

PESTO

1 part basil

$\frac{1}{2}$ part spinach

$\frac{1}{4}$ part olive oil

$\frac{1}{4}$ part parmesan cheese

$\frac{1}{4}$ part walnuts, macnuts,
OR pinenuts

$\frac{1}{8}$ part garlic

$\frac{1}{8}$ part salt.

blend together. Serve
tossed with noodles, on
bread or with veggies.

Green Power chips

1 bunch kale (or spinach)

1 tablespoon olive oil

1 teaspoon salt

1/2 lemon juiced optional

1. Preheat oven to 350°. Line cookie sheet w/ parchment paper

2. With knife, remove leaves from thick stems. Tear into bite sized pieces. Wash + dry thoroughly.

3. Drizzle kale w/ olive oil + seasoning salt

4. Bake until edges are brown but not burnt, 10-15 min.

Squash/Carrot Soup

- Sauté half onion in olive oil in soup pot until soft.
- Peel ~~pot~~ + cube Kobuka (pumpkin) + add to pot. Cover cubes with water.
- Grate 2 carrots + add to water
- Add salt, pepper to taste.
- Add couple dashes cinimom (sp?) + couple sprigs rosemary.
- Bring to boil + simmer until squash is soft. Squish squash into water to thicken broth.
- Serve when it tastes yummy.



THE USEFUL PAGES

2 TSP. KOSHER SALT
¼ TSP. WHITE PEPPER

ZEST AND JUICE OF 1 LARGE LEMON

While potatoes are cooking, heat oil in a large saute pan and cook the garlic until it becomes fragrant and begins to brown. Add the greens, salt, and pepper and cook over medium-high heat for a minute or two, until greens are wilted. Add lemon juice and remove from heat. Drain potatoes, cut in half while warm, and add the contents of the saute pan. Toss, adding freshly grated lemon zest and seasoning as desired. Refrigerate until ready to serve.

LEMON GINGERADE

1 HAND-SIZED PIECE GINGER ROOT

1 QT. WATER

1 C. SUGAR

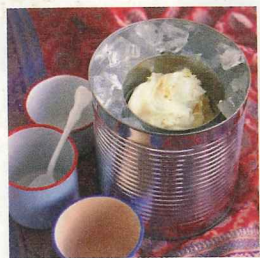
¼ TSP. WHITE PEPPERCORNS

JUICE AND ZEST OF 3 LEMONS

SELTZER, TO SERVE

THINLY SLICED LEMON FOR GARNISH

Slice (not necessary to peel) the ginger crosswise and add to the water along with the sugar and peppercorns. Bring to a boil, stir until sugar is dissolved, and simmer for an hour or until reduced to 1 c. liquid. Add juice and zest and chill. When ready to serve, combine ¼ of the syrup/ginger with 1 cup of seltzer. (This drink is also good hot.)



COFFEE-CAN LEMONGRASS- VANILLA ICE CREAM

4 STALKS LEMONGRASS

½ C. MILK

1 ½ C. HEAVY CREAM

½ C. SUGAR

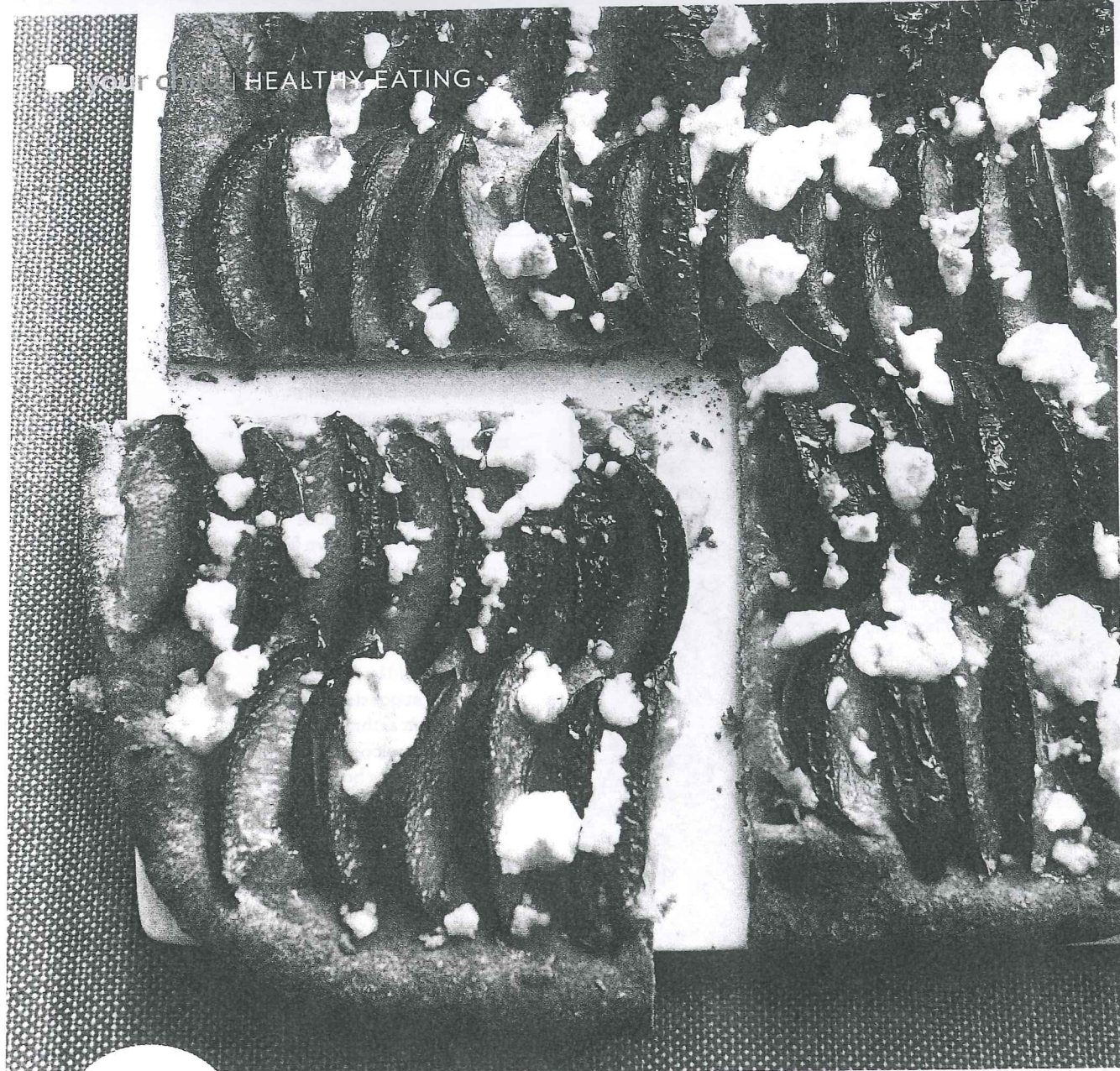
1 TSP. VANILLA EXTRACT

1-LB. COFFEE CAN WITH PLASTIC LID

5-LB. COFFEE CAN WITH PLASTIC LID
CRUSHED ICE

1 C. ROCK SALT OR COARSE TABLE SALT
DUCT TAPE

The day before you plan to make this, chop the bottom 4" off the lemongrass and place it in a small saucepan with the milk. Bring to a boil, turn off, and allow to cool. When cooled, strain the milk, pressing on the solids, and discard the lemongrass. Pour the milk, along with the cream, sugar, and vanilla, into the small coffee can, tightly tape it closed, and chill overnight. The next day, place the small can inside the large can and transport in a cooler along with the ice and salt to the picnic. When you're ready to finish the ice cream, open the large coffee can and pack it with the ice and salt. Replace the lid and duct tape that shut. Now roll the can back and forth (from one person to another—that's the fun) for about 20 minutes. Remove the small can, open, and serve!



TRY
Plums
INSTEAD OF
Eggplant

The purplish skin on plums and eggplant is a clue that they're both packed with anthocyanins, plant compounds that may help prevent cancer and improve cholesterol levels (high cholesterol is a problem even for children). Both eggplant and plums also contain chlorogenic and caffeic acids; some preliminary research suggests that they might help improve the immune system and keep bones strong. One-half cup of eggplant packs more fiber than a plum, but "ounce for ounce, plums have far greater ability to absorb disease-causing free radicals," says Dr. Prior. In general, the darker the skin of the plum, the more anthocyanins it has.

Fruit Pizza

- 1 whole-wheat bread or pizza dough, thawed if frozen
- 2 Tbs. olive oil, divided
- 5 plums, pitted and thinly sliced
- ½ cup crumbled feta cheese (about 2 oz.)

1 Preheat oven to 425°F. Split dough in half. On a floured surface, roll each half into a ten-inch square. Place each on a greased baking sheet. Build up sides slightly. Prick

dough with a fork. Brush with half of the oil.

2 Bake for 12 minutes, or until lightly browned. Brush again with remaining oil. Arrange plum slices on dough and sprinkle with feta. Bake for 7 to 10 minutes more, or until heated through. Cut each pizza into 6 slices.

Nutrition per slice

146 calories; 6g protein;
5g fat (1g sat. fat); 21g carbs;
1g fiber; 34mg calcium;
0 iron; 280mg sodium

TRY eggplant, apples,
strawberries

PESTO

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OR pinenuts

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blend together. Serve
tossed with noodles, on
bread or with veggies.

Un-fried fries

- olive oil
- 2 lg sweet potatoes
- Salt + pepper
- Seasonings: chili powder, chipotle chili powder, ground cumin, ground cinnamon, Creole / cajun season blends

Oven to 400°. Coat baking sheet w/ olive oil. (crispy fries = directly on cookie sheet)

Cut potatoes into strips, arrange in single layer on cookie sheet. Roll in olive oil + season w/ salt, pepper, + seasonings.

Bake for 20 min, Flip 1/2 way through.

extra crispy = under broiler at end

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Basil And Green Olive Pesto

Great on steamed veggies or spooned over grilled steak.

- 4 cups packed basil leaves
- 1 cup (3 oz) slivered almonds, lightly toasted
- 3/4 cup pitted green olives
- 1/2 cup grated Pecorino cheese
- 2 cloves garlic, roughly chopped
- 1/4 tsp kosher salt
- 1 cup extra-virgin olive oil

Spinach-Hazelnut Pesto

Tasty in a turkey sandwich or tossed with roasted vegetables.

- 3 cups packed spinach leaves
- 1 cup packed basil leaves
- 3/4 cup grated Parmesan
- 1/2 cup (2 1/2 oz) skinned hazelnuts, lightly toasted
- 2 cloves garlic, roughly chopped
- 1/2 tsp kosher salt
- 3/4 cup extra-virgin olive oil

Arugula-Hazelnut Pesto

Perfect with pork chops and roast beef or as a vegetable dip.

- 4 cups packed arugula leaves
- 6 to 7 dried black mission figs, roughly chopped
- 1/2 cup (2 1/2 oz) skinned hazelnuts, lightly toasted
- 1/2 cup grated Pecorino cheese
- 1 1/2 tsp lemon juice
- 1/2 tsp kosher salt
- 3/4 cup extra-virgin olive oil

Sun-Dried Tomato Pesto

Serve this over grilled sausage; it's also delicious on fish and pasta.

- 4 cups packed basil leaves
- 1 cup sun-dried tomatoes packed in oil, roughly chopped
- 3/4 cup (3 1/2 oz) pine nuts, lightly toasted
- 1/2 cup grated Parmesan
- 2 cloves garlic, roughly chopped
- 1/2 tsp kosher salt
- 1 cup extra-virgin olive oil

Classic Basil Pesto

Work: 10 min Total: 10 min

- 4 cups packed basil leaves
- 1 cup grated Parmesan
- 3/4 cup (3 1/2 oz) pine nuts, lightly toasted
- 2 cloves garlic, roughly chopped
- 1/2 tsp kosher salt
- 3/4 cup extra-virgin olive oil

Combine all ingredients, except the oil, in the bowl of a food processor. Pulse until the mixture is finely chopped.

With the motor running, slowly pour the oil into the feed tube. Use immediately or freeze for up to a month.

RECIPES MAKE 2 CUPS

Use this method to make all the pesto recipes in this article.

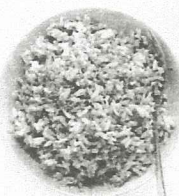
TIP

To intensify the green color of your pesto, blanch herbs for five seconds in boiling water, then shock them in ice water and squeeze dry; continue with the recipe.

15 MORE THINGS TO DO WITH YOUR PESTO

> Mix it into bread crumbs to make a crust for pork chops or chicken.

> Make flavored croutons by tossing bread cubes with it before baking.



> Stir into rice or mashed potatoes.

> Add it to meatball, meat loaf or burger mixtures.

> Scramble it into eggs.

> Thin with a little water and vinegar to make a salad dressing.

> Mix with cream cheese and slather on a bagel.

> Spread a thin layer on noodles when you're making lasagna or stir into the ricotta mixture.

> Mix into bread dough, biscuit or muffin batter or smear on crescent rolls, roll up and bake.



> Dollop on crostini and top with a cherry tomato for a quick hors d'oeuvre.

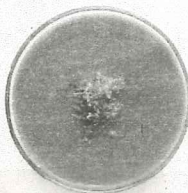
> Add a little vinegar and use to marinate cheese and veggies for an antipasto plate.

> Stir into crepe batter, then fill crepe with goat cheese.

> Use in place of mayonnaise for potato or pasta salad.

> Spread on rustic bread, sprinkle with cheese and broil until melted.

> Stir into vegetable or tomato soup.



Parsley-Mint Pesto

Brush onto shrimp, pictured at left.

- 2 cups packed flat-leaf parsley leaves
- 2 cups packed mint leaves
- 3/4 cup pepitas (pumpkin seeds), lightly toasted
- 2 cloves garlic, roughly chopped
- 2 tbsp lime juice
- 1/2 tsp kosher salt
- 1/4 tsp cayenne pepper
- 1 cup extra-virgin olive oil

Cilantro-Peanut Pesto

Toss with Asian rice noodles and garnish with extra peanuts.

- 4 cups packed cilantro leaves
- 1 cup (5 oz) roasted, unsalted peanuts
- 3 tbsp rice vinegar
- 4 tsp toasted sesame oil
- 2 tsp grated fresh ginger
- 1/2 tsp kosher salt
- 1/2 tsp red pepper flakes
- 3/4 cup canola oil

Parsley-Olive Pesto

Spread on flatbread with tomatoes.

- 4 cups packed flat-leaf parsley leaves
- 1/2 cup pitted kalamata olives
- 1/2 cup (2 oz) walnuts, lightly toasted
- 2 cloves garlic, roughly chopped
- 2 tbsp lemon juice
- 1 tbsp fresh thyme leaves
- 2 tsp lemon zest
- 3/4 cup extra-virgin olive oil

TIP

When you mix pesto with pasta, save some of the pasta cooking water so you can add a bit if the sauce is too dry.

Watercress Pesto

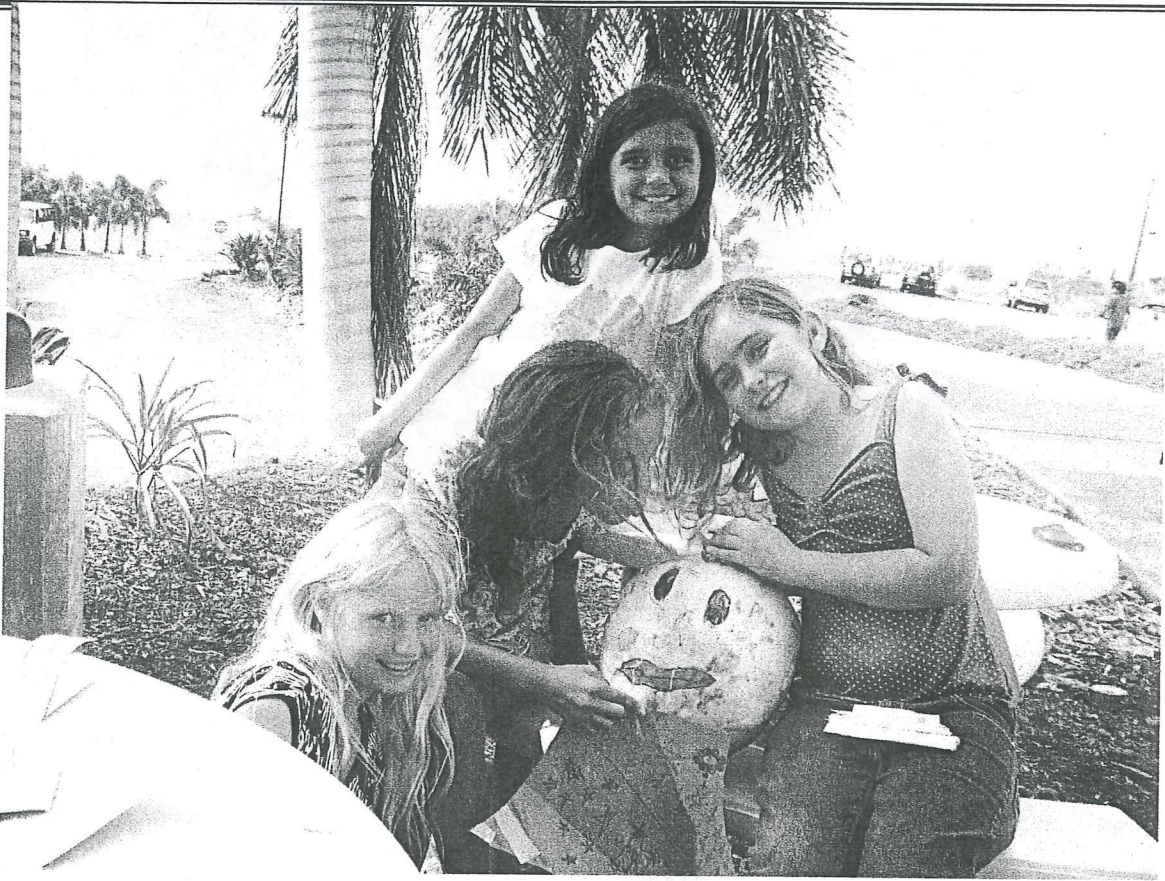
We like this on salmon and potatoes.

- 4 cups packed watercress leaves
- 3/4 cup (3 oz) walnuts, toasted
- 1/2 cup grated Pecorino cheese
- 2 cloves garlic, roughly chopped
- 1 to 2 anchovy fillets
- 2 tbsp lemon juice
- 1/4 tsp kosher salt
- 3/4 cup extra-virgin olive oil

Mint-Feta Pesto

Try our lamb recipe shown at right.

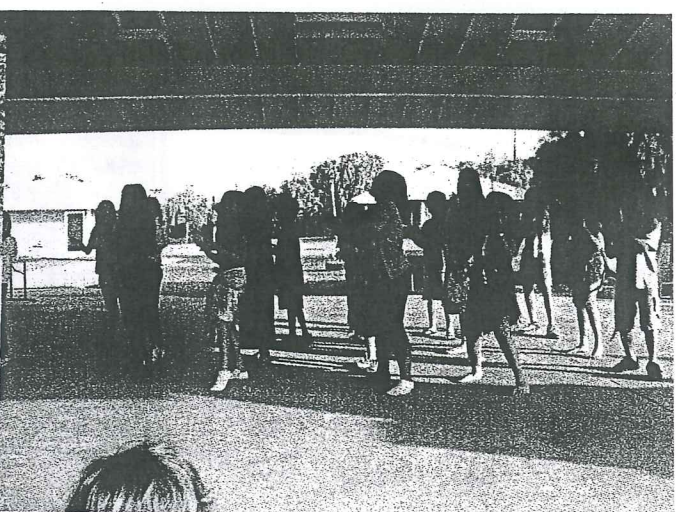
- 4 cups packed mint leaves
- 3/4 cup crumbled feta cheese
- 3/4 cup (2 1/2 oz) slivered almonds, lightly toasted
- 2 cloves garlic, roughly chopped
- 1/2 tsp kosher salt
- 1 cup extra-virgin olive oil



Wonder Gardens 2008-9

Wonder
Gardens
are
located in
the heart
of Pua'a
Ahupua'a;
Innovations
Public
Charter
School





Garden Cheer

Sing to the beat we will
rock you:

garden is so fun we garden in
the sun. we plant all day what more
can I say. To Veges to fruit to
grass to root garden is so
fun when we get the job
Done (woo!) we will we will
plant it plant it. what ever
you need we'll plant it plant it



Dish: _____

Recipe

Serves: _____

Ingredients:
(Salad dressing)

1 part - olive oil

1 part - balsamic vinegar

$\frac{1}{4}$ part - sweetener (jelly, sugar, honey) etc.

$\frac{1}{8}$ part - Hawaiian salt.





Spinach

Spinach Dip

Yield

2 cups (serving size: 1/4 cup)

Ingredients

- 1 (8-ounce) carton plain low-fat yogurt
- 3/4 cup (3 ounces) crumbled feta cheese → (optional)
- 1/4 cup (2 ounces) 1/3-less-fat cream cheese, softened
- 1/4 cup low-fat sour cream (optional)
- 1 garlic clove, crushed
- 1 1/2 cups finely chopped spinach
- 1 tablespoon minced fresh or 1 teaspoon dried dill - basil
- 1/8 teaspoon black pepper
- Fresh Dill (optional)

Preparation

Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels, and let stand 5 minutes. Scrape into the bowl of a food processor using a rubber spatula. Add the cheeses, sour cream, and garlic, and process until smooth, scraping sides of bowl once. Spoon yogurt mixture into a medium bowl, and stir in the spinach, minced dill, and pepper. Cover and chill. Garnish with fresh dill, if desired.



Garden Mesh Stirfry
 Bok choy & other Greens
 Water (Put in when it starts sizzling)
 add ~~five~~ cap full of soy sauce
 four



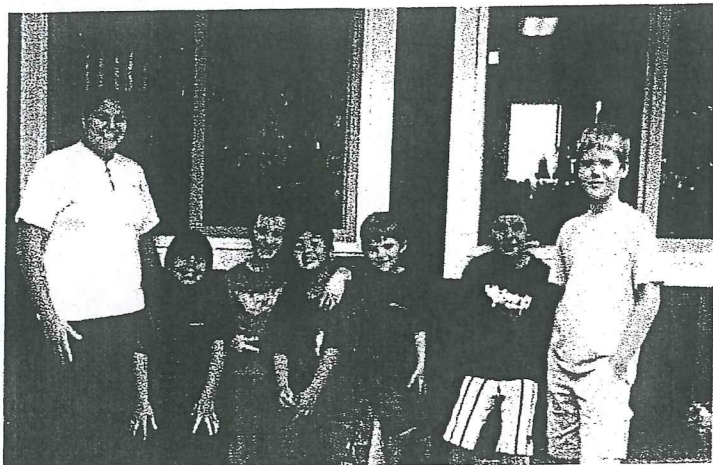
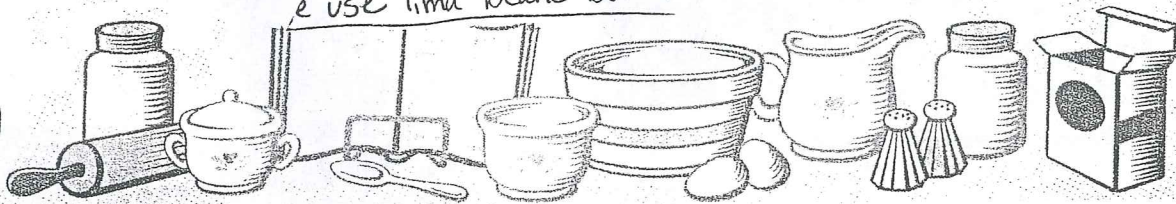
Peper

Cook in pan. Add soy sauce & water
 when sizzling and stir.
 Cook until vegetables wilt.

beans



- ① Soak beans in water (over-night is best)
Drain beans, use that water for plants!
 - ② Place soaked beans in pot, cover
beans with water + 2 inches.
 - ③ Add Hawaiian salt, pepper to taste.
 - ④ Add one Hawaiian chili *try adding
cumin, cinnamon
to taste. ☺
 - ⑤ Add one diced onion
 - ⑥ Bring to boil. Then, reduce heat
to simmer. Simmer beans until soft.
- Drain beans, Sprinkle with cheese for dip.
 - Drain beans + add to rice for beans + rice.
 - Scoop beans + use for yummy burritos/tacos!
 - use lima beans but works with most beans.





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 four

Peper

Cook in pan. Add soy sauce & water
 when sizzling and stir.
 Cook until vegetables wilt.





Rasta Pasta

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et peppers.
rding to



As these ingredients sautee, add Hawaiian
Salt, pepper to taste. Add 1 tablespoon
sugar. Add chopped basil. Let cook
together a minute. Stir in cooked
pasta. Toss together. May need to
add more olive oil. Can sprinkle
with parmesan cheese. Serve after
noodles coated with "sauce".



sto

to

basil

spinach

olive oil

parmesan cheese

walnuts, macnuts,
OR pine nuts

garlic

salt

ether.



with noodles, spread on bread, use as
pies, chips, crackers. Can be used to
camouflage nutritious greens!