

Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Radical Roots Farm: lettuce nix, tomatoes, cherry tomatoes, herb, peppers, scallions, garlic.

Jubilee Climate Farm: sweet potato leaves, pumpkin leaves, hierba mora, lemongrass.

St. Isidore Homestead & Permaculture: Sweet corn, peppers and onions



Recipe of the week

Mix of leaves in coconut milk with lemongrass

Ingredients

- 1 or 2 cups of sweet potato leaves
- 1 or 2 cups of pumpkin leaves
- 1 or 2 cups of hierba mora leaves
- 1 onion
- 1 or 2 garlic cloves
- 2 tablespoon of oil
- 1 or 2 cups of broth
- 1 can of coconut milk
- Small bundle of lemon grass
- Ginger to taste

Directions

1. Separate the leaves from the stems. **Remove the berries from the hierba mora, which should not be eaten. Hierba mora leaves should not be eaten raw.**
2. Wash and cut leaves.
3. Dice the onion and garlic.
4. Heat oil in a pan. Sauté onion and garlic.
5. Add leaves and stir.
6. Add broth and coconut milk.
7. Add lemongrass.
8. Sprinkle ginger powder, salt and pepper to taste.
9. Cook for 10 minutes on medium/low heat.
10. Serve on rice, quinoa or enjoy with bread.

(*) also known as black nightshade, a leafy green plant in the solanaceous family that grows wild in Mexico, Central and North America.



vinefigeducation.org/recipes

