. I recommend using an ice tray to separate the pesto into cubes that can be easily incorporated later:

1. Fill a clean ice tray with the fresh pesto. Pour a thin layer of oil on top to protect the pesto from direct exposure to the freezer

## Blender Soup

Victoria Castle

When I first started volunteering at Finca I was buying everything (in ridiculous quantities because it all looked so amazing). Last spring/summer I ended up with a large quantity of zucchini and basil and had already made pesto for the freezer and beyond. I decided to throw together a really quick

2. Before putting it into the freezer, you can cover it with a sheet of plastic wrap to help protect it from the cold

3. Once frozen, you can remove from the freezer and place them in a ziplock bag to easily use later

Pesto Pasta:

Pesto pasta is my favorite way to use the fresh pesto. You can use any number of pastas although most commonly I use rotini, farfalle, or penne:

1. Boil Water and cook pasta to your liking
2. Drain and put back into pot
3. Add the fresh (or frozen) pesto to the pasta and stir in to your liking
4. Add seasonal vegetables (as desired)
  - a. Sturdy Seasonal Greens: Kale, Collard Greens
    - Greens are a great addition to the pasta and I recommend using sturdier greens and not more fragile greens like lettuce as they will wilt quickly in the heat of the pasta
  - b. Vegetables:
    - Chopped vegetables like carrots, radishes, beets, tomatoes, green onions, and turnips are a great and easy addition to the pasta
    - Grilling or roasting veggies like sweet potatoes, eggplant, squash/zucchini, okra, or green beans
5. Cook and add meat (as desired):
  - a. Grilled chicken or sausage in particular are my favorites to add to the pesto.
6. Serve and enjoy!

soup and hoped for the best. This became a huge hit with my family as it was quick, easy, and versatile. I serve it both hot and cold. It makes a really refreshing cold green soup on the go especially in the Houston heat, just pour into jars and store in the fridge to take with you.

## INGREDIENTS

1-2 T Oil of your choice for sautéing  
1 medium onion, quartered or roughly chopped  
3-4 cloves garlic, peeled (amount depends on your preference) 2-3 sm/med Finca summer squash (zucchini, yellow, cue ball, pattypan, etc.), chopped in large chunks about the same size as the onion  
\*1/2 tsp red chili flakes if you want some heat  
16 oz broth (chicken or veggie is what I use primarily)  
1 bunch Finca basil/cilantro/other herb of your choice  
Salt and pepper to taste

## INSTRUCTIONS

Add 1-2 tablespoons of oil to a pan brought up to medium heat. Add onions and garlic, sauté until fragrant over medium heat about 3 minutes. Add squash and sauté about 5 minutes over medium heat. Add red chili flakes (if using) and salt, stir and then add in broth. Let simmer until veggies are soft and cooked through, no more than 15 - 20 minutes over med-low to medium heat. Take everything out of the pot and put in a blender with the herbs of your choice. Blend until smooth and serve hot or cool in the refrigerator for a refreshing cold soup.

# The Real Dyl Margarita

Eitan Peled

## INGREDIENTS

2 slices jalapeno

3 slices Suyo cucumber

1 oz Cointreau

½ Lemon squeezed

½ Lime squeezed

1.75 oz tequila

Mint leaves to taste

## INSTRUCTIONS

Muddle jalapeno, cucumber and mint leaves

Shake liquid contents with ice in a cocktail shaker for 15 seconds and pour into a glass of ice!

For bonus points, mix cayenne peppers and salt for the rim.

## Shakshuka

Kelly Martin

This recipe is super easy and quick, but also super delicious. Plus I like that you can get creative and kind of use whatever veggies you want or may have sitting in your fridge!

## INGREDIENTS

1 yellow onion, finely chopped  
2 garlic cloves, minced  
1 teaspoon cumin  
1 teaspoon coriander  
1/2 jalepeno pepper, de-seeded and finely chopped  
salt & black pepper  
2 15-oz cans of chickpeas, drained  
15-oz can of crushed tomatoes (~1 3/4 cups)  
1/2 cup vegetable broth or stock (you can make this from your veggie scraps too!)  
~4oz kale, chopped (really however much you want, and you also can sub spinach, mustard greens, etc!)

Optional additions: chopped eggplant, sweet potato - really any veggie you want!

Garnish/serve with (optional but recommended!!):

Crumbled feta  
Cilantro  
Naan

## INSTRUCTIONS

In a large deep frying pan, heat 1-2 tablespoons of olive oil and add the onion, garlic, spices, and jalepeno, and cook 4-5 mins. Add the tomatoes, broth/stock, and chickpeas plus salt and pepper to taste (plus any additional veggies you might want to add). Bring the mixture to a simmer. Cover and cook with lid for 5-7 minutes until the sauce has thickened. Add the chopped kale and cover again until greens have wilted. Using the back of a spoon, make "holes" for the eggs. Crack the eggs into each hole, sprinkle with salt and pepper, cover, and cook

until eggs are at preferred done-ness (it's best when the whites are cooked but the yolk is still runny!). Scoop the eggs and tomato mixture into a bowl, serve with feta and cilantro on top and some naan or pita on the side!

## Spanish Meatballs and Rice

Sara Van Buskirk

I learned this recipe from an old cowboy in the Texas hill country. He used to be a representative for Wolf Brand Chili, Ranch Style Beans, and Rotel and would drive around Texas, town to town, selling these products by handing out samples of creations he had made from these ingredients. He now owns a bed and breakfast in the hill country and

has made a much fancier version he now calls Spanish Meatballs and Rice. This is my recreation of this recipe and it is always a family hit. There is never any left over. The recipe below makes 12 meat balls, serves four.

## INGREDIENTS

1 pound grass fed ground beef  
2 tbsp Worcestershire sauce  
1 egg  
sea salt  
cracked pepper  
dried oregano  
chili powder  
cumin  
garlic powder  
1 tbsp fat (butter, olive oil etc)  
1 yellow onion  
1 poblano  
12 vine ripe tomatoes  
5-10 Pepperoncini and it's juice (or any pickled pepper)  
4 garlic cloves  
serrano pepper  
4-8 oz tomato paste (one tube or can)  
1 bunch cilantro  
1 cup basmati  
1 bunch fresh farm greens (any green will do--kale, misome, sweet potato are my favorites)

## INSTRUCTIONS

I prefer lard. Mix your ground beef, worcestershire, and egg together. Add sea salt, cracked pepper, dried oregano, cumin, garlic powder, and chili powder to your desired strength taste. I always go easy on the sea salt and put sea salt on the table but the meat is pretty fragrant of mexican oregano and cumin, and is also colored deeper red from chili powder. Divide and roll into twelve meat balls. Place your meat balls in the freezer.

Start heating your cast iron with fat of your choice (butter, ghee, olive oil, lard, tallow etc) on high.

In a separate pot, a creuset or a dutch oven, heat up some fat on medium heat and throw in your roughly chopped yellow onion to sweat.

Once your onions have sweat, add roughly chopped poblano.

Chop up 6 of your vine ripe tomatoes and add to your onions and pepper mix, begin to stew these ingredients together.

Place the other 6 tomatoes in a food processor with half the bunch of your cilantro and puree, set aside.

Chop garlic and toss half of your chopped garlic into stewed tomato mixture.

Once the garlic is stewed a bit into the tomato mixture, add all of the same spices to tast--oregano, chili powder, cumin, garlic powder, sea salt, cracked pepper. I am pretty liberal with my seasonings here.

After your spices are stirred in, put the lid on and turn heat to low.

Grab your meat balls from the freezer and add to your now VERY HOT cast iron skillet. It should have been heating up on high this whole time with plenty of fat. The freeze of the meat helps hold the balls together as well as keeping the middle of the ball rare while you get a good browning to the outside of the ball. This also helps preserve moisture in the meat ball.

Once you have browned your meat balls, turn your dutch oven back up to medium and remove the lid. Dump the entire cast iron skillet of meat balls, fat and all, into your sauce. Stir. This is important. There is a lot of good flavor that comes out in the meats juices and creates a more complex flavor in the fat.

After three-five minutes of stewing meatballs and sauce base together, add your tomato/cilantro puree, the remainder of your garlic, the tomato paste, and the pickled peppers with about 2 tbsp of the pickled juice. Bring to a boil (not for long) then reduce to a simmer.

At this point check back in on your spices as you have just added a lot of sweet tomato. I typically add more dried oregano, cumin, chili powder, garlic powder, and maybe a pinch of salt. Put the lid on your dutch oven and leave to simmer while you make rice.

Wash your basmati rice, bring two cups of water, pinch of salt, and dash of fat to boil. Add rice, reduce to simmer and cover. Approximately 15 min.

Go back to your meatballs and sauce, add a little more cilantro (but still leave some on the cutting board for garnish) and fresh garlic and let it sit on top. Do not stir in. Add some thinly slice serrano on top, do not stir in. Allow the cilantro, garlic, and serrano to sit on top and steam, put the lid on, keep the heat on low.

At this point you can eat at any time. The flavors typically blend more together the longer it simmers.

Thinly slice your bunch of farm fresh greens. You will put the greens raw into the bottom of the bowl with the rice. The hot meatballs and sauce will wilt the greens perfectly. Scoop rice and greens into the bottom of a bowl, add 3-4 meatballs and a few scoops of sauce, top with cilantro. Enjoy!

# Hummus and Pesto Vegetable Stir Fry

Mary Trimble

This recipe comes from my home away from home - my aunt and uncle's apartment in New York City. It's one of my favorite places in the world. I have so many happy memories filled with love, comfort, homemade food and meals shared sitting on the ground with my family around their large round coffee table. This recipe always brings me back to my place around that table.

Packed full of veggies it is perfect to make with whatever Finca veggies you have on hand.

## INGREDIENTS

- 1 cup Hummus (homemade or store bought)
- 3 cups cooked brown rice
- 2 cloves minced garlic
- 1 bunch kale\*
- 1/2 cup chopped green beans\*
- 1/4 cup shaved beets\*
- 1/4 cup shaved radishes\*
- 1/2 cup chopped carrots\*
- 1 cup protein: marinated (of your choice) cooked seitan, tofu or choice of meat
- 2 tablespoon pesto (homemade or store bought)
- toasted sesame seeds for topping
- green onions for topping
- salt and pepper to taste

\* I chose some of my favorite Finca vegetables but this recipe can be made with whatever vegetables you have on hand. The variety of vegetables we grow in the fall will make for a delicious stir fry.

## INSTRUCTIONS

1. Cook rice according to package instructions
2. Heat olive oil over medium heat
3. Sauté carrots and green beans until cooked.
4. Add garlic and cook until fragrant.
5. Add kale towards the end and cook until wilted.
4. Serve plated with a layer of hummus, rice, sautéed veggies, protein of choice, pesto, shaved beets and radishes, green onions and toasted sesame seeds.
5. Eat and enjoy!

# Baked Sweet Potatoes with Rough Chopped Pesto

Jennifer Linscomb

I normally make this pesto with spinach, but with a bundle of sweet potato greens and a couple sweet potatoes in my Finca CSA half share, I used these greens and made it a potato topping. It was so good, and I'm excited to make it again! I ate it warm for dinner, and it packed well as lunch the next day, even without reheating.

## INGREDIENTS

2 sweet potatoes, washed  
1 bunch sweet potato greens (or other greens), washed and rough chopped  
1 garlic clove, minced  
1 T olive oil  
Salt and pepper  
1 T walnuts or other nut  
1 T shaved or shredded parmesan cheese  
1 t capers

## INSTRUCTIONS

1. Preheat oven to 425.
2. Poke sweet potatoes several times with a fork.
3. Bake potatoes for about 45 minutes or until tender. (If you're in a hurry, you can bake the potatoes in the microwave. I like to do about half the microwave time and finish baking in the oven for about 30 minutes.)
4. Heat olive oil in a pan on medium heat and saute garlic until light golden brown.
5. Add greens to the garlic and olive oil and wilt, cooking about 2 - 3 minutes. Season with salt and pepper.
6. Drain greens.
7. Chop walnuts, capers, and cheese. Add cooked greens and chop together. Season with salt and pepper if needed.
8. Slice open the baked potatoes and top with pesto.

Serve with a protein, such as baked chicken. Recipe could be made vegan without parmesan cheese or with cheese alternative.

\*These measurements are a rough guideline. :)

# Cucha

## Cat and Fana

Cucha is one of the greatest parts of Gambian cuisine! Cucha is eaten as a side or sauce on rice dishes, and adds a tangy, spicy delight. It is something special to village life--as most of the plants are only found in the bush near the villages. Fana has been harvesting roselle (bisap) since she was 5 years old in The Gambia, and when she came to the states, she was very surprised to see it growing at the farm! Now, she cooks it as a special treat to remind her of back home.

### INGREDIENTS

4 cups of roselle leaves

1 cup of okra

Hot peppers

Salt

### INSTRUCTIONS

1. Get the leaves off the stem & wash them.
2. Boil the leaves in about 1 cup of water with 1/4 teaspoon salt until the water is pink and the leaves are a very dark green.
3. Boil the okra and hot peppers in another pot until they are soft.
4. Blend the okra, hot peppers, and boiled roselle leaves together. If there is a lot of water left in the roselle pot, you can strain it and drink it! Some water is ok to blend.
5. Add salt to taste.
6. Enjoy!