

Fresh Veggie Series

Vine & Fig Educational Outreach Program

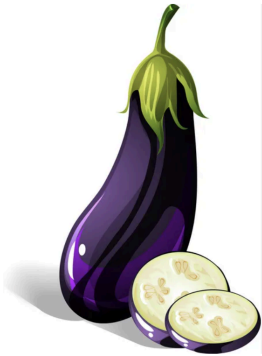
This Week's Produce Items:

Radical Roots Farm:

Tomatoes, cherry tomatoes, pepper, cucumber, lettuce mix onion, herb and eggplant provided by St. Isidore and Jubilee Climate Farms

St. Isidore Homestead & Permaculture:

Eggplant, potatoes, heirloom tomatoes and onion



Recipe of the week:

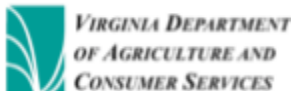
Eggplant on bread

Ingredients

- Eggplant
- Tomato
- Green pepper
- Onion
- Garlic
- Bread (pita, baguette or of your choice)
- 3 tablespoons of oil
- Salt and pepper to taste

Direction

1. Cut the eggplant, tomato and pepper in small cubes
2. Mince the onion and garlic
3. In a pan with oil, sauté the onions and garlic; then add the eggplant. Cook for 10 minutes
4. Add the tomato and pepper to the pan. Cook for another 5 minutes. Add salt and pepper to taste.
5. Put the veggie mixture on a pita bread, baguette or any kind of bread you like.
6. Sprinkle cheese on top.
7. Put on an oven safe pan and into an oven that's been preheated at 300 degrees. Bake until the cheese melts. Or put in a microwave for 30 seconds or until the cheese melts. Enjoy!



vinefigeducation.org/recipes