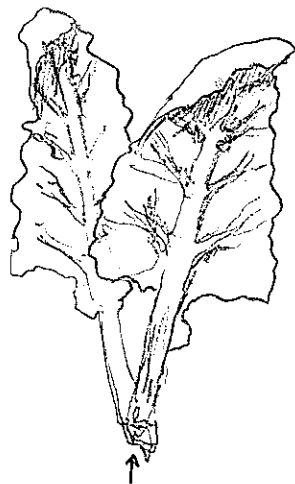


★ a bit about ★

chard

"Beta vulgaris"

- use fresh! (within 2-4 days.)
OR, chard freezes well.
- to store, wrap in a damp towel or place in plastic container in the fridge.



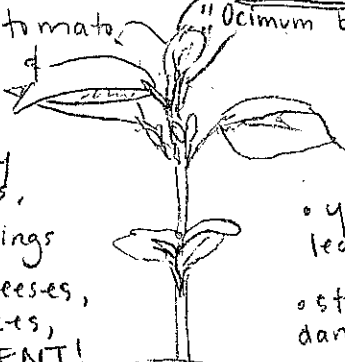
- EAT ↓ Raw, Raw and blended, steamed, sautéed, in soups and stirfries
- ↓ with butter, garlic and onion
 - ↓ with soy sauce, toasted sesame oil, & rice vinegar, as you would any green in recipes.

has vitamins A, E, K, and calcium + iron.
* its vitamins are more readily available than spinach!

basil

← use fresh!
it doesn't keep well.

- EAT ↓ with tomato based sauces & dishes
- ↓ whole, in leafy salads,
 - ↓ in salad dressings
 - ↓ with eggs, cheeses, soups, dips, sauces, etc...



"Ocimum basilicum" well.
↑ but, it freezes! freeze whole leaves, and use frozen as needed.
• you can use the leaves and the stems.
• store wrapped in a damp towel in the fridge.



please send any questions, comments, complaints, or contributions to:

come together86@gmail.com

with copious loads of organic love, Andrea

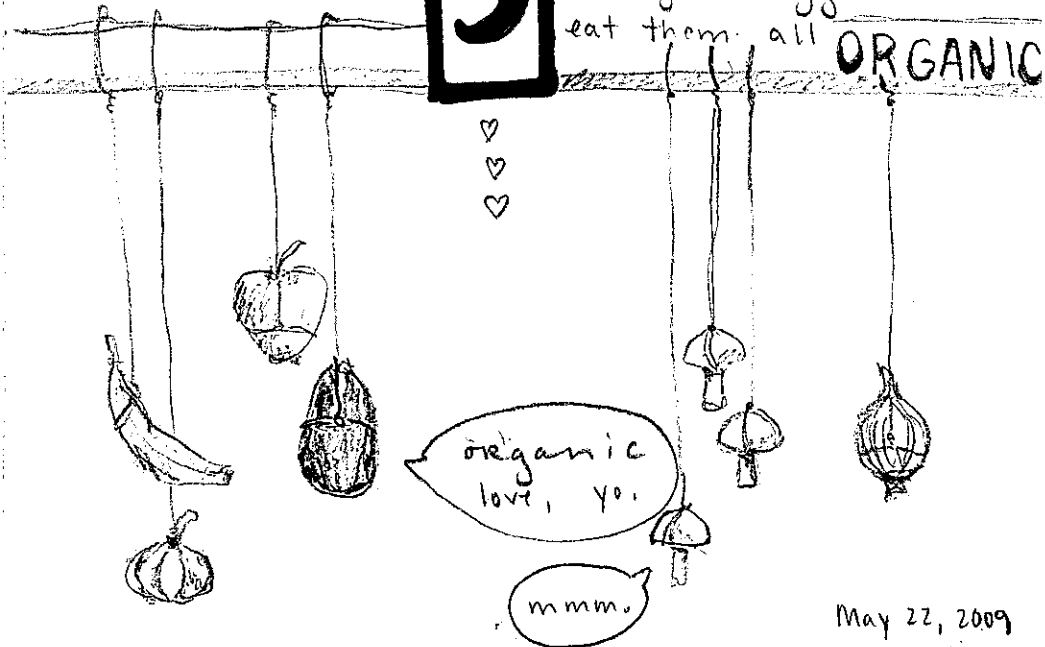


edible
alchemy
formula

^{ed}
3

eat your fruits!
eat your veggies!
eat them all

ORGANIC



organic love, yo.

mmm.

May 22, 2009
Chicago.

creamy mushroom sauce

+
tomato
+
basil

by: Andrea
time: 40 min
serves: 4



ingredients:

- 2c mushrooms, chopped finely.
- 3c cauliflower, in small florets.
- 1/2 onion, finely chopped.
- 3-6 garlic cloves, minced or pressed
- 2 tomatoes, chopped into medium pieces
- 1/2 c fresh basil, coarsely chopped.
- salt + pepper
- olive oil.

* 1/2 c cream
can be substituted!

soy, hemp, or cow!

① Chop all veggies. In a frying pan, heat olive oil. Add mushrooms, cauliflower, onions, and garlic. Cook 5-10 minutes, with salt + pepper to taste. Place in a bowl to cool.

② When relatively cool, puree in a blender or food processor, setting aside a small amount of veggies whole for texture.

③ Add puree back to the pan. Add in 1/2 tomatoes. Heat on medium-low for 5 minutes.

④ Remove from heat, add other half of tomatoes and basil (if substituting cream, add in now.) Serve over your favorite grain or pasta.



* The cauliflower works as a thickener, but cream can be substituted if you wish.

** I also think this might be good RAW, but have never tried it... let me know if you do!

Andy's pico

by Andy

- 1/2 quart iced tomatoes, and strained in a strainer.
- 1c red onion, diced
- 1 lg jalapeño, diced
- 2 cloves garlic, minced. (or 1t garlic powder)
- 1/2 bunch cilantro, leaves chopped
- 1 1/2t salt
- black pepper
- vinegar
- oil

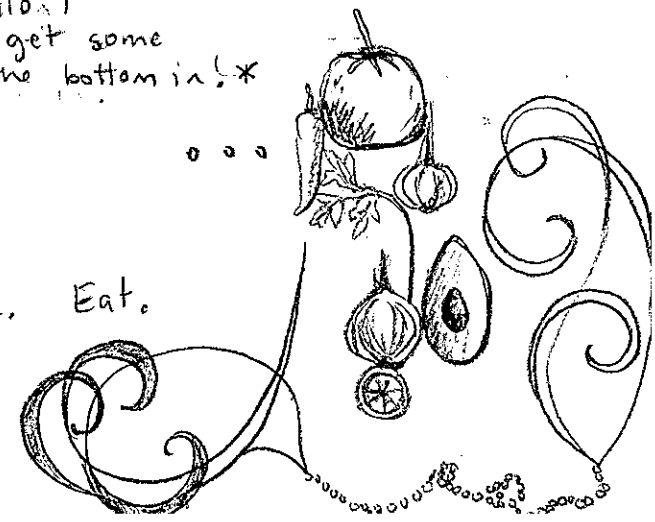
★ Mix all ingredients together. Refrigerate for 1 hr before serving to allow the flavors to mix.

guacamole

by Andy

- 3 avocados mashed.
- 1/4 c pico de gallo
* make sure to get some juice from the bottom in! *
- 1/2 lime
- 1/4 t salt

★ Mix together. Eat.



BROTTHING!

Ain't nothing better than some warm and tasty nutrient-enriched veggie broth to make a cold evening (or a pot of grains) just that much better. Here's a few tips how to draw veggie flavor into water:

When I think of VeggieBroth, one of my favorite phrases to use is "Scrap Soup". The normally inedible parts (roots + stems) of the vegetable should be saved after each meal in a separate plastic bag in the fridge. When enough scrap volume is achieved, an entire week's worth of scraps can be cooked down in water (and oil) to make a delicious broth.

Some Veggies like to be cooked in oil rather than water. It's these veggies that we start with. In this delivery, that'd be the papery skins of the onion (not dirty!), and the "butts" of the peeled garlic. And don't forget, you can "season your oil" (on low heat for a few minutes) with some sort of dried Italian herbs!

In a medium saucepan, heat these oil-loving scraps till slightly browned; this will give your broth extra yummy flavor!

At that point, you can add the stems of the chard and basil (and crimini if you trim your mushroom stems). After these veggies have been turned a couple times in the oil, fill the saucepan with enough water to cover all the veggies. Bring to a boil, then turn the heat down and simmer for 30-60 minutes. 45 is usually enough.

Place a receptacle UNDER the colander, and drain the yummy fluid into your large bowl, mashing the boiled veggie bits slightly to draw excess fluid.

Measure into 2C portions, date+freeze!
Veg Broth really livens rice or grains. :)