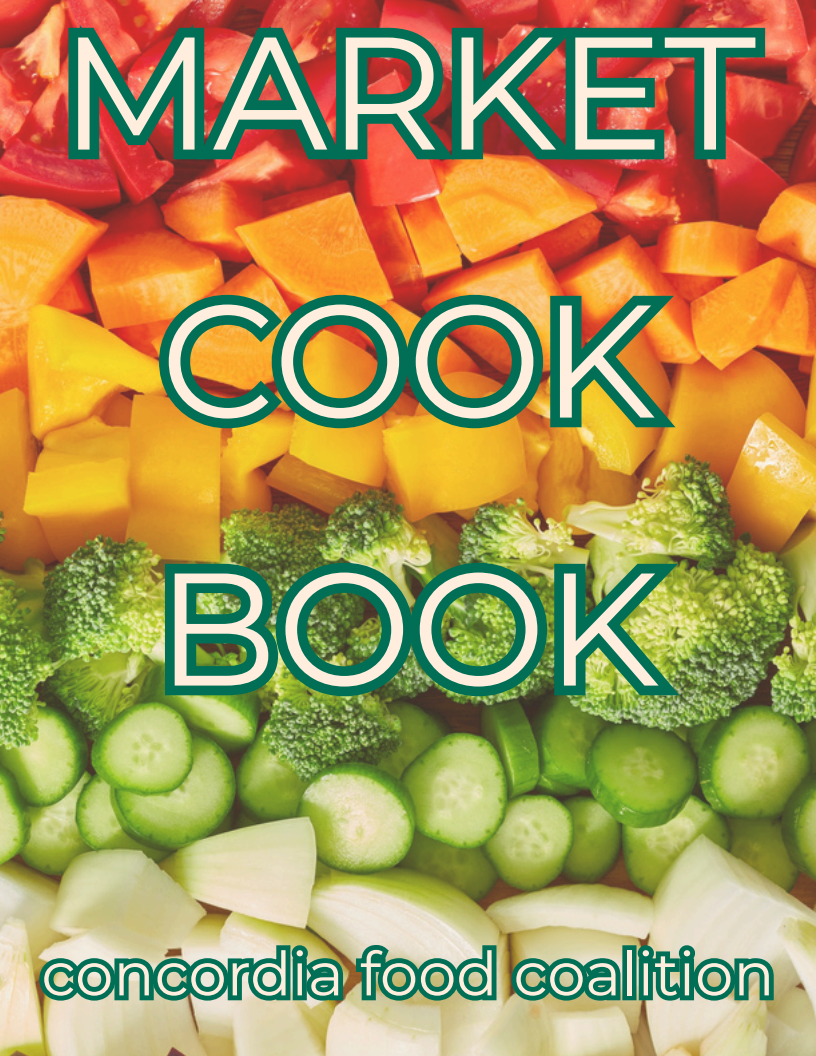

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JULY

GARLIC SCAPES 3 WAYS





Grilled Garlic Scapes

INGREDIENTS



Lemon



Oil

STEPS

1. Toss scapes with oil, salt, and pepper. Or use spices of your choice, like chili flakes.
2. Place directly on a hot grill.
3. Grill 2–3 minutes per side until lightly charred.
4. Remove when tender-crisp.
5. Finish with a squeeze of lemon juice (optional)

Pickled Garlic Scapes

INGREDIENTS



White Vinegar

STEPS

1. Pack scapes into a jar.
2. Bring equal parts vinegar and water to a boil with salt.
3. Pour over scapes.
4. Cool.
5. Refrigerate for at least 24 hours.





Garlic Scape Butter

INGREDIENTS



Butter, Margarine



Local Herbs

STEPS

1. Finely chop scapes.
2. Mix into softened butter or margarine.
3. Add salt and herbs.
4. Chill in the fridge for 1 hour or more.
5. Use on corn, bread, potatoes, or grilled vegetables.)

DID YOU KNOW?

Coop Cultivaction grows produce right on the Loyola campus with pay-what-you-can pricing for members!

AUG

EGGPLANT 3 WAYS





Crispy Eggplant Bites

INGREDIENTS



Breadcrumbs



Garlic

STEPS

1. Cut eggplant into cubes or thick slices.
2. Toss with a little oil, salt, and garlic powder or fresh (optional).
3. Coat lightly in breadcrumbs.
4. Bake at 425°F / 220°C for 20–25 min, flipping once.
5. Eat with ketchup, mayo, hummus, or your favourite dip.

One-Pan Eggplant Tomato Pasta

INGREDIENTS



Pasta



Fresh tomatoes or sauce

STEPS

1. Dice the eggplant.
2. Fry in a pan with oil and a pinch of salt for 8–10 min until soft.
3. Add garlic and tomato sauce; simmer for 5 minutes.
4. Toss with cooked pasta.
5. Optional: top with cheese, chili flakes, or dried herbs.





Easy Eggplant Wraps

INGREDIENTS



Tortilla or Pita



Hummus

STEPS

1. Slice eggplant into thin strips or rounds.
2. Pan-fry with a little oil and salt until browned and soft, about 4–5 min per side.
3. Spread hummus on a tortilla or pita.
4. Add the eggplant and whatever vegetables you have.
5. Roll it up!

TIPS FOR COOKING EGGPLANT

- No need to peel it! Eggplant skin is edible and softens when cooked.
- You usually don't need to salt eggplant first. Most modern varieties are much less bitter than older ones.

AUG

ZUCCHINI 3 WAYS





Crispy Zucchini Fritters

INGREDIENTS



Flour



Onion

STEPS

1. Grate 1 zucchini and squeeze out as much water as possible.
2. Mix with about ¼ cup flour, half chopped onion, salt, and spices.
3. Form into small patties.
4. Fry in a little oil for 3–4 minutes per side until crispy.

Good with: hummus, hot sauce, vegan mayo or yogurt.

Garlic Zucchini Pasta

INGREDIENTS



Pasta



Garlic

STEPS

1. Cook your pasta.
2. Slice zucchini into thin half-moons and fry in oil for 5–7 minutes.
3. Add minced garlic and cook another minute.
4. Toss with the pasta, a splash of pasta water, salt and lots of pepper.





Zucchini Pizza Bites

INGREDIENTS



Tomato or Pizza Sauce



Shredded cow or vegan cheese

STEPS

1. Slice zucchini into thick rounds.
2. Place on a baking sheet and add a spoonful of sauce to each.
3. Top with cheese and optionally add your favourite toppings.
4. Bake at 425°F (220°C) for 10–15 minutes, until the zucchini is tender and cheese is melted.



TIPS FOR COOKING ZUCCHINI

- Keep the skin on! It's edible, nutritious and saves prep time.
- Don't overcook it. Zucchini cooks quickly and gets mushy.
- High heat = better browning. Roast or sauté at higher temperatures instead of cooking it slowly.
- Use it raw, too. Thinly sliced or grated zucchini works well in salads and wraps.

SEPTEMBER



CARROT & BEET 3 WAYS



Beet & Carrot Salad

INGREDIENTS



Feta or Tofu



Lemon

STEPS

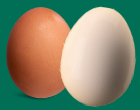
1. Grate or chop 1 raw beet and 2 carrots into a bowl.
2. Add half a block of chopped tofu or feta, 1 tbsp oil, 1 tbsp vinegar or lemon juice, and a pinch of salt.
3. Toss everything together and let sit for 10 minutes to soften and soak up the dressing.

Carrot & Beet Fritters

INGREDIENTS



Flour



Egg
(or alternative)

STEPS

1. Grate 1 beet and 2 carrots, then squeeze out liquid.
2. Mix with 1 egg, 3–4 tbsp flour, a pinch of salt and pepper. No egg? Use 2 extra tbsp flour and a splash of water instead.
3. Heat 1 tbsp oil in a frying pan and scoop the mixture into patties.
4. Cook for 3–4 minutes per side until browned and crispy.





Crispy Roasted Carrots

INGREDIENTS



Maple Syrup



Garlic

STEPS

1. Cut 3–4 carrots into sticks or coins.
2. Toss with 1 tbsp oil, a pinch of salt and pepper. Add paprika, garlic powder, curry powder or chili flakes if you have them.
3. Spread on a baking sheet and roast at 425°F / 220°C for 20–30 minutes, flipping halfway through.
4. Eat as a side or add to a grain bowl

TIPS FOR COOKING ZUCCHINI

- Keep the skin on! It's edible, nutritious and saves prep time.
- Don't overcook it. Zucchini cooks quickly and gets mushy.
- High heat = better browning. Roast or sauté at higher temperatures instead of cooking it slowly.
- Use it raw, too. Thinly sliced or grated zucchini works well in salads and wraps.

OCTOBER

BUTTERNUT SQUASH 2 WAYS





Three Sisters Salad

INGREDIENTS



Corn



Green Beans



Black Beans



Parsley



Onion



Tomato

STEPS

1. Roast squash: Peel and dice 4 cups of butternut squash. Drizzle lightly with olive oil and bake at 350°F for 30 minutes. Set aside to cool.
2. Prepare salad: In a large bowl, combine ¼ cup corn, ⅓ cup green beans (thawed and drained), 1 can black beans (rinsed), 1 diced zucchini, ½ diced red onion, chopped small tomatoes and 3 sprigs of finely chopped parsley.
3. Make dressing: Whisk together ⅓ cup sweetened rice vinegar and 2 tbsp olive oil until mixed well.
4. Assemble: Add cooled roasted squash to the vegetables. Pour dressing over salad and toss.
5. Season with salt and pepper. Serve!

Three Sisters Soup

INGREDIENTS



Onion



Celery



Carrots



Corn



Kidney Beans



Squash



Thyme



Celery



STEPS

1. Sauté onion: Heat 2 tsp vegetable oil in a large pot. Add 1 diced onion and sauté over medium heat for 2 minutes.
2. Add vegetables: Stir in 4 chopped carrots, 4 minced garlic cloves and 4 chopped celery stalks. Cook for 8 minutes, stirring occasionally.
3. Add broth: Pour in 8 cups vegetable broth and bring to a boil.
4. Cook squash: Peel and cube 1 medium sized butternut squash. Add, then reduce heat, cover and simmer for 8 minutes.
5. Finish soup: Add 1½ cups frozen corn, 2 cans drained and rinsed kidney beans, 2 tbsp tomato paste (optional), 2 tsp dried thyme and 1 tsp ground pepper.
6. Simmer and serve: Cook for a few more minutes until the squash is fork-tender. Stir and serve warm.

Foccacia Bannock with Chef Maluh

Ingredients:

Dry ingredients:
4 cups all purpose flour
2 tbs baking powder
½ tsp salt
½ tsp sugar



Wet ingredients:

2 cups water
1 tbs olive oil
1 large egg or plant-based egg replacers (flax seeds work great!)
Optional toppings: Caramelized onions or herbs (savoury) or blueberries (sweet version.)

Directions:

1. **Preheat oven to 400 F.**
2. **In a large Bowl sift together the dry ingredients. Whisk them, make a well and set aside.**
3. **In a jug whisk together the wet ingredients.**
4. **Pour the wet ingredients into the whole make out of the dry ingredients and mix thoroughly with a spoon.**
5. **Turn dough into a floured surface (on Parchment paper), and lightly knead into a ball. Lightly press the dough and make holes with a fork all over, and drizzle with olive oil.**
6. **Bake at 400 F until medium brown about 30 min. Brush with melted butter.**

Gluten-free Bannock

Ingredients:

Dry ingredients:

- **2 tbsp baking powder**
- **3–4 ml salt**
- **1/2 cup tapioca flour**
- **1 cup brown rice flour**
- **6 ml ground chia seeds**
- **50 ml ground flax seeds**



Wet ingredients:

200 ml cool water
2 eggs (or egg replacer)
2 tbsp oil

Directions:

1. **Mix dry and wet and let sit for 10 minutes or so.**
2. **Put into a hot frying oiled pan, reduce heat and cover for 10 min.**
3. **Flip and cover for 5 min uncover for another 5 min to crisp.**

Tip: This is served nicely with jam!

READ THE FULL BLOG
Includes bonus recipe!

LINK IN THE BIO

Learn more about the CFC Farmer's Market

scan me!



CO-OP cultiv action

THE CFC FARMERS' MARKET

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