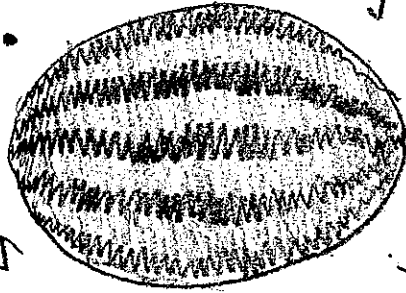


Watermelon!

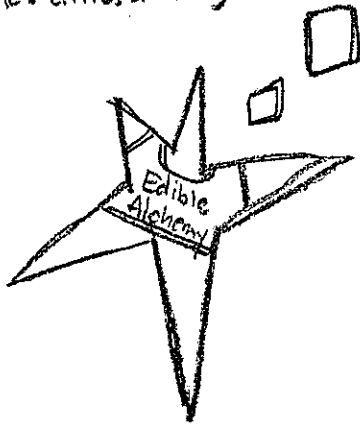
yum.

- ↕ Potassium
- Vitamin C
- Vitamin B₆
- Vitamin A
- + Lycopene!
(antioxidant)



10+ fun things to do with an organic + beautiful seedless watermelon:

- 1) Drop
- 2) Kick
- 3) Float
- 4) Carve (think: dinosaur.)
- 5) Drink
- 6) Explode
- 7) Smack
- 8) Nap
- 9) Suck
- 10) Hide
- 11) Slice + Serve
- 12) Throw (shot put?)



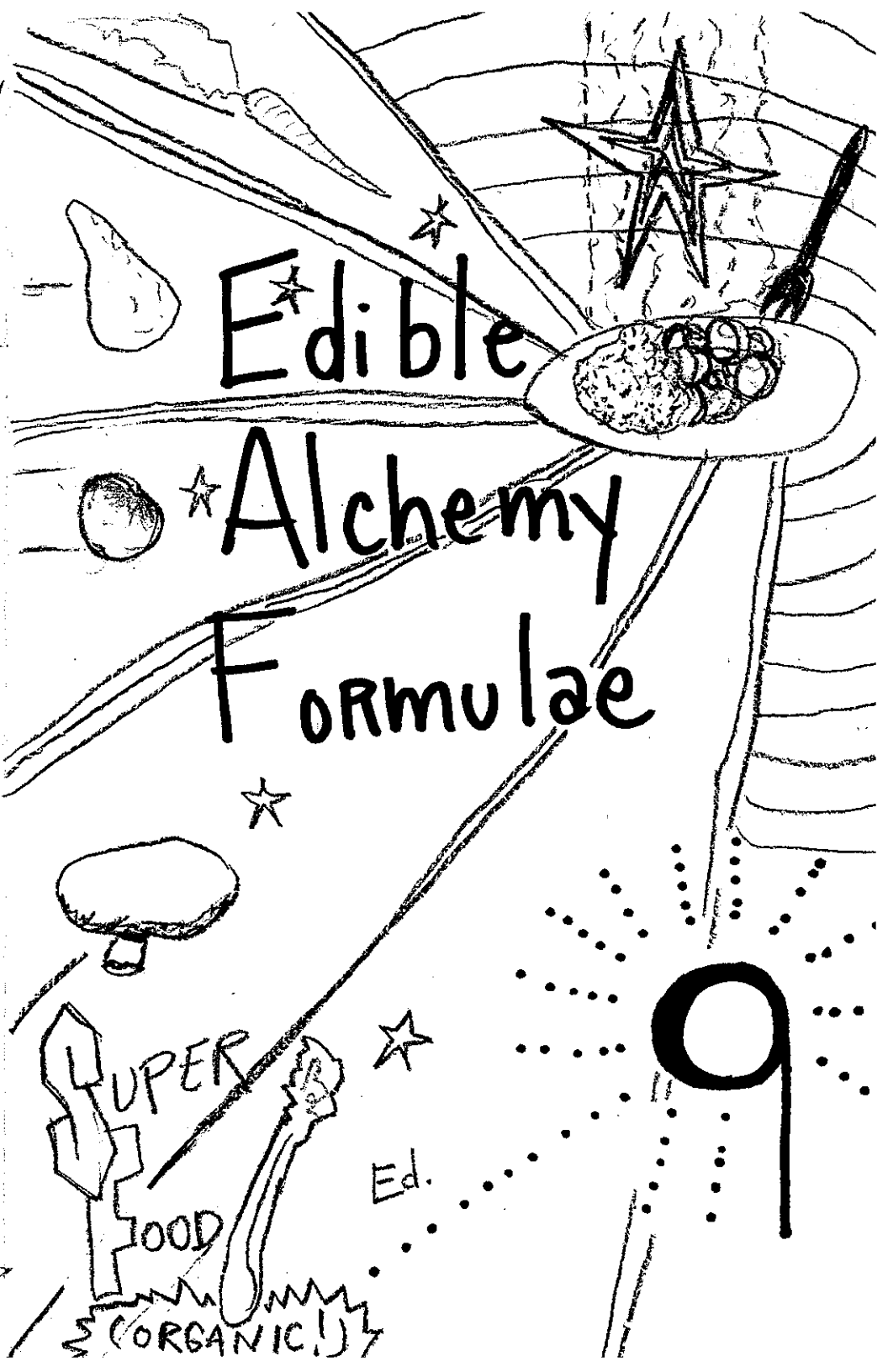
contact me!
 come together@
 gmail.com
 Andeen

* cover drawing by A. Martinez.

Edible

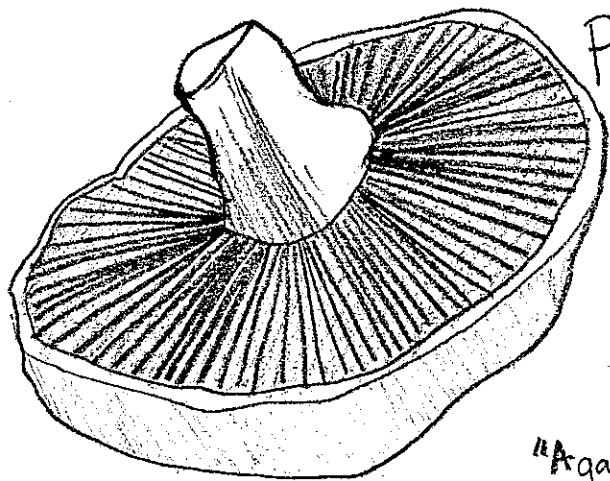
Alchemy

Formulae

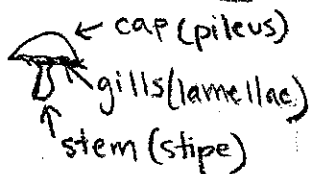


UPPER
 FOOD
 (ORGANIC!)

9



PORTOBELLO MUSHROOMS



"Agaricus bisporus"

PORTOBELLO BURGERS

- desired # of caps for burgers
- 1/4c balsamic vinegar
- 2 T olive oil
- Basil } fresh + minced
- Parley } or dried, } all to taste!
- Oregano }
- Chili Pepper }
- 1 T garlic, minced
- salt + pepper

→ also top w/:

- grilled onions
- lettuce
- spinach
- fried egg
- tomato
- fresh basil
- other veggie combinations



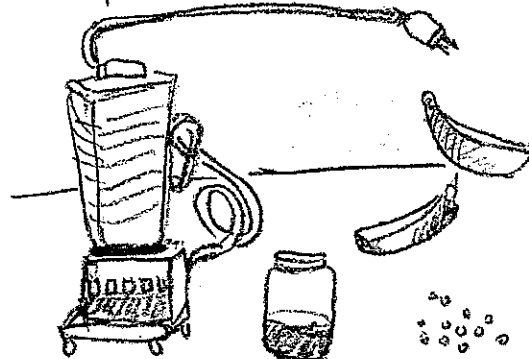
(Provolone, Parmesan, Cheddar, etc...)

A slice of cheese for each burger.

- Place mushrooms in a dish, gills down. Whisk all ingredients (besides cheese) together & pour over mushrooms. Let soak in for a minimum of 15 minutes, turning at least twice.
- grill!! brush grill w/ oil, place caps on the grill. Cook 5-8 minutes, continually basting with extra marinade (or grill in oven on wire rack w/ cookie sheet underneath).
- Top with the cheese during last 2 minutes.
- Bun up and serve!

KEFIR SMOOTHIES

By AMY HILBER



① Strain your kefir liquid from the grains, about 1C (ferments in 24 hrs!). Pour into blender with any combination of:

- overripe bananas (the older the sweeter)
- Blueberries (fresh or frozen)
- Honey
- Vanilla
- Spoonful of frozen orange juice concentrate.
- A sprinkling of flax meal.

BLEND, POUR
+
SHARE!

← Kefir is milk that has been fermented by kefir grains, best described as a community of bacteria and yeasts forming a cauliflower looking structure that grows & it ages & can be pinched off & shared. I received my starter from my mother who got it from a woman who used it to combat chlamydia's disease. Kefir is beneficial as an anti-oxidant & digestive aid. Because of its sour taste, I find it best to drink in Smoothies.

* You can always use store bought kefir of course, but if you'd like to try keeping your own, contact me & I'll pinch you a piece for your own starter!

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- Amy.