URBAN TREE CONNECTION

2021 COMMUNITY COOKBOOK

RECIPES CREATED AND INSPIRED BY NEIGHBORHOOD FOODS FARMS COMMUNITY MEMBERS IN WEST PHILLY
Urban Tree Connection's mission is to build a neighborhood rooted food and land system through community leadership development and land-based strategies in West Philadelphia. Founded in 1989, UTC works primarily with residents of West Philadelphia's Haddington neighborhood to develop community driven greening and gardening projects on vacant land. Over the past two decades, UTC has partnered with residents to redevelop 29 vacant lots, totaling more than 86,000 square feet of land. Together, we have repurposed these spaces for communal growing and gathering, sustainable food production and affordable food distribution, and multi-generational community health and wellness education. We aim to cultivate community leadership, improve community health, and develop a local sustainable equitable food system.

We hope that these recipes bring joy & comfort in your homes!

"Those who come with wheat, rice, millet, corn or milk, they are not helping us. Those who really want to help us can give us ploughs, tractors, fertilizers, insecticides, watering cans, drills & dams. That is how we would define food aid"

-Thomas Sankara
This cookbook was created to share culinary skills and incorporate ingredients from urban tree connections neighborhood food farms and add healthy food options into community members everyday meals. The recipes that are found in this cookbook were curated by the talented chef Sherimane Johnson from naturally sweet desserts, food sovereignty share members, this years youth apprenticeship participants and UTC staff.

We hope that these recipes bring joy & comfort in your homes!

This cookbook is dedicated to:
Food sovereignty share members
Chickpea & Garbanzo the farm cats

“There is so much to love about being a farmer, today I am in love with the opportunity to be close to the source of all wisdom, which I believe is the living earth, and by having contact with the soil, there’s abundant communication that comes from the earth about how we can best live in human community” - Leah Penniman: Farming While Black
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Each recipe includes tips from the authors and notes to write your customizations to the recipes.
CUCUMBER & TOMATO SALAD

Provided By: Umoyae

PREP TIME: 15 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS:

Salad:
1 1/2 Cup Cherry or Sungold Tomatoes
2 Cucumbers
1 Red Chili Pepper
1 Tbsp Sesame Seeds (optional)

Sauce:
1 Tsp Salt
3/4 Cup Toasted Sesame Oil
1 Tsp Sugar
1 Tbsp of Rice Vinegar
1 Tsp of Soy Sauce

DIRECTIONS:

• Chop cucumbers into bite sized pieces, add to bowl with cold water & 2 Tbs of salt, set aside to brine for 5 minutes.
• Dice red chili peppers finely, set aside.
• Take mason jar or bowl and add: sesame oil, rice vinegar, soy sauce then sugar and salt. Shake till combined.
• Take tomatoes and chopped cucumbers and add to bowl, add sauce on top and mix thoroughly.
• Enjoy!

TIPS & RECIPE NOTES:

*Let salad marinate for 5 extra minutes for burst of flavor, add toasted sesame seeds for crunch.*
KALE & GOAT CHEESE SALAD
Provided By: Umoyae
PREP TIME: 20 MINUTES

INGREDIENTS:

Salad:
1 Bunch Curly Kale
1/2 Red Onion
3oz Goat Cheese
4 Tbs Dried Cranberries
3/4 Cup Pumpkin Seeds

Sauce:
1 Tsp Salt
1 Tsp Pepper
1 Tbsp Garlic Paste
2 Tbsp Dijon Mustard
1/2 Cup Olive Oil
3 Tbsp Raspberry Vinegar
1 Tbsp Honey (optional)

DIRECTIONS:

- Cut red onion into thin slices. Massage kale and add to salad bowl.
- In a mason jar, add dijon mustard, garlic paste, olive oil & raspberry vinegar. Next add salt and pepper. Shake until combined.
- Pour sauce into salad bowl with kale & red onion. Mix well.
- Top with goat cheese, dried cranberries and pumpkin seeds.

TIPS & RECIPE NOTES:
Massage kale by squeezing and rolling the leaves between your hands.
ARUGULA & APPLE SALAD

PREP TIME: 20 MINUTES

INGREDIENTS:
5 Ounces baby arugula
1/4 Cup olive oil
2 Tbsp apple cider vinegar
2 Tsp honey
1 Small apple your favorite variety, cored and thinly sliced
2 Oz soft goat cheese
1 Oz pecans
Kosher salt and freshly ground black pepper to taste

DIRECTIONS:
• Place arugula in a large bowl
• In a mason jar combine olive oil, apple cider vinegar, and honey. Shake till combined. (season to taste with salt and pepper.
• Drizzle ½ of dressing over arugula and gently toss to coat.
• Tuck apple slices into dressed arugula
• Drizzle salad and apple slices with remaining dressing.
• Scatter goat cheese and pecans over and serve.

TIPS & RECIPE NOTES:
*Cut apple slices right before serving to prevent browning.
FARM SALAD WITH SWEET PEPPERS AND SAGE CROUTONS

PREP TIME: 20 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:

Salad:
4 sweet peppers
10 Cups torn mixed greens
1/2 Cup small fresh sage leaves
1/2 Cup fresh herb flowers
2 Cups cherry tomatoes halved

Croutons:
4 Cups baguette
2 – 3 Tablespoons olive oil
2 Tablespoons fresh sage
1/2 Teaspoon garlic powder
1/2 Teaspoon salt
1/2 Teaspoon freshly ground pepper

Apple Cider Vinaigrette:
2/3 Cup cider vinegar
1/3 Cup olive oil
1 Tablespoon stone ground mustard
1 Tablespoon honey
1/2 Teaspoon salt
1 Teaspoon freshly ground pepper

DIRECTIONS:

- Preheat oven to 425 degrees.
- Halve peppers lengthwise, remove stems, seeds, and veins. Place pepper halves, cut side down, on foil-lined baking sheet. Roast 20 to 25 minutes. Enclose peppers in foil; let stand about 15 minutes or until cool.
- Use a sharp knife to gently loosen and remove skins. Cut peppers in bite-size strips.
- In a large salad bowl combine greens, sage, herb flowers, tomatoes, pepper strips, and sage croutons, toss with about half the vinaigrette.

Croutons:
- Preheat oven to 425 degrees F. Tear baguette in enough bite-size pieces to equal 4 cups. In large bowl toss bread with olive oil, sage, garlic powder, salt, and freshly ground pepper. Spread in 15x10x1-inch baking pan. Bake for 10 minutes or until browned, stirring once.

Apple Cider Vinaigrette:
- In mason jar combine vinegar, olive oil, mustard, honey, salt, and freshly ground pepper. Shake to combine.
SAUTÉED SWISS CHARD

PREP TIME: 5 MINUTES
COOKING TIME: 15 MINUTES

INGREDIENTS:
1 Large bunch of fresh Swiss chard
2 Tbsp extra virgin olive oil
1 Clove garlic, sliced
1 Pinch crushed red pepper flakes
1/2 Onion, sliced
2 Tbsp rice wine vinegar
1/4 Tsp of whole coriander seeds (optional)

DIRECTIONS:
• Rinse off the Swiss chard leaves thoroughly.
• Cut the stalk pieces into 1-inch pieces.
• Slice onions into small thin slivers.
• Heat the olive oil in a sauté pan on medium high heat. Add slivered onions to pan and caramelize.
• Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant.
• Add the chopped chard leaves, toss with the oil, vinegar and garlic in the pan. Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan.
• Serve & Enjoy

TIPS & RECIPE NOTES:
*Add black sesame seeds for crunch.
INGREDIENTS:
1/2 Loaf Ciabatta or French Bread
10 Oz cherry or grape tomatoes
3 Tablespoon olive oil divided
6 Cloves garlic
10-14 leaves fresh basil
Salt and pepper to taste

DIRECTIONS:
- Preheat oven to 400 degrees F.
- Add tomatoes and garlic to a baking sheet. Drizzle with 2 tablespoons olive oil and toss. Cook in the oven for 15 minutes.
- While tomatoes are cooking, cut the bread into 4 equal pieces. Put the extra 1 tablespoon olive oil in a small bowl, and with a pastry brush, brush the olive oil all over the open faces.
- Tear or slice the basil leaves into small pieces.
- Once the tomatoes have been cooking for 15 minutes, add the bread to the sheet pan and return to the oven for an extra 5 minutes. After 5 minutes, remove from the oven (or broil for an extra 1-2 minutes if needed).
- Take the roasted garlic cloves and squeeze out of their paper skins. Spread onto toasted bread slices. Place onto plates and top with roasted tomatoes and basil leaves. Sprinkle with salt and pepper to taste.

TIPS & RECIPE NOTES:
*Leave the garlic in the wrapper/skin. If you take it out of the wrapper, it has a higher chance of burning and getting bitter.
YELLOW SQUASH TOTS

PREP TIME: 20 MINUTES
COOKING TIME: 25 MINUTES

INGREDIENTS:
3 Small yellow squash
1 Egg
4 Oz grated cheddar cheese
3/4 Cup breadcrumbs
1/2 Medium onion, finely chopped
1/2 teaspoon garlic powder
1/2 Teaspoon salt
1/2 Ground black pepper

Optional: 1/4 cup finely minced parsley leaves

DIRECTIONS:

- Preheat oven to 400F. Line a large baking sheet with parchment paper (or grease the baking sheet with olive oil).
- Grate the squash on a fine grater. Add 1/2 teaspoon salt, and mix it together. Put the grated squash in a colander. Let sit while you prepare the rest of the ingredients.
- Use your hands to squeeze all the extra liquid from the grated squash in the colander.
- Combine all the tot ingredients in a large bowl and mix well. The mixture should be sticky and wet, like a thick paste. If it is too wet, add extra breadcrumbs. Form small tots with your hands (about 1.5-2 tablespoons squash mixture per tot).
- Arrange the tots on the parchment-lined baking sheet.
- Bake at 400F for 25 minutes, or until golden on top and lightly browned on the bottom. Allow to rest 5 minutes before removing them from the baking sheet.

TIPS & RECIPE NOTES:

*Serve with Spicy Curry Ketchup on page 21, Dip hands in water before forming tots to prevent sticking!
INGREDIENTS:
8 Cups Sweet Potato Greens
2 Teaspoons chopped garlic
2 Tablespoons olive oil
1/4 Cup chopped onion
1 Teaspoon sea salt
1/2 Teaspoon red pepper flakes
1/2 Ripe lemon

DIRECTIONS:
- Clean Sweet Potato Greens removing tough stems. Wash thoroughly in cold water, to remove dirt.
- Roughly chop leafy greens. Set aside.
- In a 12 inch frying pan over medium heat, add olive oil and sauté onion and garlic for 2 – 3 minutes or until translucent.
- add chopped greens, season with red chili flakes and salt.
- Cook for about 5 – 10 minutes till soft, squeeze lemon on before serving

TIPS & RECIPE NOTES:
*Mix frequently to cook greens evenly.
BUTTERNUT SQUASH & CHICKPEA CURRY

Provided By: Chef Sherimane

PREP TIME: 15 MINUTES
COOKING TIME: 40 MINUTES

INGREDIENTS:
1 Medium butternut squash (about 3-4 cups, cubed)
2 Tbsp coconut oil
1 Red onion
4 Garlic cloves
1 Thumb sized piece of ginger
1 Tbsp curry powder, medium
1/2 Tsp ground cumin
1/2 Tsp cumin seeds
1/4 Tsp turmeric
1/4 Tsp hot chili powder
1 Can chopped tomatoes
1 Can coconut milk
200ml vegetable stock
1 Can Chickpeas
Salt & Pepper

DIRECTIONS:
- Preheat oven to 400F. Cut both ends off the squash, peel it and cut in half lengthways. Cut into roughly equal sized cubes about 1 cm.
- Place on a large baking tray, drizzle generously with oil, salt and pepper, toss and place in the oven for 35-40 minutes until soft through and starting to brown on the edges.
- In the meantime, start the curry. Add coconut oil to a large pan on medium heat, once melted add finely chopped onion. Stir and fry for a few minutes then add crushed garlic and grated ginger. Leave to cook for a further minute.
- Add all the spices - curry powder, garam masala, cumin, cumin seeds, turmeric and chili powder. Cook for 30 seconds until fragrant, add a little more oil if needed so it doesn’t burn.
- Add the chopped tomatoes, coconut milk and vegetable stock. Bring to a gentle simmer and let cook for 10 minutes. Transfer to a bowl and blend with a hand blender till smooth, or a food processor. Transfer back to the pan.
- Add the chickpeas and cook for a further 5-10 minutes, it should have thickened and be nice and creamy and orange in color. Taste the sauce and season with salt and pepper. If you like it spicy you can add some extra chili powder.
- Add the roasted butternut squash, stir and serve! Top with some chopped fresh coriander and serve with basmati rice

TIPS & RECIPE NOTES:
*Add roasted garlic and roasted chili peppers for extra spice
INGREDIENTS:
1 Large Eggplant
1/4 Cup Parmesan Cheese
1/2 Garlic Powder
1 Cup Bread Crumbs
6 Tbsp Butter
1/4 Smoked Paprika
1/2 Italian Seasoning
1 Tsp Salt

DIRECTIONS:
• Wash eggplant and cut into 1/2 inch slices. Sprinkle with salt and let dry for 30 minutes
• Melt 6 tablespoons of butter
• Mix a 1/4 cup of Parmesan 1 cup of breadcrumbs, 1/4 teaspoon of paprika, 1/2 teaspoon of garlic powder, and 1/2 teaspoon of Italian seasoning in a bowl
• Dip each eggplant slice in the melted butter then the breadcrumb mixture.
• Put slices on a baking sheet covered in foil. Bake slices on one side for 15 at 400 degrees
• After 15 minutes flip on to other side and bake for 7 minutes until golden brown

TIPS & RECIPE NOTES:
*Add Mozzarella and Fresh Parsley to garnish.*
**BUTTERNUT SQUASH RAVIOLI**

**PREP TIME: 30 MINUTES**

**COOKING TIME: 1 HOUR**

**INGREDIENTS:**

- 1 Medium butternut squash peeled, seeded + cubed (about 4 cups)
- 1 Tbsp olive oil
- 5 Oz goat cheese crumbled
- 2 Oz gorgonzola cheese crumbled
- 1/2 Cup grated parmesan
- 1 Egg
- 1/4 Tsp nutmeg
- 1 Pound fresh pasta dough
- 12 Fresh figs sliced
- Salt + pepper to taste

**DIRECTIONS:**

1. **Preheat oven to 400 degrees F.**
2. Peel the squash and cut into cubes and placing them on a baking sheet. Coat them with olive oil, salt & pepper. Roast the squash at 400 degrees for 45 minutes until tender. Allow to cool for 15 minutes or so.
3. Transfer the squash to a food processor and add the goat cheese, parmesan cheese, egg and nutmeg. Puree until smooth. Taste and season with salt and pepper.
4. Roll your pasta dough into lasagna sheets.
5. Lay one sheet of pasta on heavily floured counter take a tablespoon of the butternut squash filling and place it onto dough leave 1 1/2 inch spacing in between.
6. Take some water on your finger and outline the butternut mixture to help seal.
7. Lay the second sheet on top and seal. Use a pizza cutter or sharp knife to cut them fully apart. Lay the ravioli on a parchment lined baking sheet and continue making ravioli until you've used all the cheese filling. Make sure to cover the ravioli with a damp towel as you work. At this point you can freeze the ravioli for later if desired, or continue on with the recipe.

**TIPS & RECIPE NOTES:**

*Save extra ravioli mixture and serve as soup!
ROASTED VEGGIE PIZZA

Provided By: Chef Sherimane
PREP TIME: 20 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:
1/2 Cup each red, green, and orange bell pepper (loosely chopped)
1/3 Red onion (chopped)
1 Cup button mushrooms (chopped)
1/2 Tsp each dried or fresh basil, oregano, and garlic powder
1/4 Tsp sea salt

Sauce:
1 15-Ounce can tomato sauce* (organic when possible)
1/2 Tsp each dried or fresh basil, oregano, garlic powder, granulated sugar
1/4 Tsp sea salt (to taste)

DIRECTIONS:
- Preheat oven to 425 degrees, position on middle rack
- Bring large skillet to medium heat. Once hot, add 1 Tbsp olive oil, onion and peppers. Season with salt, herbs and stir. Cook until soft and slightly charred – 10-15 minutes, adding the mushrooms in the last few minutes. Set aside.
- Prepare sauce by adding tomato sauce to a mixing bowl and adding seasonings and salt to taste. Note: If using tomato paste, add water to thin until desired consistency is reached.
- Top with desired amount of tomato sauce (you’ll have leftovers, which you can store in a jar for later use), a sprinkle of parmesan cheese and the sautéed veggies on top of the pizza.
- Use the baking sheet to gently slide the pizza (WITH the parchment underneath) directly onto the oven rack. The parchment will help prevent it from falling through.
- Bake for 17-20 minutes or until crisp and golden brown.
- Serve with parmesan cheese, dried oregano and red pepper flake.

TIPS & RECIPE NOTES:
*Add Peppers for spice, and fresh basil or parsley for extra seasoning
BLACK RICE PUDDING

Provided By: Chef Sherimane

PREP TIME: 15 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS:
1 Cup uncooked black rice
1 Can (14.5 ounces) coconut milk
3 Tbsp coconut sugar or brown sugar
1/2 Vanilla bean, split and seeds scraped (or 1/4 teaspoon vanilla extract)
1 Mango, peeled and chopped
1/4 Cup unsweetened coconut flakes, toasted
1 Sprig of Mint

DIRECTIONS:
• Cook rice according to package directions.
• Meanwhile, in a medium saucepan heat the coconut milk, sugar and the seeds from the vanilla bean over medium heat, stirring until the sugar is dissolved.
• Spoon the rice into a bowl, top with sweetened coconut milk, mango and coconut flakes; serve warm.

TIPS & RECIPE NOTES:
*Top with a couple pieces of fresh mint.
VEGAN SWEET POTATO BROWNIES

Provided By: Chef Sherimane

PREP TIME: 50 MINUTES
COOKING TIME: 30 MINUTES

INGREDIENTS:
1 Cup sweet potato purée
2/3 Cup maple syrup
1/2 Cup almond butter
1 Tsp pure vanilla extract
1 1/2 Tbsp avocado oil
1/2 Cup cocoa powder
1/4 Tsp sea salt
1 Tsp baking powder
2/3 Cup oat flour
1/2 Cup chopped raw pecans
1/4 Cup dairy-free chocolate chips

DIRECTIONS:
• Adjust oven temperature to 350 degrees, line an 8x8-inch baking pan (or similar-size pan) with parchment paper. Set aside.
• To a large mixing bowl, add sweet potato purée, maple syrup, almond butter, vanilla extract, and avocado oil and stir to combine.
• Add cocoa powder, sea salt, and baking powder and stir to combine. Then add oat flour and stir until thick.
• Transfer batter to your parchment-lined baking dish and spread into an even layer using a spoon or rubber spatula. Then top with pecans and chocolate chips.
• Bake on the center rack at 350 F for 28–32 minutes. The brownie edges should appear slightly dry and a toothpick inserted into the center should come out mostly clean (a few crumbs are okay, but it shouldn’t be overly gooey). Remove from oven and let cool in the pan for 30 minutes – 1 hour.
• Lift out of pan and slice. Enjoy warm or room temperature. Store leftovers covered at room temperature up to 3 days, in the refrigerator up to 5–7 days, or in the freezer up to 1 month.

TIPS & RECIPE NOTES:
*Sub vegan melted butter for avocado oil & sub almond or coconut flour instead of oat flour.*
GOLDEN PLUM TART

PREP TIME: 25 MINUTES
COOKING TIME: 1 HOUR

INGREDIENTS:
1 Cup sugar
1/2 Cup melted unsalted butter
1 Cup unbleached flour
1 Tsp baking powder
Pinch of salt (optional)
2 Eggs
24 Halves pitted plums

DIRECTIONS:
- Set oven to 350 F
- Slice golden plums into wedges.
- In a bowl mix dry ingredients.
- Add melted butter and stir
- Line your baking pan with parchment paper and lightly grease.
- Put batter in baking pan.
- Put halved plums skin side up on top of batter.
- Bake for an hour.

TIPS & RECIPE NOTES:
*Add Cinnamon for topping.
LEMONY LEMON BALM PUDDING

PREP TIME: 15 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS:
2 1/2 Cups Milk
1 1/2 Cups fresh Lemon Balm, chopped
3/4 Cups Sugar
1/4 Cup Flour
3 Egg Yolks Beaten
1/4 Tsp Salt
2 Tbsp Butter Unsalted

DIRECTIONS:
• Pour milk into a medium sauce pan, and slowly bring to a simmer. Once the milk is just starting to get frothy, take it off the heat. Add the lemon balm, and stir.
• Allow the lemon balm to steep in the milk for about 40 minutes.
• While the milk mixture is cooling off, combine the sugar and flour.
• Strain the lemon balm out of the milk. Whisk together the milk and sugar and flour in a medium saucepan. Cook the milk-flour mixture on low heat.
• Add the egg yolks and salt, and allow the pudding to cook. Keep an eye on the pan, stirring occasionally, to keep the pudding from burning. The pudding will start to thicken, stirring more frequently as it gets thicker.
• Once the mixture is of about pudding consistency, take it off the heat. Pour it into serving dishes, and let it cool before serving.
• Top with fruit (if desired) before serving.

TIPS & RECIPE NOTES:
*Top with fresh mint leaves and seasonal fruit.
THAI CHILI BASIL OIL
Provided By: Chef Sherimane
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:
4 Cups of Basil
2 Small Thai chili pepper
3 Cups of olive oil or grapeseed oil
4 Cloves of Garlic
1 Pinch of salt

DIRECTIONS:
- Place a pound of basil in boiling water for five seconds and then place it directly in ice water. This will soften the basil but help it keep its color.
- Place basil in blender.
- Cut the top off of 2 to 3 Thai Chili Peppers and add to blender.
- Add garlic cloves to blender.
- Add pinch of salt to mixture and add about one cup of olive oil or grapeseed oil.
- Blend everything together until smooth. For a thicker oil pour oil into a jar.
- For a thinner oil strain remaining basil pieces out of oil and jar. What remains Oil can be stored in refrigerator for up to 3 weeks or frozen.

TIPS & RECIPE NOTES:
*Add extra chili peppers to make it HOT!!!
FIRE CIDER

Provided By: Chef Sherimane

PREP TIME: 30 MINUTES
STEEPING TIME: 28 DAYS

INGREDIENTS:
1/2 Cup freshly peeled ginger root
1 Medium onion chopped
10 Cloves of garlic crushed
2 Hot peppers chopped
1 Lemon zest and juice
2 Tbsp dried rosemary leaves
1 Tbsp turmeric powder
1/4 Tsp cayenne powder organic
unfiltered apple cider vinegar
1/4 Cup honey or to taste

DIRECTIONS:
- Add ginger, onion, garlic, peppers, lemon zest and juice, rosemary, turmeric and cayenne powder into quart-sized glass jar.
- Pour apple cider vinegar in the jar until all the ingredients are fully covered and the vinegar reaches the top of the jar. You want to be sure all the ingredients are covered to prevent spoilage.
- Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or use a plastic lid if you have one.
- Shake jar to combine all the ingredients and store in a dark, cool place for 4-6 weeks, remembering to shake the jar a few seconds every day.
- After one month, use a mesh strainer or cheesecloth to strain out the solids, pouring the vinegar into a clean jar. Be sure to squeeze out as much of the liquid as you can. This stuff is liquid gold! The solids can be used in a stir-fry or you can compost/discard them.
- Add honey to the liquid and stir until incorporated.
- Taste your fire cider and add more honey if needed until you reach your desired sweetness.
- Store in a sealed container in the refrigerator or in a cold, dark place.
- Drink 1-2 Tablespoons when needed.

TIPS & RECIPE NOTES:
*Natural remedy against the flu and common colds. Additionally, people may consider fire cider to help relieve nasal congestion, support digestion, warm the body during cold seasons, and boost immunity.
**ELDERBERRY SYRUP**

**Provided By: Trina**

**PREP TIME: 15 MINUTES**

**COOKING TIME: 5 MINUTES**

**INGREDIENTS:**
- 3/4 Cup Fresh or Dried elderberries
- 3 Cups water
- 1 Cinnamon stick
- 1 Tsp dried clove powder or 4 whole cloves
- 1 Tbsp. fresh ginger
- 1 Cup raw honey

**DIRECTIONS:**
- In a large pot, bring the elderberries, water, cinnamon, cloves, and ginger to a boil.
- Reduce the heat, cover, and simmer until the liquid has reduced by half, about 40-45 minutes.
- Allow the liquid to cool, and then drain the liquid using a fine mesh strainer or cheese cloth.
- Press all liquid out of the berries using the back of a wooden spoon.
- Add the raw honey and mix well.
- Store in an airtight glass container in the refrigerator for up to two months.

**TIPS & RECIPE NOTES:**

*The berries and flowers of elderberry are packed with antioxidants and vitamins that can boost your immune system, tame inflammation, lessen stress, and help protect your heart, too.*
FARMER NAT'S HOT SAUCE

PREP TIME: 10 MINUTES
COOKING TIME: 40 MINUTES

INGREDIENTS:
1 16 Oz Mason Jar w/ Lid
1/2 Cup Aji amarillo peppers
16 Oz White vinegar
2 Sliced cloves of garlic
1/2 Sweet peppers

DIRECTIONS:
• Put ingredients into a pot and let it simmer for 40 minutes.
• Blend it all up.
• Put in a mason jar for 3 days.
• Should be good to eat for the next few months.

TIPS & RECIPE NOTES:
*Make sure to wear gloves, open window and don’t inhale the steam.
INGREDIENTS:
1 Tbsp. olive oil
1 Medium onion sliced
4 Garlic cloves
One 1-inch piece of ginger, peeled and chopped
4 Red chili peppers
1/2 Tbsp curry powder
1/4 Tsp ground allspice
2 Tsp tomato paste
2 Lbs of fresh tomato's (Paul Robeson & sungolds were a great combo)
3 Tbsp brown sugar
1/4 cup apple cider vinegar
Salt and fresh ground black pepper

DIRECTIONS:
- Heat oil over medium heat then add onions and cook until they are softened, sweet and lightly browned, about 8 minutes. Add the garlic, ginger, red chili, curry powder & allspice then cook, stirring often, for 2 minutes.
- Add the tomato paste and cook, stirring often, until it turns from red to a burnt orange color, about 2 minutes.
- Add tomatoes, 2 tablespoons brown sugar, cider vinegar, a generous pinch of salt, and a few grinds of black pepper. Stir, and then taste to check and see if you need to add more sugar.
- Bring to a simmer, reduce the heat slightly and cook at a low simmer, stirring occasionally, until thickened and shiny, about 20 minutes. Taste then adjust with more sugar, salt or pepper.
- Blend until smooth, let cool to room temperature then refrigerate up to one month.

TIPS & RECIPE NOTES:
*Great with homemade fries, also makes a really great gift!
CHIVE & PARSLEY GORGONZOLA DRESSING

PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:
1 Cup mayonnaise
1/2 Cup sour cream
1/4 Cup fresh chives
1/4 Cup fresh parsley
4 Oz gorgonzola, crumbled
3 Garlic cloves, chopped
1 Tbsp fresh lemon juice
1 Tbsp honey or maple syrup
1 Tbsp Rice wine vinegar
1 Tbsp Dijon mustard
1/2 Tsp ground pepper
1/4-1/2 tsp salt

DIRECTIONS:
- In medium sized mixing bowl add mayo, sour cream, lemon juice, honey, vinegar, Dijon, salt & pepper mix well.
- Chop fresh chives and parsley, add to bowl.
- Finely chop or grate garlic, add to mixture & stir well.
- Fold in gorgonzola with spatula gently to not break up crumbles.

TIPS & RECIPE NOTES:
*Roast garlic heads in the oven beforehand for extra garlic flavor, add fresh dill for more herbs! Can be used as salad dressing or dip for veggie party trays! Great on hot wings!
We made sure to incorporate all of the fruits, veggies and herbs that can be found on the farm and gardens. Through this apprenticeship Umoyae and Saruh had the chance to bond, come together and support one another with this years programming. They had so many opportunities to work together like making staff meals on harvest day and learning how to open a fire hydrant! They also discovered their mutual love for cats and action movies! From this experience, they learned so many important skills that will help them in the present and in the future. Thank you UTC and all the volunteers for this farming season.

Umoyae and Saruh work at UTC. Umoyae as this years youth apprentice and Saruh as the Community Organizer. For the past four months they have been helping with harvesting, food distribution, crop planting, and building relationships with community members. This cookbook was made with love by the authors, show appreciation to Neighborhoods Food Farms, its resources and all those who tend to it.