



# Fresh Veggie Series

Vine & Fig Educational Outreach Program

## This Week's Produce Items

### Radical Roots Farm:

Lettuce, Tomatoes, Cherry Tomatoes, Peppers, Herb, Cucumber, Onions, Beets

### St. Isidore Homestead & Permaculture:

Green Lettuce, Tomatoes, Peppers, Potatoes, Salad Turnips, Parsley

### Friendly Neighbor Gardens:

Cucumber, Onions, Peppers, Tomatoes, Beets, Carrots

## Recipe of the Week:

**Kid- Friendly Pasta** (Source: Little Sunny Kitchen)

### Ingredients:

- 1/2 cup of uncooked farfalle pasta
- 1/4 cup fresh peas
- 1 carrot diced
- 1/2 cucumber peeled and diced
- 1/2 green bell pepper diced
- 1/4 cup of canned corn
- cilantro
- dressing: olive oil and salt and pepper to taste.

### Instructions:

1. Cook pasta in salted boiling water for 10 minutes. Check the doneness before removing it by tasting 1 piece. Or cook according to the manufacturer's instructions.
2. Mix the pasta with the rest of the ingredients in a bowl.
3. Mix the dressing ingredients and add them to the mix. Serve at room temperature. Enjoy!



[vinefigeducation.org/recipes](https://vinefigeducation.org/recipes)