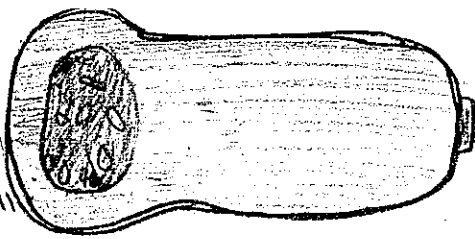


SQUASH

(Butternut!)



"Concurbita maxima"

- loads of Vitamin A, Potassium, fiber, & complex carbohydrates.
- 1 lb trimmed squash = 2c cooked
- BAKE: Slice in half, remove seeds (can toast these in oven, separated from strings), place in a baking pan with a little water. Can rub/paste flesh with butter and/or olive oil. Cook 40 min - 90 min until flesh is very soft. Cool, peel off skin. Eat, puree, mash, etc...
- Mash cooked squash with butter.
- Puree for soups, or add chunks to dishes.
- Add to Baked goods for added sweetness, color, + moisture!
- Store at room temperature for 1 month.

PEAR
S
I
A
R
S



"Pyrus pyrifolia"

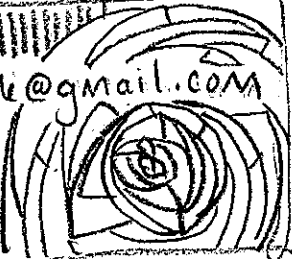
- Watery, crisp, & grainy texture
- Ripe when turn blush colored.
- Amazing to slice into salads, raw.



Questions?
Comments?
Concerns?
Contributions!

Contact: cometogther86@gmail.com

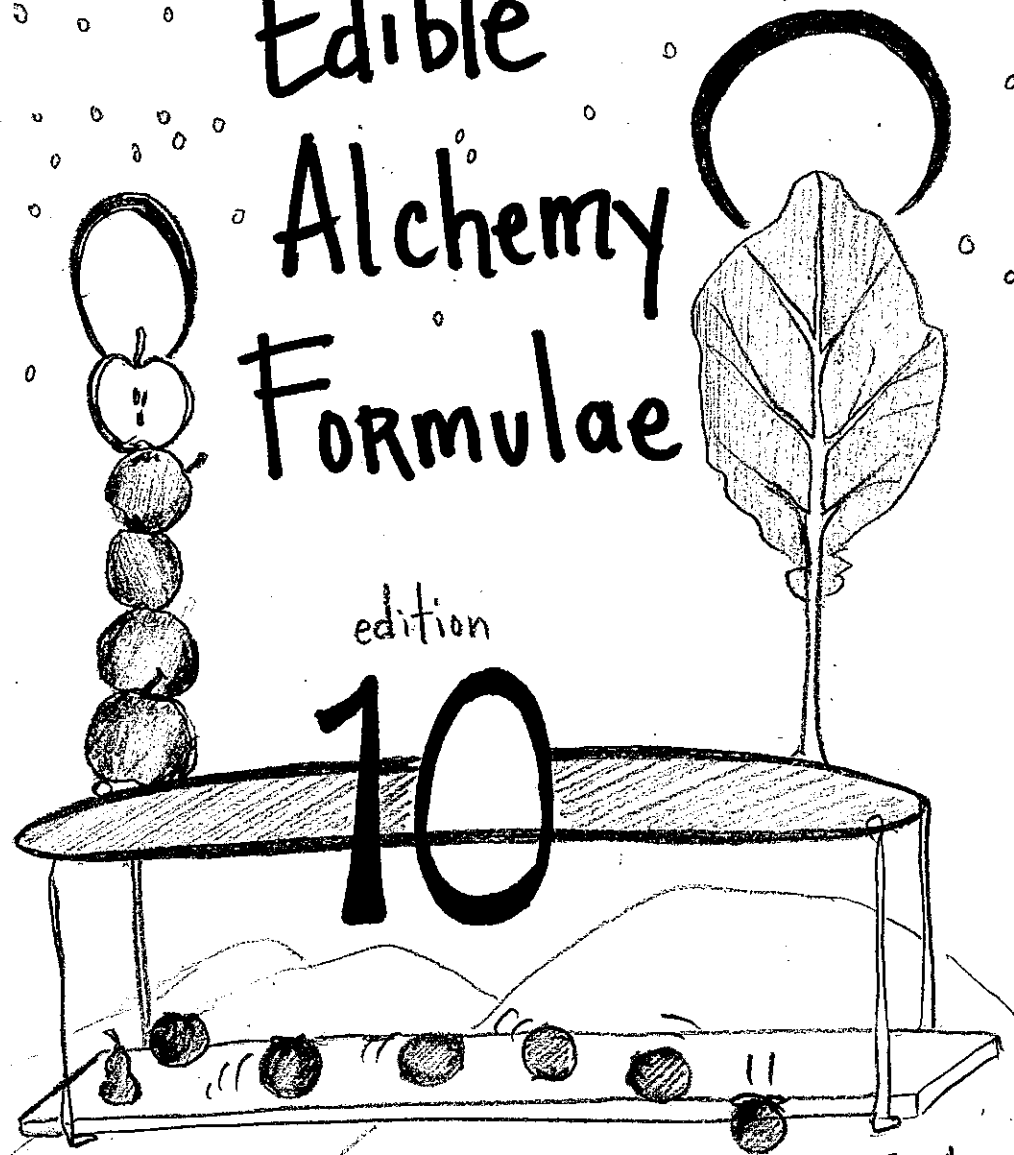
♥ Andrea



Edible Alchemy Formulae

edition

10



organic. local. fresh.

Sept
2009

tomatoes

"Lycopersicon
esculentum"

from the ancient Mayan "xtomatl"
native to Peru, cultivated in the 8th century
by Incas + Aztecs, brought to Europe
by Spanish conquistadors, and not accepted
as a food until 1850.

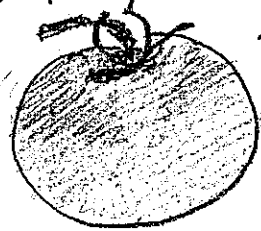
hundreds of cultivated varieties.

Storage: @ room temperature for up to 1 week.
Do not refrigerate! (it loses flavor!)

Freeze whole: core, freeze on cookie sheet, store
in a ziplock (use for purees and cooking).
Sauces, salsas, + purees freeze well too!

tomato, basil, spinach, +
mozzarella quiche

time: 1 hr
feeds: 4-6



- 1 T olive oil
- 1 onion, sliced
- 2 tomatoes, peeled + sliced
- 2 T flour
- 4 T chopped fresh basil
- 2 c spinach
- 3 eggs, beaten
- 1/2 cup milk (cow, soy, rice, etc.)
- salt + pepper
- 1 pie crust (unbaked.)
- 1-2 c mozzarella cheese, shredded.

- 1) Bake pie crust in oven @ 400° for 8 min.
- 2) Sauté onion in olive oil. coat tomato slices in flour, sauté 1 min each side. In a bowl, whisk milk, eggs, salt, + pepper together.
- 3) Spread 1 c cheese @ bottom of crust. Layer in veggies, cover w/ egg mixture, sprinkle w/ cheese.
- 4) Bake @ 400 for 10 min, then 350° F for 15-20 min.



Collards (and other brassicas) stimulate the immune system w/ anti-viral, anti-bacterial, and anti-cancer activities.

COLLARD WRAPS

Collards have huge amounts of Vitamin K. Also boasts vitamins A, C, B9, + Calcium.



Collard leaves can be used to wrap almost any type of filling you can imagine.

Try: Rice + beans
guacamole

leafy salads
grated slaw type salads
nut pastes
grains
sautéed veggies and/or tofu

* great as a "to-go" food. Keeps fresh for hours.



For the collard wrap:

- 1) Wash leaves. Devein the leaf with a knife run down each side of the thick, center stem. (this gives you 2 'wraps' per leaf.)
- 2) Place top down. Spread on nut paste, bean paste, dressing, etc... Add filling of choice in a thin strip on one end.
- 3) use 2 hands to slowly and tightly roll the leaf.
- 4) close with a dab of nut butter, or use a toothpick or string.

