

# NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS



## RADISH SALAD

Inspired by *The Forest Feast Cookbook* by Erin Gleeson

Yield: 2 servings

### Ingredients

- 3 large radishes, thinly sliced (use watermelon radishes when available)
- 2 oranges, peeled and cut into bite-sized pieces
- ½ red onion, peeled and sliced into thin rings
- 2 sprigs mint
- 2 scallions, chopped
- ½ tablespoon 365 Everyday Value® Extra Virgin Olive Oil
- 365 Everyday Value® Coarse Sea Salt, to taste

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### Instructions

Using a mandolin, thinly slice the radishes and onion. In a large bowl, mix the radishes, onion, and oranges. Remove the mint leaves from the stem and cut into ribbons. Add the mint and scallions to the large bowl. Drizzle the olive oil and add sea salt to taste. Serve chilled.

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## ALLIUM-HERB CONFETTI

Shared by the Edible Academy's Children's Gardening Program

Serves many for light bites or 4 very hungry people

### Ingredients

- 1 baguette, cut into slices and toasted
- 1 cup of fresh herbs and alliums, chopped (any or all of the following: basil, sage, mint, rosemary, thyme, oregano, cilantro, chives, scallions, garlic, or onions)
- ¼ cup of crème fraiche or 365 Everyday Value® Whipped Cream Cheese

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### Instructions

Finely chop all herbs; mince all alliums. Toss gently. On baguette slices, spread crème fraiche or cream cheese. Dress with a sprinkle of allium-herb confetti, approximately 1 teaspoon per slice.

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## BABY FAVA BEANS AND FRESH HERBS

Shared by The Edible Academy's Italy Garden

Yield: 8 servings

### Ingredients

24 ounce jar baby fava beans, drained and rinsed, or 1.5 pounds fresh fava beans, removed from pods and lightly blanched  
½ cup Whole Foods Market® Grated Pecorino Cheese  
⅓ cup chopped spearmint leaves, stems removed  
⅓ cup chopped parsley leaves, stems removed  
½ cup 365 Everyday Value® Organic 100% Lemon Juice Not From Concentrate or white wine vinegar  
365 Everyday Value® Kosher Sea Salt and 365 Everyday Value® Ground Black Pepper, to taste

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### Instructions

In a large bowl, add the baby fava beans. Toss with the remaining ingredients, seasoning to taste. Refrigerate for one hour to allow flavors to marinate, then serve.

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## BESTO PESTO

Shared by Daniel Alvarez

Yield: 1 jar of pesto

### Ingredients

3 cups fresh basil leaves, packed  
1/2 cup 365 Everyday Value Extra Virgin Olive Oil  
3 medium sized garlic cloves, minced  
365 Everyday Value® Kosher Sea Salt, to taste

#### *Optional:*

1/2 cup 365 Everyday Value® Grated Parmesan Cheese  
1/3 cup Whole Foods Market® Organic Pine Nuts or Whole Foods Market® Organic Sunflower Seeds

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### Instructions

In a food processor, combine basil, olive oil, and minced garlic. Pulse until well-chopped, adding salt and more olive oil if necessary for desired smoothness. If desired, add nuts and cheese and continue to blend until smooth. Serve immediately or jar to save.

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## CARROT TOP PESTO

Inspired by Alicia Walter

Yield: 1 jar of pesto

### Ingredients

- 1 cup (20 grams) lightly packed carrot leaves, stems removed
- 6 tablespoons (90 millimeters) 365 Everyday Value® Extra Virgin Olive Oil
- 1 large garlic clove
- ¼ teaspoon 365 Everyday Value® Kosher Sea Salt
- 3 tablespoons Whole Foods Market® Organic Pine Nuts, toasted
- ¼ cup (30 grams) 365 Everyday Value® Grated Parmesan Cheese

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### Instructions

In a food processor, combine the carrot leaves, oil, garlic, and salt, and process until finely minced. Add the pine nuts and pulse until finely chopped. Add the parmesan and pulse just until combined. Taste and adjust the seasoning. Use immediately, or cover and refrigerate up to 2 days.

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## NECTARINE-CUCUMBER HERBAL SANDWICHES WITH ARUGULA AND CILANTRO

Shared by Susanne Costa

Yield: 6 servings

### Ingredients

- 3 English cucumbers, peeled and thinly sliced
- 2 packages 365 Everyday Value® Whipped Cream Cheese
- 1 bunch fresh basil leaves, cut into ribbons
- 1 bunch arugula leaves, cut into ribbons
- 1 bunch cilantro sprigs, cut into ribbons
- 4–5 large nectarines, pitted and thinly sliced
- 1 loaf 365 Everyday Value® Whole Wheat Sandwich Bread

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### Instructions

In a medium bowl, blend herbs and cream cheese until smooth. Spread this mixture on one slice of bread to your desired thickness. Thinly layer nectarine slices on top of the cream cheese, and top with several slices of cucumber. Top with a second slice of bread. Cut into small triangles, and serve at room temperature.

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## CUCUMBERS WITH SHISO AND BASIL

Shared by the Edible Academy's Dig, Plant, Grow Program  
Yield: Up to 10 as an appetizer

### Ingredients

- 5 Japanese cucumbers, or 2 English cucumbers
- 8 shiso leaves
- 8 basil leaves
- ¼ cup 365 Everyday Value® Organic Cane Sugar
- ½ cup 365 Everyday Value® Organic Apple Cider Vinegar
- 1 cup water
- 3 tablespoons mirin (substitute rice wine vinegar or 365 Everyday Value® Organic Distilled White Vinegar if unavailable)
- 1 tablespoon 365 Everyday Value® Kosher Sea Salt

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### Instructions

Put sugar, vinegar, mirin, water, and salt into a non-reactive bowl. Whisk until the sugar and salt are dissolved. Slice cucumbers as thinly as possible. Gather the shiso leaves like a deck of cards, roll into a tube and slice to chiffonade. Do the same with the basil leaves. Add cucumbers, basil, and shiso to the marinade and stir. Try to cover the vegetables with the marinade. It's okay if the liquid doesn't submerge the cucumbers. They will break down and get smaller as they marinate. Put the mix in the fridge and let marinate for at least 4 hours, mixing a few times during the 4-hour period. Serve chilled.

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## REFRIGERATOR PICKLES

Shared by Dave Vetter

Serves many

### Ingredients

- 6–8 medium to large cucumbers
- 2–3 cloves garlic
- 4 cups water
- 1 ⅓ cup 365 Everyday Value® Organic Distilled White Vinegar
- 1 tablespoon 365 Everyday Value® Kosher Sea Salt
- 2 sprigs fresh dill
- 365 Everyday Value® Black Peppercorns, to taste
- Whole Foods Market® Yellow Mustard Seeds, to taste

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### Instructions

Slice cucumbers into a large bowl. Cover with vinegar, water, and salt. Let sit for 30 minutes. Drain brine from cucumbers, making sure to save the brine. At bottom of a jar, place garlic cloves, peppercorns, mustard seed, and one sprig fresh dill. Fill jar to rim with sliced cucumbers. Add one sprig dill on top. Fill jar to rim with brine solution and seal with lid. Refrigerate for minimum of three days before use. Eat within ten days.

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## SONOMA HARVEST CUCUMBER SALSA

Inspired by Kimberly Beazer

Yield: 6 servings

### Ingredients

- 1 large cucumber, chopped and diced
- 3 Roma tomatoes, halved, seeded, and coarsely chopped
- 1/2 small red onion, peeled and diced
- 1/4 small cantaloupe, seeded, peeled, and cubed into bite-sized pieces
- 1 pink lady apple, cored and diced
- 1/2 medium sweet green pepper, de-seeded and diced
- 1 jalapeño pepper, de-seeded and chopped
- 1 tablespoon 365 Everyday Value® Organic Cane Sugar
- Juice from 1 lime
- 1/4 teaspoon 365 Everyday Value® Kosher Sea Salt
- 1/4 teaspoon 365 Everyday Value® Ground Cumin
- Tortilla chips, to serve

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### Instructions

In a medium bowl, mix cucumber, tomatoes, cantaloupe, apple, peppers, and red onion. In a small bowl, whisk together the sugar, salt, cumin, and lime juice; pour the mixture over the salsa. Serve with tortilla chips.

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## TROPICAL FRUIT AND KALE SMOOTHIE

Shared by Gianna Braca

Yield: 4 servings

### Ingredients

- 3 large leaves curly kale, stems removed
- 2 bananas, peeled, cut into coins, and frozen for 2–3 hours or overnight
- 2 mangos, peeled and cut into cubes
- ½ cup 365 Everyday Value® Organic Coconut Milk
- 1 teaspoon 365 Everyday Value® Organic Mountain Forest Honey Light Amber (or orange blossom honey, if available)

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### Instructions

In a blender, add frozen banana coins and ⅓ cup coconut milk. Pulse several times. Roughly tear the kale leaves, add to the blender, and pulse again several times. Add mangoes, honey, and remaining coconut milk. Process until smooth.

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## ZUCCHINI WITH HONEY AND BASIL

Shared by the Edible Academy's Dig, Plant, Grow Program  
Yield: 6 servings

### Ingredients

- 4 medium zucchini, ends trimmed
- 1 tablespoon 365 Everyday Value® Extra Virgin Olive Oil
- 2 tablespoons 365 Everyday Value® Unsalted Butter
- ½ lemon
- 3 teaspoons 365 Everyday Value® Organic Mountain Forest Honey Light Amber
- 10 basil leaves
- 10 mint leaves
- 365 Everyday Value® Ground Black Pepper and 365 Everyday Value® Kosher Sea Salt, to taste

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### Instructions

Cut the zucchini lengthwise into quarters, and then cut crosswise into ½-inch cubes. Put them in a bowl, season generously with salt, and let sit for 20 to 30 minutes. Drain and pat dry. If you are avoiding sodium, skip this step.

Over medium heat, warm the olive oil and butter in a large sauté pan or grill pan (large enough to fit the zucchini in a single layer). Add the zucchini. Allow zucchini to cook so the edges brown but the centers are crisp and tender. As soon as the zucchini is done, remove from heat and allow to cool on dish or cutting board, leaving the oil in the pan behind.

For the basil and mint pesto: Combine ¼ cup packed basil leaves and ¼ cup packed mint leaves with a pinch of salt in a small food processor. Turn on the machine and drizzle 3 tablespoons oil through feed tube, until a loose sauce forms. Once the zucchini is cooked, dress with pesto, lemon juice, and honey. Add salt and pepper to taste.

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## NEW-HARVEST GAZPACHO

Inspired by *Dinner with Georgia O'Keeffe* by Robyn Lea

Yield: 6–8 servings

### Ingredients

- 6 large ripe tomatoes
- 1 large cucumber, peeled and chopped
- 2 cloves garlic, crushed
- 1 small red chili pepper, chopped
- 2 stalks celery, finely chopped
- 6 scallions, finely chopped
- 1 handful parsley, finely chopped
- 5 tablespoons Spanish sherry vinegar
- ½ red onion, diced
- 3 cups 365 Everyday Value® Organic Vegetable Broth
- 2 cups 365 Everyday Value® Organic 100% Tomato Juice
- 2 sprigs dill, chopped plus more for garnish
- 2 sprigs thyme, chopped plus more for garnish
- Small handful fresh mint, chopped plus more for garnish
- 365 Everyday Value® Extra Virgin Olive Oil, for drizzling
- 365 Everyday Value® Kosher Sea Salt and 365 Everyday Value® Ground Black Pepper, to taste

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### Instructions

To peel the tomatoes, scald them quickly in hot water or hold them on a fork over open flame to release the skin, then peel. Seed the tomatoes, then finely chop them.

In a large bowl, combine all the ingredients except the oil and stir well. In a blender or food processor, carefully puree the mixture. Season with salt and pepper. Cover and chill overnight or longer.

Add water to thin the soup, if desired. Stir well before serving. Garnish with the fresh herbs and a drizzle of olive oil.

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## SUNNY HONEY SEED BUTTER

Shared by the Edible Academy's Dig, Plant, Grow program  
Yield: 2 cups

### Ingredients

- 4 cups Whole Foods Market® Organic Sunflower Seeds, roasted
- 2 tablespoons 365 Everyday Value® Organic Mountain Forest Honey Light Amber
- 2–4 tablespoons neutrally flavored oil (such as 365 Everyday Value® Refined Expellent Free Canola Oil)
- 1 teaspoon freshly grated ginger
- ½ teaspoon 365 Everyday Value® Kosher Sea Salt

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### Instructions

In a food processor, pulse sunflower seeds until fine, with a flour-like texture. When the mixture begins to clump together, slowly add 2 tablespoons of oil, keeping the motor running the whole time. Scrape sides, and blend for several minutes until drippy and spreadable. Add two more tablespoons if still dry. Add honey and ginger and run processor again. Salt to taste.

To store, jar and refrigerate for up to three or four weeks.

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## YELLOW SALAD

Inspired by *The Forest Feast Cookbook* by Erin Gleeson  
Yield: 4–6 servings

### Ingredients

2 yellow peppers, de-seeded and cubed  
16 ounces 365 Everyday Value® Garbanzo Beans  
1 cup yellow or orange cherry tomatoes, halved (use sungolds if available)  
1 golden beet, peeled and thinly sliced  
1 lemon cucumber (substitute a regular cucumber if not available)  
1 ear of corn, kernels removed  
½ cup golden raisins  
1 teaspoon lemon zest  
365 Everyday Value® Ground Black Pepper, to taste

For the dressing:

¾ cup 365 Everyday Value® Extra Virgin Olive Oil  
¼ cup 365 Everyday Value® Organic 100% Juice Lemon Not From Concentrate  
2 tablespoons 365 Everyday Value® Organic Dijon Mustard  
1 teaspoon 365 Everyday Value® Organic Mountain Forest Honey Light Amber

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### Instructions

In a large bowl, mix the peppers, chickpeas, tomatoes, beet, corn, lemon zest, and cucumber together. In a jar with a lid, add the olive oil, lemon juice, mustard and honey; shake well. Pour the dressing over the salad. Garnish with golden raisins and serve.

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### THE EDIBLE ACADEMY'S HANDMADE TORTILLAS

Adapted from *The Art of Mexican Cooking* by Diana Kennedy  
Serves many, depending on size of tortillas

#### Ingredients

- 2 cups (approximately 10 ounces) Maseca corn masa flour
  - 1 1/3 cups water, approximately
  - 2 x 1 – quart sized plastic bags, for pressing tortillas
  - A flat griddle
  - A tortilla press
- For filling the tortillas: your choice of lettuce, beans, tomatoes, cotija cheese, avocado, lime, cilantro, and salt and pepper to taste

#### Instructions

Mix the Maseca with the water and work well so that it is evenly distributed through the flour and forms a cohesive mass when pressed together. The dough should be of medium consistency, neither too firm nor wet and sticky. Divide the dough into 15 equal parts (each one should weigh just over 1 ounce) and roll into smooth balls about 1 1/2 inches in diameter. Place all but one of the balls under plastic wrap so that they do not dry out.

Heat an ungreased comal or griddle over a medium flame. Open up the tortilla press and place a small plastic bag on the bottom plate. Place a ball of the dough on the bottom bag, a little off center toward the hinge rather than the pressing lever (it presses too thin on that side), and press it out with your fingers to flatten a little. Cover with the second bag and press down firmly but not too fiercely (or the dough will be too thin and you will never be able to pry it off the bag in one piece).



Open the press, remove the top bag, lift the bottom bag up in one hand, place the dough onto the fingers of your other hand, and very carefully peel the bag off the flattened dough. Do not try to peel the dough off the bag. Keeping your hand as horizontal as possible, lay the tortilla flat onto the comal. There should be a slight sizzle as the dough touches the surface of the comal. Leave for about 15 seconds; the underside will have opaque patches and be slightly speckled with brown. Flip the tortilla over onto the second side and cook for a further 30 seconds; the underside should now be opaque and speckled. Flip back onto the first side again and cook for 15 seconds more.

If you have done all the correct things and the comal is the correct heat, the tortilla should puff up, showing that the extra moisture has dried out of the dough. If the tortilla doesn't puff up, press it gently on the last turn with your fingers or a towel.

As the tortillas are made, they should be placed one on top of the other in a basket or gourd lined with a cloth to preserve the heat and keep them moist and soft. They can also be wrapped and frozen. To serve, add your favorite tortilla fillings as listed above.

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## THREE SISTERS SALAD

Inspired by the *Mitsitam Cookbook*

Yield: 3–4 servings

### Ingredients

2 zucchinis, halved lengthwise and seeded  
2 yellow summer squashes, halved lengthwise and seeded  
2 ears corn, husked  
¼ cup 365 Everyday Value® Refined Expellent Free Canola Oil  
365 Everyday Value® Coarse Sea Salt and 365 Everyday Value® Ground Black Pepper  
2 cups cooked cranberry beans, drained  
1 medium yellow tomato or ¾ cup yellow cherry tomatoes, diced  
2 plum (Roma) tomatoes or ¾ cup red cherry tomatoes, diced

For the vinaigrette:

6 tablespoons 365 Everyday Value® Organic Apple Cider Vinegar  
¼ cup 365 Everyday Value® Organic Mountain Forest Honey Light Amber  
¾ cup 365 Everyday Value® Refined Expellent Free Canola Oil  
On hand: 365 Everyday Value® Coarse Sea Salt and 365 Everyday Value® Ground Black Pepper

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### Instructions

Prepare a hot fire in a charcoal grill or preheat a gas grill to high. Brush the zucchini, squash, and corn with oil. Season the vegetables on all sides with salt and pepper. Grill the zucchini and squash until crisp-tender and grill-marked on both sides, about 10 minutes. At the same time, grill the corn until lightly browned, turning to cook on all sides, 4 to 5 minutes. Transfer the zucchini and squash to a cutting board and finely dice, then empty into a large bowl. Cut the kernels from the corn and add to the bowl along with the beans and the yellow and red tomatoes. Add ¼ cup vinaigrette and toss to coat. Season with salt and pepper and toss again. Serve at room temperature or cold.

For the vinaigrette: In a small bowl, combine all the ingredients and whisk to blend. Cover and refrigerate for at least 1 hour, or up to 10 days.

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## AUTUMN BEAN SALAD

Inspired by *Dinner with Georgia O'Keeffe* by Robyn Lea

Yield: 8 servings

### Ingredients

4 x 15-ounce can of beans, a mixture of 365 Everyday Value® Black Beans, 365 Everyday Value® Pinto Beans, 365 Everyday Value® Kidney Beans and 365 Everyday Value® Black Eyed Peas, rinsed and drained  
1/2 large red onion, sliced into thin half-rings  
1/2 cup chopped herbs, a mixture of dill, mint, and parsley  
1/4 cup 365 Everyday Value® Extra Virgin Olive Oil  
2 teaspoons 365 Everyday Value® Organic Apple Cider Vinegar  
365 Everyday Value® Kosher Sea Salt and 365 Everyday Value® Ground Black Pepper, to taste

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### Instructions

In a large bowl, mix the beans, onion, and chopped herbs. Pour the oil and vinegar into the large bowl and mix. Season with salt and pepper, then serve.

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### ORANGE-CABBAGE SALAD

Inspired by *The Forest Feast Cookbook* by Erin Gleeson  
Yield: 6 servings

#### Ingredients

- 4 carrots, cut into coins
- 2 blood oranges, peeled and diced into bite-sized pieces
- 5 radishes, cut into coins
- 1 head purple cabbage, chopped into bite-sized pieces

For the dressing:

- $\frac{3}{4}$  cup 365 Everyday Value® Extra Virgin Olive Oil
- $\frac{1}{4}$  cup white wine vinegar
- 2 tablespoons orange zest
- 3 tablespoons 365 Everyday Value® Organic 100% Orange Juice Not From Concentrate, No Pulp
- 1 tablespoon 365 Everyday Value® Organic 100% Lemon Juice Not From Concentrate
- 1 clove garlic, minced

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#### Instructions

In a large bowl, mix cut carrots, oranges, radishes, and cabbage. In a jar with a lid, add the olive oil, vinegar, orange zest, garlic, lemon juice, and orange juice; shake well. Pour the dressing over the salad and serve.

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## BRIGHTEST BORSCHT WITH SOUR CREAM AND FRESH DILL

Inspired by *Dinner with Georgia O'Keeffe* by Robyn Lea  
Yield: 4–6 servings

### Ingredients

- 4 large beets
- 3 365 Everyday Value® Cage-Free Medium Brown Grade-A Egg yolks, lightly beaten
- 4–5 tablespoons 365 Everyday Value® Organic Sour Cream, plus more to garnish
- 1 teaspoon 365 Everyday Value® Kosher Sea Salt, plus more to taste
- 1 tablespoon 365 Everyday Value® Organic Cane Sugar
- Juice from 2 lemons
- 2 ½ quarts water
- A few sprigs of dill, for garnish
- 365 Everyday Value® Ground Black Pepper, to taste

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### Instructions

Trim and peel the beets. Place the beets in a large saucepan and cover them with about 2 ½ quarts of water. Add 1 teaspoon of salt. Cover the pot and simmer for about 1 hour, or until beets are tender when pierced with a knife. Remove the beets with a large slotted spoon and place them in a sieve to drain. Reserve 1 ½ quarts of the cooking liquid. Allow beets to cool, then grate them.

In a small saucepan, heat 1 cup of the cooking liquid, then add the sugar and stir to dissolve. Slowly drizzle the hot liquid into the egg yolks, whisking to combine, then stir in the lemon juice. Pour the egg mixture into a large bowl and add the remaining cooking liquid and grated beets. Add the sour cream, then season with salt and pepper, stirring to combine well. Chill until cold, about 2 hours.

Garnish with dill, pepper, and more sour cream.

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## FALL GARDEN SALAD WITH HONEY MUSTARD DRESSING

Shared by Tania Rivera and Susanne Costa  
Yield: 6–8 servings

### Ingredients

- 10 lettuce leaves (from approximately 1 head lettuce)
- 1 bunch tender chard (6–8 leaves)
- 1 bunch bok choy or baby bok choy (6–8 leaves)
- 4 carrots
- 1 bunch (6–8) radishes
- 10–12 nasturtium blossoms, or to taste (optional)

### For the dressing

- 2 tablespoons fresh lemon juice
- 1 tablespoon white wine vinegar or 365 Everyday Value® Organic Apple Cider Vinegar
- 6 tablespoons 365 Everyday Value® Extra Virgin Olive Oil
- 1 teaspoon 365 Everyday Value® Organic Dijon Mustard, or to taste
- 365 Everyday Value® Kosher Sea Salt and 365 Everyday Value® Ground Black Pepper, to taste
- 1 teaspoon 365 Everyday Value® Organic Mountain Forest Honey Light Amber, or to taste

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### Instructions

#### For the salad:

Wash the lettuce, chard, and bok choy. Remove the tough stems from the chard. Cut all three types of greens into thin, ribbon-shaped slices. Place them in a bowl.

Peel and grate or dice the carrots. Wash and dice the radishes. Place them in the bowl. Place the nasturtium blossoms on top. Serve with honey-mustard dressing.

#### For the dressing:

In a bowl, whisk together the lemon juice, vinegar, and olive oil. Add the mustard, salt, and pepper, and whisk to combine. Add the honey, whisking again before serving.

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## **AGLIO, OLIO, AND PEPPERONCINO COLLARDS**

Inspired by *The Forest Feast Cookbook* by Erin Gleeson

Yield: 4 servings

### **Ingredients**

- 1 bunch collard greens (about 6 leaves), stems removed
- 2 cloves garlic, minced
- 2 tablespoons 365 Everyday Value® Extra Virgin Olive Oil
- 2 tablespoons 365 Everyday Value® Crushed Red Pepper Flakes (optional)
- 365 Everyday Value® Coarse Sea Salt, to taste

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### **Instructions**

Cut the collard leaves into ribbons. In a large skillet over medium heat, combine garlic, olive oil, and red pepper flakes. Cook for 1 minute. Add the collard greens; sauté until bright green and slightly wilted, about 3 minutes. Serve warm.

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