

The image shows a hand-drawn cover for a recipe book. The background is a colorful watercolor wash in shades of blue, green, yellow, and pink. Scattered throughout the background are various hand-drawn illustrations of vegetables and fruits, including pumpkins, carrots, leaves, peas, grapes, and apples. The text is centered and reads: 'NBES After-School Programs' in a simple font, underlined with a wavy line. Below that is 'Garden-to-Table' in a larger, outlined font. The word 'Recipe' is written in a very large, bold, outlined font, also underlined with a wavy line. At the bottom, the word 'Book' is written in a large, bold, outlined font, underlined with a straight line.

NBES After-School Programs

Garden-to-Table

Recipe

Book

NBES After-School Programs'

Garden-to-Table

Recipe

Book

East Quabbin Land Trust Youth Education Coordinator's Project:

Louisa (2021-2022)

Illustrated By:

NBES After-School Program

## Welcome to the Straw Bale Garden at North Brookfield Elementary School!

My name is Louisa and I am the AmeriCorps Youth Education Coordinator at the East Quabbin Land Trust. I have been working with students from the North Brookfield Elementary School's after-school program since September. Together, we've built a straw bale garden! Stop by the back of NBES sometime and check it out!



One part of this year-long project is creating a Garden-to-Table recipe book for people from this community to enjoy. All the crops grown in the garden are cold-weather plants. Many will thrive in the fall once students return to school in September. In this recipe book, you'll find the many different types of vegetables growing in our garden. Students from the after-school program helped me illustrate this beautiful book.

When I asked the students what their favorite type of food is, the most common answers I received were "mac and cheese," "pancakes," "chips," and "summer fruits and veggies." I was inspired to find recipes where yummy veggies grown in our garden were part of the ingredients list. Take a look through this fun recipe book, enjoy all the stunning illustrations, and I hope you and your family are able to try some of these tasty treats and meals!

In **April**, we placed the straw bales into the garden area. We prepared the bales with fertilizer and watered them every day.



In **May**, we grew some seedlings in the greenhouse.



In **June**, we planted the seedlings in the straw bale garden.

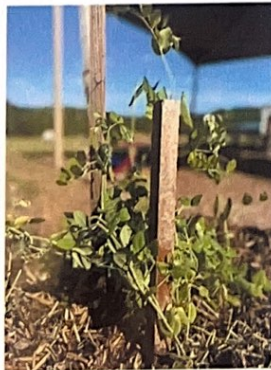


Marigolds



Red + Green Lettuce

Now, we can watch our garden grow all summer long!



Snap Peas



Brussel Sprouts



Red Russian Kale

# Basil



# Basil Pesto



Recipe courtesy of Food Network Kitchen

Show: How to Boil Water Episode: Your Freezer, Your Friend



Level: Easy

Total: 5 min

Prep: 5 min

Yield: 1 cup

## Ingredients:

- 2 cups packed fresh basil leaves
- 2 cloves garlic
- 1/4 cup pine nuts
- 2/3 cup extra-virgin olive oil, divided
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup freshly grated Pecorino cheese

## Directions:

- 1 Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped. Add 1/2 cup of the oil and process until fully incorporated and smooth. Season with salt and pepper.
- 2 If using immediately, add all the remaining oil and pulse until smooth. Transfer the pesto to a large serving bowl and mix in the cheese.
- 3 If freezing, transfer to an air-tight container and drizzle remaining oil over the top. Freeze for up to 3 months. Thaw and stir in cheese.



# Beets



# Pink Beet Pancakes



4.98 from 43 votes

An easy and delicious recipe for healthy Pink Beet Pancakes. These fun pink pancakes are quickly mixed in your blender, are super kid-friendly, full of healthy beets, naturally sweetened and can easily be made gluten free.

Prep Time  
10 mins

Cook Time  
15 mins

Course: Breakfast Cuisine: American

Keyword: beet recipes for kids, gluten free pancakes, healthy pancakes, healthy valentine's day pancakes, naturally pink pancakes, valentine's day breakfast

Servings: 20 small pancakes Calories: 69kcal Author: Taesha Butler

## Equipment

- Blender

## Ingredients

- 2 cups rolled oats uncooked. If gluten free is important, make sure the oats are certified gluten free.
- 1 1/2 tsp baking powder aluminum free suggested
- 1/4 tsp fine salt
- 2 large eggs
- 1/2 cup plain yogurt
- 2 tsp pure vanilla extract
- 4 ounce beets cooked and peeled. I find that roasted beets offer up a stronger color.
- 1/2 cup unsweetened applesauce or mashed ripe banana
- 3 tbsp maple syrup
- 2 tbsp flavorless oil plus more for cooking

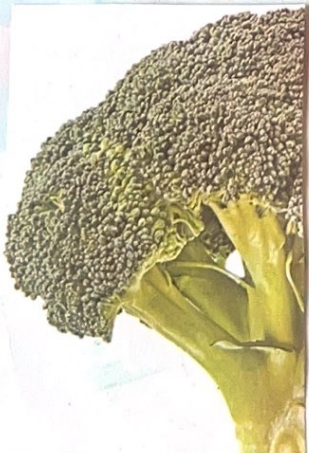
## Instructions

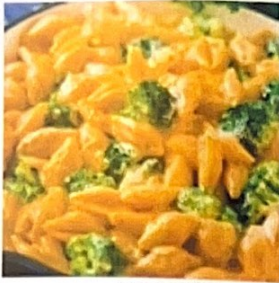
1. Combine oats, baking powder, and salt to a high-speed blender. Blend until oats become a fine powder.
2. Pour the oat flour mixture into a bowl and set aside.
3. In the now empty blender, combine remaining ingredients ( beets, egg, oil, yogurt, vanilla, syrup, applesauce). Blend until smooth and well combined. Add the oat flour mixture into the blender and blend again. Stop a few times to scrape the sides of the blender to ensure everything is well mixed.
4. Heat a pan or other skillet over medium-low heat. Add a little cooking oil to the pan. When the oil is hot, portion out the batter into small pancakes.
5. Cook until you see small bubbles forming on the top of the pancake and the edges seem dry, about 2-3 minutes. Flip and cook the other side for another 2-3 minutes. Place cooked pancakes onto a plate and continue with the remaining batter.

6. ENJOY warm with topping of choice. Store leftovers in fridge for 4-5 days.



# Broccoli





## Broccoli Mac and Cheese

★★★★★

This broccoli mac and cheese is an easy stovetop recipe with tender pasta in a creamy cheddar cheese sauce and plenty of fresh steamed broccoli. An easy and family friendly meal!

**Course** Main

**Cuisine** American

**Prep Time** 5 minutes

**Cook Time** 20 minutes

**Total Time** 25 minutes

**Servings** 6

**Calories** 446kcal

**Author** Sara Welch

### Ingredients

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups water
- 4 cups milk
- 12 ounces medium shell pasta uncooked
- 3/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon black pepper
- 4 cups shredded cheddar cheese
- 2 cups steamed broccoli florets

### Instructions

1. Melt the butter in a large pot over medium heat. Add the flour, then whisk until combined, about 30 seconds.
2. Pour in the water and whisk until smooth and just thickened.
3. Add the milk and whisk until combined.
4. Stir in the shell pasta salt, garlic powder, onion powder, smoked paprika and pepper, then bring the mixture to a simmer.
5. Cook for 10 minutes, stirring occasionally, until pasta is done
6. Turn the heat to low, then stir in the cheese. Keep stirring until the sauce is smooth. Stir in the broccoli, then serve.

# Brussel sprouts





## Kid-Friendly Brussels Sprouts Recipe

★★★★☆

*Your next flavor-loaded side dish is here! Fresh, healthy Brussels sprouts, crispy chopped bacon, and sweet chewy cranberries combine for a veggie side that kids love. Seconds, please!*

**Course** Side Dish

**Cuisine** American

**Keyword** brussels sprouts, kid friendly

**Prep Time** 10 minutes

**Cook Time** 12 minutes

**Servings** 4 servings

**Calories** 138kcal

### Ingredients

- 1 pound fresh Brussels sprouts trimmed and halved
- 2 tbsp butter
- 1 tsp garlic salt
- 2 tablespoons bacon pieces
- 1 tablespoon dried cranberries

### Instructions

1. Melt butter in a medium saute pan over medium heat. Add garlic salt.
2. Add Brussels sprouts to the pan and saute over medium heat for 8-10 minutes, or until tender on the inside and a brilliant green hue.
3. Add bacon and craisins and saute for 1 more minute.
4. Serve warm.

### Nutrition

Calories: 138kcal | Carbohydrates: 6g | Protein: 6g | Fat: 11g | Saturated Fat: 5g | Cholesterol: 28mg | Sodium: 329mg | Fiber: 2g | Sugar: 3g

# Cabbage



# Kid-friendly Chopped Cabbage Salad

Sweet and crunchy salad that kids will love.

★★★★★ 5 from 1 vote



PREP TIME

15 mins

TOTAL TIME

15 mins



COURSE

Salad



SERVINGS

6 servings

## INGREDIENTS

- 4 cups finely chopped red or green cabbage about 1/3 of a large head
- 2 large carrots, peeled and grated
- 1 small apple, chopped fine
- 2 cups baby spinach, finely chopped
- 2 Tbsp fresh lemon juice
- 2 tsp honey or other sweetener
- 2 tsp Dijon mustard or yogurt/mayo
- 3 Tbsp olive oil
- 1/2 tsp coarse salt kosher or sea salt

## INSTRUCTIONS

1. Add cabbage, shredded carrot, chopped apple, and spinach to a large bowl.
2. In a small bowl, whisk the lemon juice, honey, mustard, and olive oil until combined.
3. Pour dressing over veggies and toss until everything is well combined. Sprinkle with salt and toss again. Taste and add more salt or lemon juice as needed.
4. Serve immediately or store in fridge for up to a day.



KEYWORD

cooking with kids, salad

# Cucumbers



YIELD: 1 MASON JAR

## Simple Yogurt Cucumber Dip Recipe

This is yogurt cucumber dip recipe will take you away to the Mediterranean! It's simple, tasty, and easy to make! It's perfect on chips or even on pita bread with a little feta cheese!

**PREP TIME**      **ADDITIONAL TIME**

15 minutes      30 minutes

**TOTAL TIME**

45 minutes



## INGREDIENTS

- 1 1/2 cups Plain Yogurt
- 2 tablespoons Olive Oil
- 1 English Cucumber, peeled and shredded
- 1 clove Garlic, minced
- 1 tablespoon fresh Dill
- 2 tablespoons Lemon Juice
- Salt & Pepper to taste
- Pita Bread, cut into bite size pieces

## INSTRUCTIONS

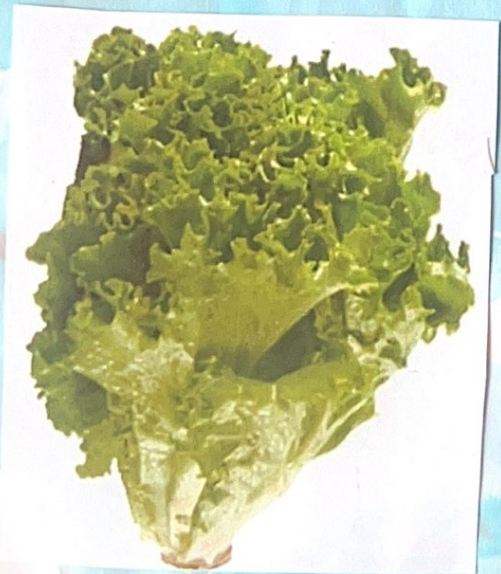
1. Prep your cucumber by peeling and shredding it, removing the seeds.
2. In a mixing bowl, combine yogurt, olive oil, garlic, fresh Dill, and lemon juice, then stir in cucumber.
3. Refrigerate for at least 30 minutes before serving.
4. Serve with pita bread and enjoy!

© Chris

**CUISINE:** Snack / **CATEGORY:** Easy Healthy Snack Recipe



# Green Lettuce





# How to build a kid-friendly salad



*Easy Side Salad recipe alert! This salad is scrumptious and adaptable to suit your family taste preferences and age.*

<b>Course</b>	Salad
<b>Cuisine</b>	American
<b>Keyword</b>	dinner salad recipe, easy side dish recipe, easy side salad recipe, side salad recipe
<b>Prep Time</b>	20 minutes
<b>Total Time</b>	20 minutes
<b>Servings</b>	6 servings
<b>Calories</b>	242 kcal
<b>Author</b>	Samantha @MyKitchenLove

## Ingredients

Salad:

- 1 head romain lettuce trimmed and cut into 1/4" wide stripes (or chopped smaller for babies/toddlers)
- 1 medium bell pepper preferably red, orange, or yellow, cut into thin stripes
- 1/2 long English cucumber quartered and chopped into 1/4" wide pieces (remove skin for younger babies and kids)
- 1 stalk celery sliced into 1/4" wide pieces
- 1/2 pint cherry tomatoes or other smaller tomatoes, halved or cut smaller for younger babies and kids)
- 100 grams feta or other cheese crumble over salad (optional)

Vinaigrette:

- 1/2 cup olive oil
- 1/3 cup red wine vinegar or white wine vinegar
- 1/2 clove garlic, finely grated
- 2 pinches sea salt
- 1 pinch ground black pepper

## Instructions

1. Combine salad ingredients in one large bowl or into personal sized bowls/plates.
2. Place all vinaigrette ingredients into a small jar or container with lid and shake until combined. Drizzle over salad (may be extra leftover, can be stored in refrigerator for 1 week).

## Recipe Notes

Be sure to check out the pro-tips for building salads for kids in the post above. The bullet on cutting down the vegetables to age appropriate size is probably of the utmost importance.

# Marigolds



## EatSmarter!

### Marigold Butter

Time: 10 min.  
Difficulty: easy  
Health Score: 🍏 8,7 / 10



#### Ingredients

for 8 ounces

- 8 ozs butter
- 4 marigolds
- ¼ tsp cardamom (ground)
- 1 tsp lemon juice
- 1 dash salt

#### Preparation

1. Soften the butter.
2. Remove the petals from the marigolds, and coarsely chop. Stir the marigolds, pinch of cardamom, and the lemon juice to butter. Season the butter to taste with salt. Place the butter onto parchment paper, and form into a roll. Chill in the refrigerator until ready to use.

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#### Ausgabe 3/22

Lust auf noch mehr kulinarische Highlights? Zum Preis von nur 29,40 Euro pro Jahr bekommen Sie 6 Magazine direkt nach Hause geschickt. In der aktuellen Ausgabe warten 80 sommerliche Abnehmrezepte auf Sie und ein Faktencheck über die fleischlose Ernährung. Ist sie wirklich gesünder?

# Snap peas



# Roasted Sugar Snap Peas



53 Ratings

This healthy roasted Sugar Snap Peas recipe is easy to make, with 5 minutes of prep time and 8-12 minutes in the oven. Sprinkle with garlic, thyme and salt for a healthy snack! Adults and kids both love this easy delicious pea recipe, and best of all, it's vegan and gluten free.

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Course: Appetizer, Side Dish, Snack    Cuisine: Vegan    Keyword: sugar snap peas  
Servings: 4 people    Calories: 224kcal    Author: Jessica Verma

## Ingredients

- 1/2 lb sugar snap peas strings and stems removed (you can also use a half pound of asparagus, woody stalks removed)
- 1 Tbsp olive oil
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder optional

## Instructions

1. Preheat oven to 450 degrees.
2. Toss peas or asparagus with olive oil, thyme, salt, pepper, and garlic powder until coated.
3. Spread on a cookie sheet and bake for 8-12 minutes, until softened and just starting to brown. Serve warm.

## Nutrition

Calories: 224kcal | Carbohydrates: 18g | Protein: 6g | Fat: 14g | Saturated Fat: 2g | Sodium: 1172mg | Potassium: 453mg | Fiber: 5g | Sugar: 9g | Vitamin A: 2465IU | Vitamin C: 136mg | Calcium: 98mg | Iron: 5.3mg

# Spinach



# Cheesy Zucchini Spinach Quesadillas

Your kids will actually REQUEST this dinner, even though it is chock full of veggies!



Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Entree Cuisine: American Servings: 4  
Calories: 484kcal Author: Kristin



5 from 1 vote

## Ingredients

- 2 tablespoons olive oil
- 1 large or 2 small green zucchini (chopped into bite-sized pieces)
- 1 large or 2 small yellow zucchini (chopped into bite-sized pieces)
- 1/2 tablespoon minced garlic (add more if you really like garlic!)
- salt and pepper to taste
- 8 large tortillas (burrito size)
- 1 bag baby spinach (can use frozen spinach in a pinch, just thaw it first)
- 8 ounces shredded colby and monterey jack cheese

## Instructions

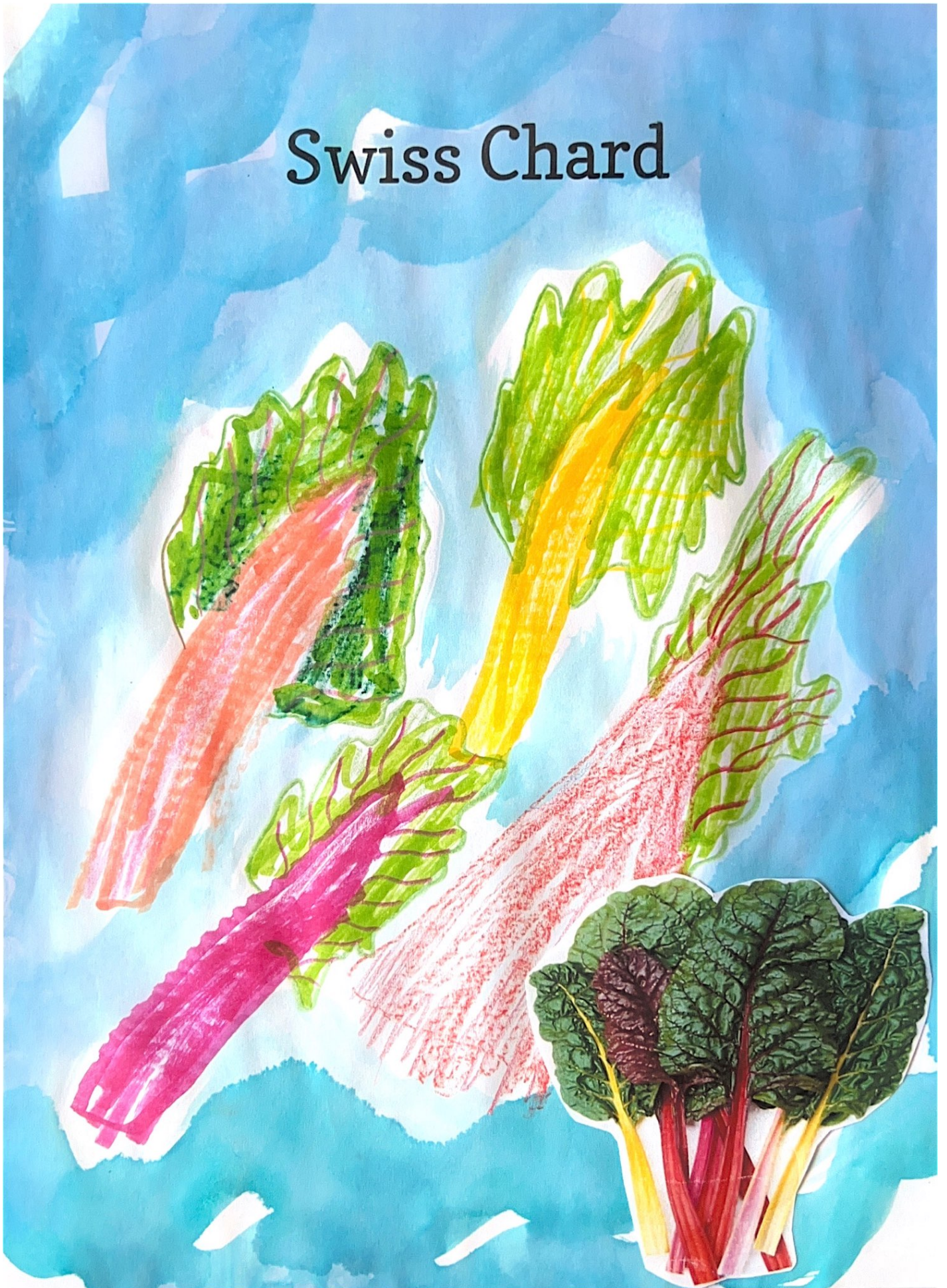
1. Warm the olive oil over medium heat, then add the green and yellow squash and garlic and cook until softened but not mushy, about 5-8 minutes. Salt and pepper to taste. Set aside.  
2 tablespoons olive oil, 1 large or 2 small green zucchini, 1 large or 2 small yellow zucchini, 1/2 tablespoon minced garlic, salt and pepper to taste
2. Brush or spray one side of a tortilla with a little bit of olive oil. Place in a skillet pre-heated over medium heat, with the oil side down. Cook 2-3 minutes until golden brown on the bottom, then remove.  
8 large tortillas
3. Brush or spray one side of another tortilla with olive oil. Place in the skillet, oil side down. Moving quickly, distribute about 1/4 of the cooked zucchini, spread a layer of spinach over the zucchini, then sprinkle about 1/4 of the shredded cheese over the whole thing.  
1 bag baby spinach, 8 ounces shredded colby and monterey jack cheese
4. Top with the browned tortilla (browned side up). Cook for a few minutes until the bottom tortilla is golden brown on the bottom and the cheese is melted.
5. Repeat steps 2-4 to prepare each of the remaining 3 servings.

## Nutrition

Calories: 484kcal | Carbohydrates: 35g | Protein: 19g | Fat: 29g | Saturated Fat: 13g | Cholesterol: 53mg | Sodium: 762mg | Potassium: 419mg | Fiber: 2g | Sugar: 5g | Vitamin A: 785IU | Vitamin C: 17.8mg | Calcium: 468mg | Iron: 2.8mg



# Swiss Chard



# Quick and Easy Swiss Chard Fritters ★★★★★

These simple Swiss chard fritters make a quick snack and delicious! All you need is Parmesan cheese and a few pantry ingredients you might already have.

**Course** Appetizer, Side Dish, Snack **Cuisine** Western

**Keyword** Swiss chard, swiss chard fritters, swiss chard snack **Prep Time** 10 mins **Cook Time** 15 mins

**Total Time** 25 mins **Servings** 6 **Author** Holly Ford

## Ingredients

- 1 small bunch Swiss Chard
- 1/2 onion finely minced
- 2 eggs lightly beaten
- 1 to 1-1/2 cup flour
- 1/2 cup grated Parmesan cheese
- salt and pepper to taste
- 2-3 tbsp oil for pan-frying

## Instructions

1. If the tip of the stem part of Swiss chard is tough, cut them off. Cook the chard in boiling water with a little bit of salt. Drain and rinse with cold water. Squeeze out excess water.
2. Chop the chard into tiny pieces and squeeze out again to remove excess water but not to be totally dry.
3. In a mixing bowl, combine the Swiss chard, flour, eggs, and cheese. Season with salt and pepper, and mix well.
4. Heat oil in a frying pan over medium heat. Spoon up the mixture in oil and fry until golden brown, about 2-3 minutes on each side. Adjust the heat if it browns too quickly.
5. Place the fritters on a paper towel to remove the excess oil. Serve hot as is or with the dipping sauce of your choice.

# Radishes



YIELD: 2 servings

## ROASTED RADISH CHIPS RECIPE

Crispy Roasted Radish Chips, a simple baked radishes recipes that makes crunchy, crispy radish chips in the oven — no air fryer and no dehydrator needed. Only four ingredients!

★★★★☆ 4.3 stars (17 ratings)

Prep Time:  
5 mins

Cook Time:  
25 mins

Total Time:  
30 mins



### Ingredients

- 1 pound radishes, about 2 bunches
- 3 tablespoons olive oil
- 1 pinch salt and pepper
- 1 pinch red pepper flakes, optional

### Instructions

- 1 **Prep oven:** Preheat oven to 400 degrees F (200 degrees C).
- 2 **Wash and cut radishes:** Cut radish bulbs from leaves and wash well to remove excess dirt. Slice the radish bulbs thin, about ¼" (or ½ cm) thick.
- 3 **Prep radishes for roasting:** On a medium baking sheet add olive oil and slides radishes and toss to coat radishes completely in oil. Sprinkle with salt, pepper, and red pepper flakes (if using).
- 4 **Bake radish chips:** Roast radishes for a total of 20-25 minutes, tossing every 5-10 minutes to brown all sides of radish slices. Remove from oven and serve immediately for best flavor and texture.

### Notes

- **Notes on radishes:** An average bunch of radishes is about ½ pound (225 grams), without the stems and leaves. Baked radishes are best eaten immediately after baking if you're looking for a crispy chip texture.
- **Tools needed:** knife set, cutting board, baking sheet
- **Prep ahead:** Get ahead by washing and slicing radishes up to two days ahead of time before roasting.
- **Leftovers and storage:** Store leftover radish chips in an airtight container in the refrigerator for up to two days. However, the baked "chips" won't stay crispy and will be soft leftover.
- **Nutrition notes:** This baked vegetable chip recipe uses completely plant-based ingredients, is gluten-free, and is a great grain and refined carbohydrate-free way to enjoy the crunchy texture of chips. The nutrition information was calculated using 1 tablespoon of olive oil as the amount of oil you will consume vs. how much is used to grease the pan is not the full amount used in the ingredients section.

### Nutrition Information

**Serving:** 1 serving (1/2 cup), **Calories:** 98kcal, **Carbohydrates:** 8g, **Protein:** 2g, **Fat:** 7g, **Saturated Fat:** 1g, **Polyunsaturated Fat:** 1g, **Monounsaturated Fat:** 5g, **Sodium:** 109mg, **Potassium:** 529mg, **Fiber:** 4g, **Sugar:** 4g, **Vitamin A:** 31IU, **Vitamin C:** 34mg, **Calcium:** 57mg, **Iron:** 1mg

**Author:** Kristina Todini, RDN **Course:** Salads + Side Dishes **Cuisine:** American

# Rainbow Carrots



# Maple Roasted Rainbow Carrots



5 from 1 vote

Maple roasted carrots are painted with olive oil, caramelized to perfection, and roasted until tender in this easy and delicious side dish.

Prep Time  
10 mins

Cook Time  
20 mins

Course: Side Dish    Cuisine: American    Keyword: Vegan, gluten-free, grain-free, nut-free, soy-free  
Servings: 12 carrots

## Equipment

- Pastry brush or new/clean paintbrush
- Child safe scissors
- Baking tray
- Parchment paper
- Small mixing bowl
- Tablespoon measuring spoon

## Ingredients

- 12 carrots
- 1 tbsp olive oil
- 1 tbsp maple syrup
- sprinkle of salt

## Instructions

1. Preheat oven to 425 degrees
2. Line a baking tray with parchment paper
3. Wash and dry carrots
4. Using child scissors trim the carrot stems to one to two inches and cut off the stringy root at the tip
5. In a small bowl, mix together one tablespoon of olive oil and one tablespoon of maple syrup
6. Hold the carrot by the stem facing downward over the baking dish. Dip a pastry brush into the oil and syrup mixture and "paint" the carrots. If you don't have a pastry brush, a new paint brush works well
7. Place the carrots onto the baking tray and sprinkle with salt
8. Roast in the oven for 20 minutes until fork tender. Let them cool and enjoy!

# Red Lettuce



## Simple Red Leaf Salad



My daughter loves everything sour (vinegar and lemon in particular) so I made her this tart salad dressing with 2 types of vinegar and lemon juice. It goes great with red leaf lettuce or other mild salads. She will eat the whole bowl by herself.

By barbara

**Prep:** 10 mins

**Total:** 10 mins

**Servings:** 4

**Yield:** 4 servings



### Ingredients

- 1 head red leaf lettuce
- 1 red bell pepper, chopped
- 1 stalk green onion, thinly sliced

### Dressing:

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- ½ teaspoon salt, or to taste
- ¼ teaspoon Dijon mustard, or more to taste
- freshly ground black pepper to taste

### Directions

Wash red leaf lettuce, separate the leaves, and spin dry in a salad spinner. Tear leaves into bite-sized pieces and transfer to a salad bowl with bell pepper and scallion.

Combine olive oil, red wine vinegar, balsamic vinegar, lemon juice, salt, mustard, and pepper in a resealable jar. Close and shake until well combined.

Drizzle as much dressing as desired over the salad and toss to combine. Store leftover dressing in the refrigerator.

### Editorial Note:

Nutrition data for this recipe includes the full amount of dressing. The actual amount of dressing consumed will vary.

### Nutrition Facts

**Per Serving:** 111 calories; protein 0.7g; carbohydrates 4g; fat 10.2g; sodium 312.9mg.



The End.



Thank you, NBES  
After-School  
Program, Haston  
Free Public Library,  
& North Brookfield  
Community!

