1. Carrot

2. Okra

3. Kale

4. Sage

5. Spinach

6. Oregano

7. Raspberry

8. Parsley

9. Strawberry

10. Zucchini

11. Basil

12. Cabbage

**Chicken Noodle Soup**

1 tablespoon butter
½ chopped onion
½ cup chopped celery
½ cup chopped zucchini
1 cup of kale
4-14.5oz cans chicken broth
14.5oz can vegetable broth
½lb cooked chicken breast
Cut
1½ cup egg noodles
1 cup sliced carrots
½ cup sliced tomatoes
½ teaspoon oregano
Salt and pepper to taste

**Directions:** In a large pot over med heat, melt butter. Cook onion, zucchini, and celery in butter until tender, 5 min. Stir in remaining ingredients. Bring to a boil, then reduce and simmer 20 min before serving.

**Spinach Salad**

½ tsp toasted sesame seeds
6 cups fresh spinach
2 cups cut strawberries
¼ cup salad oil
2 tbsp red wine vinegar
1½ tablespoons sugar
1/8 tsp onion powder
1/8 tsp garlic powder
1/8 tsp dry mustard

**Directions:** In a large bowl, toss spinach, sesame seeds, and strawberries. Cover and refrigerate. Combine remaining ingredients in a jar or shaker; shake well then refrigerate. Pour dressing over salad in bowl and toss.

**Fried Okra**

10 okra in ¼ inch pieces
1 egg, beaten
1 cup cornmeal
¼ teaspoon salt
¼ teaspoon pepper
½ cup vegetable oil

**Directions:** In a small bowl, soak okra in egg for 5-10 min. In a medium bowl, combine cornmeal, salt, and pepper. Heat oil in a large skillet over med-high heat. Coat okra in cornmeal mixture evenly and place in hot oil; stir continuously. Reduce heat to medium when okra starts to brown, cook until golden. Drain on paper towel.

**Corned Beef + Cabbage**

3lb corned beef brisket in brine
16 cups cold water
2 bay leaves
1 teaspoon sage
1 teaspoon basil
2 tsp black peppercorns
4 whole allspice berries
2 whole cloves
1 large onion chopped
4 small carrots chopped
1/2 green cabbage cut in 8pcs
8 small potatoes, halved
black pepper to taste

**Directions:** Rinse corned beef under cold water. Place in Dutch oven, add the water and spices. Bring to boil, uncovered, and skim off scum on the surface. Cover and transfer to oven, braise until tender, about 3hrs 45min. Transfer corned beef to a cutting board and cover to keep warm. Add the vegetables to the cooking liquid and bring to boil. Lower heat and simmer until vegetables are tender, 20min.

**Strawberry + Raspberry Trifle**

Angel food cake cut in 1 in pcs
3 cups milk
2 pkg white choc pudding mix

**Directions:** In a large bowl, whisk milk and pudding mix for 2 minutes (mixture will be thick). Place a third of the cake cubes in serving bowls. Top with a third of the pudding. 1 cup sliced strawberries, 1-1/2 cups raspberries and a third of the whipped topping. Repeat layering. Garnish with quartered strawberries.
COMMUNITY GARDEN

URBAN FARM PLOTS

HOOP HOUSES

COMPOST BINS

TRY AND SEE IF YOU CAN MATCH THE CORRECT VEGETABLES ON THE REVERSE

IT CAN TAKE 6-9 MONTHS TO TURN FOOD WASTES INTO SOIL. INTERIOR CAN GET AS WARM AS 150 DEGREES. A GOOD PILE CONSISTS OF GREENS (PLANT, FOOD MATERIAL) AND BROWNS (PAPER, LEAVES, WOODCHIPS)

THE HOOP HOUSES ALLOW GREENS SUCH AS KALE AND LETTUCE TO BE GROWN IN WINTER

CHILDREN’S GARDEN

A PLACE FOR CHILDREN TO EXPLORE, INTERACT, AND LEARN

URBAN FARM PLOTS

FARMSTAND

FRESH ORGANIC PRODUCE IS AVAILABLE FOR SALE SATURDAYS FROM 10 AM TO 2 PM

PLEASE BE MINDFUL OF OTHER’S HARD

TOOL SHED

IT TAKES LOTS TOOLS SUCH AS SHOVELS TO KEEP THE FARM

WORM COMPOST

RED WIGGLER WORM CAN EAT ITS BODY WEIGHT IN WASTE EACH DAY 1LB WASTE = 1LB WORMS. WORM WASTE MAKES FERTILIZER.

GREEN HOUSE

$100K RECEIVED FROM THE IMPACT 100 CHICAGO

CHICAGO LIGHTS OPEN VOLUNTEER HOURS: SATURDAYS APRIL THROUGH NOVEMBER NOON TO 3 PM

ENTRANCE

TRY AND SEE IF YOU CAN MATCH THE CORRECT VEGETABLES ON THE REVERSE

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