

Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items

Radical Roots Farm:

Apples, lettuce, spinach, peppers, tomatoes, cherry tomatoes, herb.

St. Isidore Homestead & Permaculture:

One pound sweet potatoes, salad mix and Radical Roots's apples.



Recipe of the Week:

Apple Compote

Ingredients

- 2 cups of cut apples
- 1 tablespoon of lemon juice
- 3 tablespoons of sugar (preferably brown sugar, or you can use other sweeteners or omit the sugar altogether)
- 1 teaspoon ground cinnamon or nutmeg (or both!)
- A couple of tablespoons water, as needed
- Optional: other spices like cloves, vanilla extract or lemon zest.

Instructions

1. Wash the apples. Peel if you prefer. Remove the core, and cut the apples into cubes or slices.
2. Place the apples, lemon juice, sugar and cinnamon/nutmeg in a pan. You can also add other spices like cloves, vanilla extract or lemon zest.
3. Cook over medium heat for approximately 15 minutes, stirring a few times, until the apples are tender.

Note: you can add a bit of water while cooking if the mixture gets dry.

Enjoy the compote warm, at room temperature or cold; as dessert, snack or breakfast.



vinefigeducation.org/recipes

