

Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Radical Roots Farm: Scallions, Head Lettuce, Salad Mix, Kale, Spinach, Turnip or Radish, and an Herb

St. Isidore Homestead & Permaculture: Scallions, Salad Mix, Baby Bok Choy, Baby Kale and Mint

Recipes of the week:

Scallion Scramble Eggs

Ingredients

- Scallions (white & green parts)
- Olive Oil
- Eggs
- Salt & Pepper

Directions

1. Separate the leaves of the scallions from the white part (bulb).
2. Heat oil in a pan and fry the white part of the scallions until they are lightly fried.
3. Toss in the eggs and scramble to your liking.
4. Chop the scallion leaves.
5. Place eggs on a plate and add the green leaves as a topping. Enjoy!
 - You can wrap the eggs with a tortilla for a veggie breakfast taco.



vinefigeducation.org/recipes