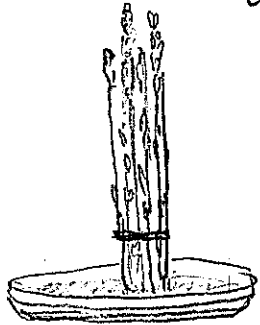


★ a bit about: ★

asparagus



← has vitamins A, B-complex, C, and minerals like potassium.
← it's one of the first signs of SPRING!

↳ it's named from the Persian word "asparag" meaning "speout."

• cut off the woody bottoms, and eat RAW, steamed, sautéed, pureed...

↓ Cook in a skillet with salted, boiling water and a little oil. Toss in asparagus, and cook until bright. Rinse w/ chilly water to stop the cooking.

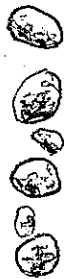
EAT FRESH!

↓ Steam in a colander, above a pot of boiling water, or standing upright in a tall pot. to cook woody ends better.

• store upright in a dish of water, or wrapped in a damp cloth.

has complex carbohydrates, minerals like Potassium, & vegetable protein.

potatoes



• potatoes form a complete protein if eaten with meat, dairy, or grains.

• They're native to the South American Andes, brought to Europe by Spaniards, and to America by settlers in the 1700's.

please send any questions, comments, complaints, or contributions

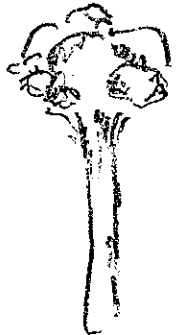
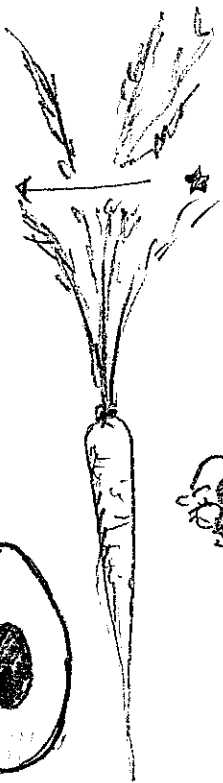
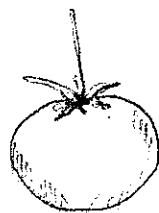
to: cometogether86@gmail.com

with organic love: Andrea ♡♡

edible
alchemy
formulae

oooooo
oooooo
oooooo
oooooo
oooooo

eat well.
be well.



Alyssa's Sunday Morning Hash Browns

by Alyssa
Serves: 4

Ingredients:

good knife
garlic press
large pan
spatula
Bowl

(don't eat these!)

* BOMB when hungover.
great w/ omelettes or
scrambled eggies.

* your friends will think you're

BRILLIANT!

olive oil
3-4 large russet or 7-8 small red potatoes
1/2 onion
4-5 cloves garlic (depends on how garlicky you like 'em)
Thyme, Rosemary, Basil, salt, pepper
(all to taste.)
Paprika, chili powder (pinches.)
Parmesan or cheddar cheese (as you like.)
ketchup! (if you like.)

- 1 Wash, do NOT peel, & cut potatoes into 1/2" cubes. Place in Bowl.
- 2 Put 2T olive oil in bowl & mix so potatoes are coated.
- 3 Heat pan. Pour in potatoes.
- 4 Cook for 10-15 min, mixing with spatula occasionally to prevent sticking, until they begin to brown. Adding water as needed to aid cooking.
- 5 Cut onions & press garlic. Toss in.
- 6 Add spices.
- 7 Continue to sauté everything until they're brown, crispy, and smell awesome.
- 8 Turn heat to low, top with grated cheese, turning off stove when melted.
- 9 Enjoy! with ketchup! Yummy!

(Really, you'll be brilliant.)



fresh green vegetable stir-fry (with pasta!)

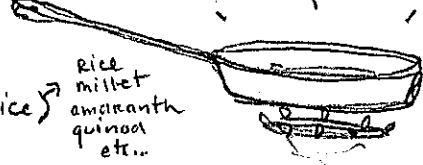
by Andrea

ingredients:

1 pkg whole wheat pasta
(or 3c (cooked) grain of your choice) → rice millet amaranth quinoa etc...

1-2 c fresh asparagus } chopped into 2 in pieces
1-2 c fresh broccoli }
1-2 c greens (kale, collards, etc...), leaves chopped coarsely stems diced

2-3 cloves garlic, minced or pressed.
olive oil
salt & pepper
1/2 c crumbly goat or feta cheese, or grated parmesan
1/4 c pine nuts or sunflower seeds



- 1 Prepare pasta or grain according to directions. Wait until almost done to begin step 2.
- 2 Heat oil in a large skillet with garlic & salt and pepper. Add broccoli & greens, with about 2-3 T of water. Cover. Cook until greens are well reduced, and broccoli is bright but still crunchy.
- 3 Add asparagus, and a little more water if necessary. Cover, cook for 4 minutes, until bright green, crunchy, not soggy.
- 4 Immediately toss with grain, cheese, & nuts/seeds, adding more salt and pepper to taste.

Serve & Enjoy!

. Edibal.

