

Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items

Radical Roots Farm:

Peppers, tomatoes, cilantro, kale and a bouquet of herbs (rosemary, oregano, thyme, lemongrass)
Provided by Jubilee Climate Farm and St. Isidore Homestead & Permaculture

St. Isidore Homestead & Permaculture:

Kale, collard greens, carrots and a bouquet of herbs (rosemary, oregano, thyme and mint), plus lemongrass from Jubilee Climate Farm

Recipe of the Week:

Rosemary infused oil

Oregano and/or thyme on bread or tomatoes

Lemongrass and/or mint tea



Ingredients

1. Rosemary and oil.
2. Oregano and/or thyme, bread or tomatoes.
3. Lemongrass and/or mint, water.

Instructions

Wash all herbs and air dry.

1. Put rosemary in a clean and dry, airtight container. Add oil. You can store this cold infused oil in the fridge for about a month. Use it to cook veggies, chicken, or to dress salads.
2. Cut tomato in cubes. Salt and pepper to taste. Sprinkle oregano/thyme leaves on top . Spread olive oil or butter on your preferred bread. Sprinkle oregano/thyme leaves on top. You can also sprinkle parmesan cheese and heat the bread in the oven if you like. Enjoy this as a side dish or a healthy snack.
3. Put lemongrass stalks and mint leaves in a pot. Add boiling water and let sit for 10 minutes. Strain and pour the tea into your cup or teapot. Enjoy hot or iced!



vinefigeducation.org/recipes