



**Harlem Grown**  
**Recipes**  
from  
**School Year 2018-2019**



In this booklet, you will find recipes for each of the dishes that we made during Harlem Grown lessons this school year! In addition there are a few recipes from parent nights, and other more general taste tests.

Enjoy!

Harlem Grown is a non-profit based in Harlem that provides lessons in schools as well as activities at our urban farm sites throughout central Harlem. Our programming is centered around urban farming and gardening, as well as nutrition and cooking with local fruits and vegetables.

All of our events and activities are always FREE! You can join us for cooking and farming at our open volunteer days on Saturdays (from April to October) from 11AM to 3PM at our farm at 118 West 134th Street. Children under 7 need a parent present.

Our summer camp is FREE for children aged 7-14. During camp, children learn cooking and farming skills, spend time playing outside, and participate in many field trips. Visit <http://www.harlemgrown.org/summer-camp> to sign up.

We host multiple events throughout the year including a Harvest Festival, Halloween, Earth Day and Healthy Summer. To stay updated, sign up for our newsletter on our website <http://www.harlemgrown.org/>.

Contact us by calling (212) 870-0113, or by emailing us at [info@harlemgrown.org](mailto:info@harlemgrown.org) or find us on Instagram @HarlemGrown.

## Quick Fruit Jam

This is a way to make a jam with fresh berries (ideally when they are in season in the summertime) without the process of canning! The jam can be stored in the fridge for a few weeks after making it.



### Ingredients

- 7 cups your favorite berry
- $\frac{3}{4}$  cup sugar
- Juice of  $\frac{1}{2}$  a lemon

### Directions

1. Wash berries
2. Mash the berries to the texture you prefer (kids love to help with this)
3. Add sugar, lemon, and berries into a saucepan and stir well
4. Bring mixture to a boil, then reduce the heat to low
5. Let jam simmer for 15-30 minutes, then take off the heat and let it cool
6. Enjoy on bread, crackers, yogurt, cake...the choice is yours!
7. Keep in the fridge for up to 5 days

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## Spiced Applesauce

This applesauce highlights a delicious and nutritious fruit that is perfect during the fall season. Apples have lots of vitamins which help your immune system, and tons of fiber which help with digestion!



### Ingredients:

- 8-10 apples
- 1 tablespoon cinnamon or 3-4 cinnamon sticks
- ½ cup honey or maple syrup
- ¾ cup water
- Juice of ½ lemon

### Instructions:

1. Wash and chop up apples into chunks.
2. Add apples, water, cinnamon, honey and lemon juice to a pot, bring to boil, then cover and let simmer for 10-20 minutes, adding more water if needed.
3. Once the apples are soft and begin to break down, transfer everything to a food processor or a food mill to blend, or use a potato masher to mash apples into a sauce
4. Enjoy warm or save it for later in the fridge!

**Note:** You may want to peel your apples before cooking, though it is not necessary. Also, nutmeg is a tasty addition to the sauce.

## Tomato-Basil Bruschetta

Bruschetta is an Italian appetizer that consists of toasted bread (usually with garlic) that is topped with some sort of tomato-based topping. Think of it as a mini salad on bread!



### Ingredients:

- 3 Roma tomatoes, chopped into ½ in. cubes
- 2 Cloves garlic minced
- 2 tsp. Balsamic vinegar
- 3 Tbsp. olive oil
- 3 Tbsp. chopped fresh basil
- ½ tsp. Salt
- Pepper (to taste)
- Mozzarella cheese, chopped into small cubes (\*optional)
- ¼ - ½ red onion, chopped (\*optional)
- Sliced baguette (or other bread), toasted

### Instructions:

1. Chop all fresh ingredients and add to bowl with olive oil, vinegar, and spices.
2. Let sit at room temp and let flavors combine for about 20-30 mins.
3. Toast bread slices in toaster oven or on broiler setting of oven, and then rub extra garlic cloves on the toast along with a bit of salt.
4. Top the toast with the finished bruschetta and enjoy!

## Stir Fry

This stir fry is easy to make and delicious. It can be made using any vegetables you have at home, or whatever you prefer. This recipe serves 4-7 people, and any of the ingredients can be taken away or replaced with others.

### Ingredients:

- 1 bell pepper
- ½ an onion
- 1-2 carrots
- 1 head of broccoli
- ½ bag of frozen corn
- 1 Tbsp. of oil
- Three tablespoons soy sauce
- 3-4 cloves of garlic
- 1 inch cube of ginger
- ½ tsp. of black pepper
- Chili flakes, to taste
- 2 Tbsp. rice vinegar or juice of half a lemon
- Noodles or brown rice



### Instructions:

1. Peel carrots and chop all vegetables into small pieces
2. Mince ginger and garlic (chop into very small pieces)
3. In a large pan, heat oil and cook onions, stirring often. Once onions begin to brown, add garlic, ginger and stir
4. Add carrots, then peppers and broccoli after 2 mins.
5. Add soy sauce, pepper, and rice vinegar or lemon juice
6. Taste and adjust seasoning as needed. Continue to stir until all vegetables are tender
7. Serve with rice or noodles to make a filling meal. Top with chili flakes if desired.

## Three Sisters Succotash

Succotash is a traditional Native American dish. It is hearty and filling and the combination of beans, squash, and corn can give your body all the protein it needs!



### Ingredients:

- 1 cup corn kernels (fresh or frozen)
- 1 cup cubes of squash (frozen or roasted)
- 1 cup pinto or black beans (canned or soaked)
- 1 tablespoon garlic powder, or 2 cloves of minced garlic
- 1 tablespoon onion powder, or half an onion
- ½ teaspoon chili powder (more if you like it spicy)
- Salt and pepper to taste

### Instructions:

1. Roast squash if you're using a fresh squash, or thaw if you're using frozen
2. Drain beans if you're using a can, or soak them in water overnight if using dried
3. In a large skillet or pan, add onions and garlic and stir until fragrant (about 2 minutes) or add garlic powder, onion powder, and chili powder
4. Add corn, squash, and beans and stir a few times, then cover the pan and let the succotash cook 15-20 minutes, until all the vegetables are tender
5. Add salt and pepper to taste
6. Enjoy the succotash on its own or over rice

## Pickled Carrots

People have been using pickling as a way to preserve food all over the world for thousands of years. You can pickle any vegetable you like and enjoy it throughout the year!

### Ingredients:

Half a cup of white vinegar  
(found at most stores)  
One cup of water  
2 teaspoons of salt  
Granulated sugar  
3 cloves of garlic  
Carrots, or any vegetable of your  
choice



Pickling spice (can be bought pre-made, or you can make your own using any combination of the following spices: mustard seed, coriander, bay leaves, ginger, chili, clove, black paper, cardamom, allspice, cinnamon.)

### Instructions:

1. Peel and chop carrots into sticks or rounds
2. Peel and crush the garlic cloves, but leave them whole
3. Add all the ingredients into a jar and shake well to combine (kids than help with this!). The carrots should be fully covered in brine, so add water if needed
4. Keep your jar in the fridge
5. Your homemade pickles will be ready to eat after a week, and the jar will keep in the fridge for up to 1 month.

Note: this is not a canning recipe, so your jar is NOT shelf-stable and needs to be kept in the fridge at all times.

## Tropical Smoothie

This is a very easy and yummy summertime smoothie. It is filled with vitamins and antioxidants to nourish your body. These fruits can always be substituted for any other favorite fruit combos! This recipe makes 1 serving.



### Ingredients:

1 frozen banana  
1 cup frozen strawberries  
 $\frac{1}{2}$  cup frozen mango  
 $\frac{1}{4}$  cup almond milk

### Instructions:

1. Chop banana and mango into medium sized pieces (so it is easier to blend).
2. Take leaves off of the strawberries. If there are any giant strawberries cut them up as well.
3. Place the chopped fruits in ziplock bags and freeze them overnight. Alternatively, use store-bought frozen fruit.
4. Take the fruits out of the freezer and place them and the almond milk in a blender.
5. Blend until there are no chunks of fruit in the smoothie.
6. Serve on a hot day and enjoy!

## Veggie Chili

This recipe is a favorite among both adults and children! It is filling, warming, and delicious on a cool fall or winter day. You can easily double the recipe to feed a large group. This recipe freezes well, so you can have it ready to go on a different day.



### Ingredients:

- 1 large onion (white or yellow)
- 4 cloves of garlic
- 4 carrots
- 2 bell peppers
- three cans of beans (can use black, pinto, kidney etc.)
- 2 cans of crushed tomatoes (unseasoned)
- 4-5 cups of vegetable broth
- 1 tsp. each of cumin, dried oregano, salt, pepper, garlic powder, onion powder, chili powder, and **smoked paprika** (adds a smoky and meaty flavor)
- 1-2 limes

### Instructions:

1. Wash and chop veggies, and drain and rinse beans
2. Saute onions in oil (2-5 minutes)
3. Add garlic and spices, stir for one 1-2 minutes. If the onions are sticking to the pan, add a little water
4. Add carrots and stir 3 minutes
5. Add tomatoes, beans, peppers, and broth. Stir well and leave to simmer for 45 minutes to 1.5 hours
6. Add lime juice and extra spices to taste before serving (might need extra salt)
7. Enjoy with bread, over rice, or on its own!

## Vegetable Soup (Stone Soup)

This soup is perfect for a cold winter day. It can be made using whatever vegetables you have at home, or whatever you prefer. It will keep you full, healthy, and happy! Enjoy warm with bread or rice, or freeze it for a quick meal later!



### Ingredients:

- A few leaves of kale or any sturdy dark leafy green
- Half an onion
- One or two carrots
- One can of black, kidney, or pinto beans
- One can of crushed peeled tomatoes
- 4 cups of vegetable or chicken broth
- One tablespoon of cooking oil or olive oil
- 1 tsp. Salt
- Black pepper (to taste)
- 2 tsp. Garlic powder
- Juice of half a lemon

### Instructions:

1. Peel and chop all vegetables into small pieces
2. Drain and rinse beans
3. In a large pot, heat oil and cook onions, stirring often. Once onions begin to brown, add all vegetables, beans, and broth (add water if necessary, enough to cover vegetables by approximately two inches)
4. Add spices
5. Cover the pot simmer for 10-20 minutes on medium
6. Stir in the kale or other leafy green and add lemon juice
7. Taste and adjust spices as necessary. Soup is ready when all the vegetables are tender. Enjoy!

## Arroz con Gandules

Arroz con Gandules (rice with pigeon peas) is a Puerto Rican recipe that is part of the national dish. It is traditionally made in a caldero, a large aluminum pot, but you can make it in any large pot or Dutch oven.



### Ingredients:

- 2 cups parboiled rice
- 1 can pigeon peas (rinsed)
- 1 tablespoon olive oil
- 1 cube of chicken or vegetable bouillon
- ½ cup recaito (Puerto Rican sofrito)
- 3 cups water
- 1 packet sazón “con achiote y culantro”
- ½ cup tomato sauce or 2 tablespoons tomato paste
- 1 teaspoon dried italian seasoning
- 2-3 bay leaves

### Instructions:

1. Heat your pot to medium, add recaito and stir until fragrant but not browned. Then add bouillon and tomato sauce or paste. Stir to combine.
2. Add italian seasoning, bay leaves, and water. Taste for saltiness and add salt if needed. The taste of this liquid will determine the flavoring of the final dish. Bring the liquid to a boil.
3. Add drained pigeon peas and bring the mixture back to a boil. Once it is boiling, add the rice and stir once.
4. Allow the rice to absorb all visible liquid, then stir the rice, lower the heat to a simmer and cover the pot. Let the rice cook for another 20-25 minutes. The dish is finished when the rice is fluffy and no longer crunchy.

## Easy Salad Dressings

This is a super easy way to dress your own salads! The ingredients are simple, and by making your own dressing, you can avoid some of the mystery processed ingredients in many store-bought dressings!



### Dressing #1 - **Sweet Mustard Vinaigrette:**

- 4 Tbsp. of Olive oil
- 3 Tbsp. of Maple Syrup
- 1 Tbsp. Mustard
- 2 Tbsp. of Apple Cider Vinegar

### Dressing #2 - **Peanut Lime Dressing:**

- 4 Tbsp. of Olive oil
- 1 Tbsp. Peanut Butter (or sunbutter in the case of allergies)
- 2 Tbsp. fresh squeezed lime juice or Rice Vinegar
- 1 Tbsp. soy sauce
- \*optional\* dash of sesame oil

### Instructions (for both):

1. Mix all ingredients together in a jar or bowl and either shake or whisk to combine.
2. Pour over your favorite salad combination and top with desired toppings such as nuts, cheese, etc.

## Companion Plant Salad

Companion plants are plants that grow really well together outside. They are buddies! Sometimes this is because one might keep unwanted pests away from the other, or sometimes one adds nutrients into the soil that helps the other. Tomatoes and basil are a great example of companion plants. Basil helps to discourage Tomato Horn Worms from chomping down the plants! They also happen to be very tasty to eat together!



### Ingredients:

3 medium sized fresh tomatoes, or 4 cups cherry tomatoes (in season if possible)  
 ½ cup of chopped fresh basil  
 2 Tbsp. of Olive Oil  
 2 Tbsp. of Balsamic Vinegar  
 Salt and pepper to taste

### Instructions:

1. Wash and chop ingredients and add to bowl
2. Mix and enjoy!

## Six Plant Part Hummus

Hummus is a healthy and tasty dip, originally from the Middle East. It contains garlic which helps boost the immune system, chickpeas for protein, and olive oil for healthy fats. Eat it with vegetable sticks (see if you can eat all 6 plant parts!), on bread, on crackers, or any way you like!



### Ingredients:

One can of chickpeas (garbanzo beans)  
 A few tablespoons of olive oil  
 2-3 cloves of garlic  
 Half a teaspoon of salt  
 Juice of half a lemon  
 \*optional\* Half a teaspoon of cumin, paprika, or cayenne pepper

### Instructions:

1. Peel garlic
2. Drain and rinse chickpeas
3. Add all the ingredients together in a food processor and blend (or mash in a bowl with a fork). Slowly drizzle olive oil in until the desired texture is achieved. Taste and season as necessary. Top with a bit more olive oil and a sprinkle of paprika.

**Note:** You can also add tahini, which is made from ground sesame seeds, for a smoother texture.

## Greens & Beans (Collards)

This is Harlem Grown's take on the classic combination of Collard Greens and black eyed peas. The vinegar in this recipe adds a nice layer of savory flavor to the bitter greens and beans!



### Ingredients:

- Olive oil
- ½ onion, chopped
- 2 cloves garlic, finely minced
- 1 bunch collard greens (1 lb) [To chop collard greens, rip out the ribs and compost. Then stack the leaves and roll the stack into a log. Chop the rolled log into ½-inch strips]
- 3 cups vegetable broth
- 3 Tbs. Apple cider vinegar OR White Vinegar
- Smoked paprika (super important to give a meatier flavor, kids think it smells like bacon)
- 1 can of black-eyed peas, drained and rinsed well

### Instructions:

1. Sauté chopped onions until translucent in olive oil.
2. Add garlic and chili flakes. Cook until fragrant.
3. Add greens, paprika, and vinegar. Cook a minute. Add beans if using.
4. Add stock and simmer covered for 40 minutes. (This part is important! Must cook them for full time or else they'll taste vinegar-y and flavor won't be developed) Enjoy!

## Warming Winter Squash

Winter squash varieties are the squashes that are sturdier and can be stored for a while, have thick skin that is not eaten, and have a meatier inside. They take a whole growing season to grow to full size, as opposed to summer squash (like zucchini) which can grow in a month or two. This recipe is great for the fall or winter.



### Ingredients:

- 1 medium size winter squash (of any variety -- butternut, acorn, kabocha)
- 2 Tbsp. butter
- 2 tsp. Cinnamon
- ½ tsp. Salt
- 2 Tbsp. Maple Syrup

### Instructions:

1. Preheat oven to 400°F and line baking sheet, poke holes with a fork in the squash.
2. Once oven is preheated, put the squash in there and bake for 50-60 minutes.
3. \*ALTERNATIVELY\* boil chopped squash on the stovetop for 20 minutes or until it is soft to the touch with a fork/
4. Drain water out of pot if boiled, or scoop out seeds if baked, and add to a bowl with butter, maple syrup, cinnamon and salt
5. Mash all ingredients with a fork or a potato masher.
6. Enjoy warm!

## Minty Beet Salad

Beets are a bright and exciting root vegetable with a sweet, earthy flavor. They come in vibrant colors like red, orange, and yellow. This minty beet salad has a sweet and refreshing taste, while helping to keep your heart healthy.



### Ingredients:

- ½ pound beets (4-5 beets)
- 3 tbsp orange juice
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 2 tbsp finely chopped mint
- Leaves of any tender green (romaine, iceberg lettuce, spring mix)

### Instructions:

1. Wash, peel and grate beets in a food processor or by hand. Set to the side
2. Make dressing by combining orange juice, lemon juice, and olive oil in a bowl
3. Shred mint leaves with your hands or chop finely
4. Toss dressing with beets and mint
5. Add salt to taste
6. Serve on top of romaine lettuce on a platter or in a bowl. Enjoy!

## Spring Pea Pesto

Peas are often eaten during the Spring and used in a variety of ways. Most kinds of peas need to be shelled and can be eaten raw or boiled in water. This recipe can use either frozen peas that have been thawed or fresh, shelled peas. Pesto is an Italian term for sauce, and can incorporate many different ingredients and flavors!



### Ingredients:

- 2 cups Peas
- 2 cups Fresh Basil
- 3 Garlic cloves
- ¼ cup Olive Oil
- 1 lemon's juice
- Salt & Pepper

### Instructions:

1. Gather ingredients and wash all produce.
2. In a food processor, add all ingredients.
3. Blend ingredients until it turns thick and green.
4. If you don't have a food processor, chop basil and garlic finely, add all ingredients to a bowl, and mash until everything comes together, or use a mortar and pestle (like we did in class!)
5. Enjoy with crackers, on a sandwich or on pasta!

## Herbal Iced Tea Lemonade

This recipe is a great way to enjoy herbal infusions in the form of a summery drink. We substitute honey for sugar as the sweetener for the lemonade to avoid taking in more of the processed sugar that can do damage to our bodies! The herbs recommended for the tea can be beneficial for various reasons, including *digestion* (mint), *calming the nerves* (chamomile), and even *encouraging happiness and tranquility* (lemon balm).



### Ingredients:

- 2-3 Lemons (to taste)
- ½ gallon of water
- ⅓ cup of honey
- Herbal tea of choice (lemon balm, mint, chamomile, etc.)

### Instructions:

1. Steep herbs in hot water, strain and then put in refrigerator to chill
2. Squeeze lemons and mix with water and honey, then mix well
3. Add the tea to the lemonade and enjoy!

## Rainbow Pasta Salad

“Eating the rainbow” or many colored fruits and vegetables, while also eating whole and natural foods is great for our bodies! These fruits and veggies provide many vitamins and nutrients that keep us going.



### Ingredients:

- 1 box pasta of your choice (Fusilli, bowtie, penne, etc.)
- Veggies like: cherry tomatoes, kale, carrots, cabbage, and cucumbers
- Olive Oil
- lemon juice
- Salt and Pepper
- herbs of your choice (parsley, cilantro, oregano, sage, thyme, etc.)

### Instructions:

1. Cook box of pasta according to directions on the box and set to the side.
2. Wash all vegetables and cut into desired sized pieces and place them all in one large bowl.
3. Add in cooked pasta to bowl of veggies
4. Add 4 tbs. olive oil and 2 tbs. Lemon juice
5. Mix contents of the bowl with large salad spoons
6. Add salt and pepper to taste.

