

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 teaspoon basil

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 tblsp 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

3 cups milk

2 pkg white choc pudding mix

Angel food cake cut in 1in pcs

3 cups sliced strawberries

3 cups fresh raspberries

1 carton whipped topping

3 strawberries, quartered

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.

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

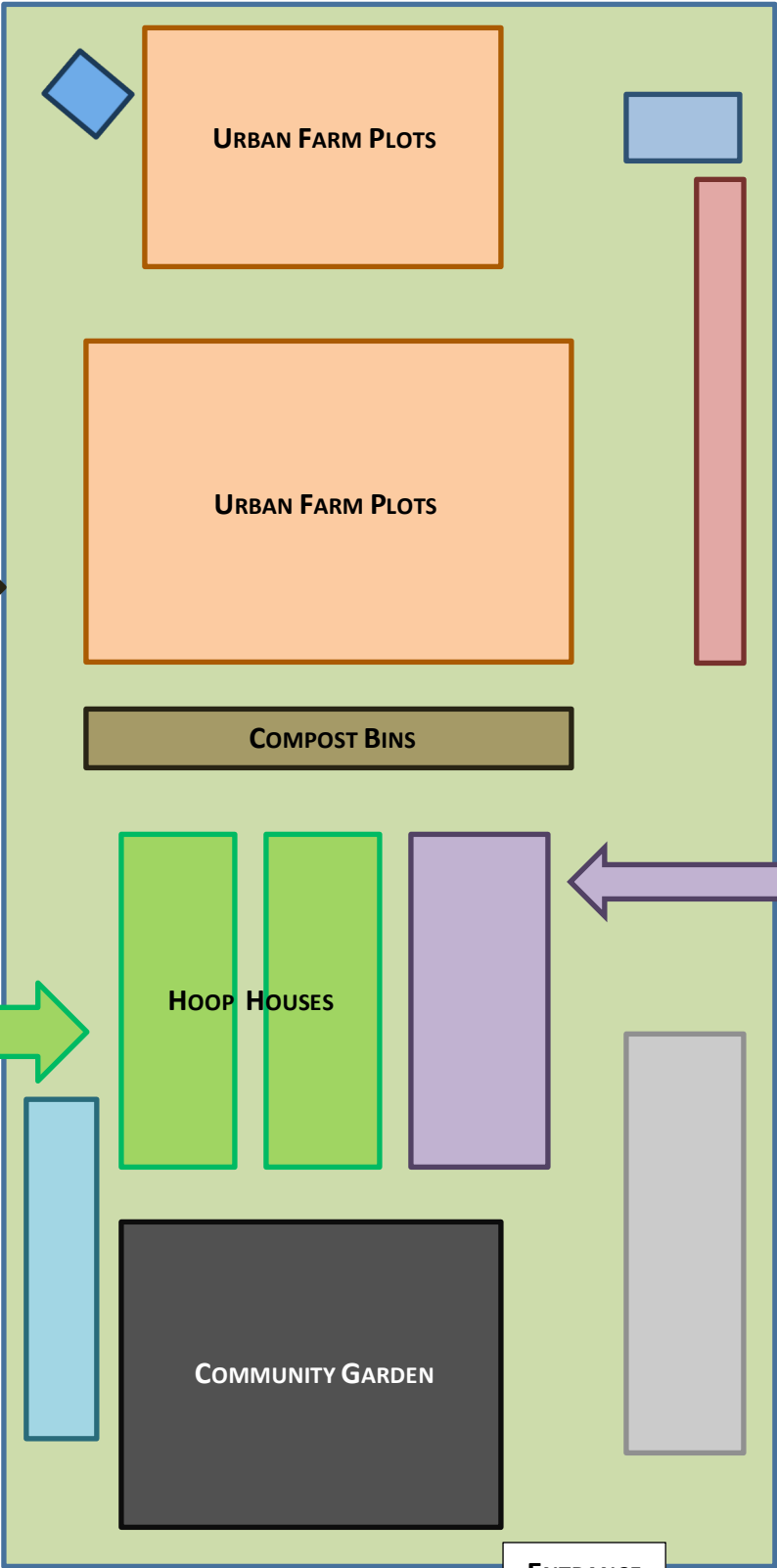
TOOL SHED
IT TAKES LOTS TOOLS SUCH AS
SHOVELS TO KEEP THE FARM

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

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



**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

PLEASE BE MINDFUL OF OTHER'S HARD