

EAT THE RAINBOW

DELISH COMMUNITY COOKBOOK

RECIPES INSPIRED BY OUR
MALVERN COMMUNITY

Connect. Belong. Thrive.



ABOUT THE BOOK

The Growing Together team created this cookbook to highlight some of the vegetables grown at Malvern Urban Farm and sold at our farmers' market. All of the recipes in this book were shared by Malvern community members, and the drawings are from kids in MFRC's after school program. A huge thank you to everyone who shared a recipe or a drawing for this project!

We hope this cookbook inspires you to try something new and delicious!

Please keep sharing your cooking stories and recipes with us! You can always submit a recipe to growing@mfrfc.org or tag us on Instagram @malvernfrfc.



Enjoy!

-Growing Together Team



MALVERN URBAN FARM

Malvern Urban Farm is a very special farming oasis in the outskirts of Scarborough. At the time of writing, there are 19 community farming groups at the Farm. Each group grows whatever they would like to grow and sells and distributes this produce in the community in a variety of ways. Since opening in 2021, the Farm has grown 100,000+ lbs of food!

Malvern Urban Farm's goals are to increase the availability of fresh, culturally relevant produce in the community and to provide income generating opportunities to residents. Through the farmers' market, farm camp, Future Farming program, and eco-education work, Malvern Urban Farm is a place where everyone can connect with the food they eat!

You can buy many of the ingredients for these recipes at our seasonal, weekly farmers' market from early Summer to mid-October every year!



For more information, contact
malvernurbanfarm@mfrfc.org
(416)284-4184x221



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Salads



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Jova ***Salad***

RECIPE BY JO BOBAN



Illustrated by: Esra,6

INGREDIENTS

- 3 cups of water
- 1 bag of pinto beans or 2 cans
- 3 to 4 avocados
- 3 cucumbers
- 2 red peppers
- 2 carrots
- 3 pieces of kale
- 2 broccolis
- Handful of raspberries
- Handful of blueberries
- Handful of blackberries
- Olive oil
- Lemon or lime
- salt and pepper

INSTRUCTIONS:

1. Boil one bag of pinto beans for 2 hours or soak pinto beans the night before and boil until soft for 45 minutes. If using canned beans instead, drain and rinse well.
2. Wash and chop broccoli, cucumbers, peppers, and kale into bite-sized pieces.
3. Shred carrots and slice avocado.
4. Add the vegetables and the berries to a large bowl and mix everything together.
5. Pour in some olive oil and season it with lime or lemon juice. Enjoy!

Chickpea Salad

RECIPE BY TATYANA B.

INGREDIENTS

- 2 1/4 cups diced cucumbers (partially peeled)
- 1 cup tomato (seeded and diced)
- 1 red or green bell pepper
- 1/4 cup red onion (diced)
- 2 tablespoons fresh lemon juice
- 1/2 tablespoon fresh parsley (minced)
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt and black pepper (to taste)
- 15 ounce can chickpeas (rinsed and drained)

INSTRUCTIONS

Mix all ingredients together in a bowl. To feed a crowd for a party, double or triple the recipe.

Notes: The portions are calculated as a side, if you want to make this a main dish for lunch, double the portion.

Illustrated By: Suri, 7



Lebanese Fattoush

Salad

RECIPE BY FADI JOMAA

INGREDIENTS

- | | |
|---|--|
| <ul style="list-style-type: none"> • 1 lettuce • 1 parsley • 1 cup tomatoes (diced) or cherry tomato • 1 whole green pepper • 1 cucumber • 1 bunch green onions • 1 radish • 1 cup extra virgin oil • pita bread (of choice) | <p>Dressing</p> <ul style="list-style-type: none"> • 1 cup lemon juice • 1 mint • ½ sumac • 1 cup pomegranate molasses • 1 tsp salt • 1 tsp Pepper |
|---|--|

INSTRUCTIONS

1. Cut the pita into the desired shapes (triangles, squares or strips). Toss with olive oil, salt and pepper and fry on medium heat. Make sure to stir frequently until the pita bread is lightly golden brown.
2. Chop lettuce, tomatoes, parsley, green pepper, cucumber, radish.
3. Start building the fattoush salad by adding all the chopped ingredients to a large bowl.
4. Pour the dressing on top. Toss everything to combine well. But keep the pita bread on the side so that it can be added when served to stay crisp.

MORE DETAILS:

1. Use the freshest ingredients possible for the best salad.

It can be hard to do that during the winter months, but selecting high quality fresh vegetables will create the best results!

2. Keep the fried pita on the side when serving. You can toss it on top right at the table or allow everyone enjoying the salad to add as much as they want.

3. Make the dressing in a blender or small food processor.

That will really help to emulsify the dressing so that it doesn't separate. If you're mixing by hand, it helps to press or grate the garlic to keep it fine.

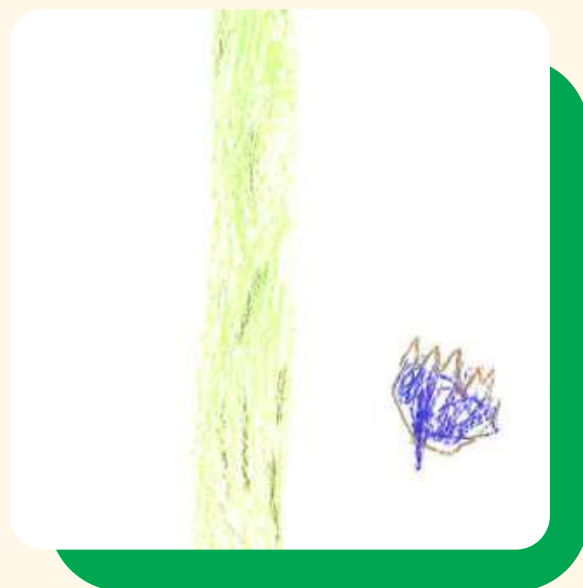


Illustrated By: Kya, 13

Vegan Pasta Salad

RECIPE BY TAMYRA SUMMER

Illustrated By: Suri, 7



INGREDIENTS

- 1 ½ cups of spelt fusilli pasta (or your choice)
- 4 cups of water
- 1 tablespoon of salt
- 1 cup of cherry tomatoes
- 1 bell pepper
- 1 quarter bulb red onion
- 1 whole cucumber
- 1 whole zucchini

Dressing

- ¼ tsp cayenne pepper
- 2 tsp agave syrup
- 1 tsp sea salt
- 1 tsp of oregano
- 1 tsp pepper flakes
- 1 tsp onion powder
- ½ extra virgin olive oil (cold pressed)
- 3 key limes, juiced

INSTRUCTIONS

1. Add 1 tablespoon of salt to 4 cups of water and bring to a boil water. Cook 1 1/2 cups of kamut or spelt fusilli pasta for 7-9 min. Drain it and let it cool off.
2. Dice tomatoes, bell pepper, onion, cucumber, and zucchini. Add them to the cooled pasta.
3. Mix dressing ingredients together and pour over pasta and veggies. Refrigerate for 1-2 hours. Enjoy!

Callaloo

Salad

RECIPE BY JOY SMITH

INGREDIENTS

- 2-3 cups of fresh callaloo leaves washed drained.
- 1 small apple, sliced thin
- ½ cup of nuts or seeds of your choice.
- ½ cup of raisins cleaned, washed dried.
- ½ of a small red onion sliced thin
- ½ cup shredded carrots.

Dressing:

- ¼ cup of olive oil
- 1-2 tbsp apple cider vinegar
- 2 tsp lime juice
- 1 tsp salt
- 1 tbsp maple syrup or honey
- 1 tsp mustard
- pinch of oregano, cayenne pepper, rosemary and thyme.
- ¼ tsp garlic powder

INSTRUCTIONS

1. Mix dressing ingredients together until it thick. You can add ½ of a small avocado can be added to the dressing, then min the blender adding a little water until it gets thick. Taste and correct.
2. Chop up the callaloo leaves or leave them whole. Toss in all the other ingredients then mix in the dressing or serve it separately.

DID YOU KNOW?

The fiber in callaloo helps to prevent constipation and create a good environment for growth of probiotic bacteria thus boosting your immune system.



Soups



***12 hearty white bean
soup***

***13 chickpea veggie
soup***

14 Jamaican pumpkin

16 redpeas soup

Hearty White Bean Soup

RECIPE BY SYLVIA. D



illustrated by: Elana,7

INGREDIENTS

- 2 2/3 cups water, divided
- 1 can (about 15 ounces) navy beans
- 1 cup chicken broth
- 1 cup chopped carrots
- 1 cup chopped green or red bell pepper
- 1/2 cup chopped celery
- 2 tables chopped fresh thyme or 2 teaspoons dried thyme
- 2 tablespoons chopped fresh marjoram or 2 teaspoons dried marjoram
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 3 tablespoons all-purpose flour

INSTRUCTIONS

1. Combine 2 1/2 cups water, beans, broth, and carrots, bell pepper, celery, thyme, marjoram, cumin, and black pepper in a large saucepan; bring to a boil over high heat. Reduce heat to medium-low; cover and simmer for 20 – 25 minutes or until vegetables are tender, stirring occasionally.
2. Stir remaining 1/3 cup water into flour in a small bowl until smooth. Add mixture to saucepan, cook and stir over medium heat until soup boils and thickens. Cook and stir for 1 minute.

Chickpea Veggie

Soup

RECIPE BY SYLVIA. D

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped green onion
- 1/2 cup chopped green bell pepper
- 2 cloves garlic minced
- 2 cans (about 14 ounces each) diced tomatoes
- 3 cups water
- 2 cups broccoli florets
- 1 can (about 15 ounces chickpeas rinsed drained and slightly mashed)
- 1/2 cup (3 ounces) uncooked orzo or rosamaria pasta
- 1 bay leaf
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme
- 1 tablespoon chopped fresh rosemary leaves or 1 teaspoon dried rosemary
- 1 tablespoon lime or lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric
- 1 teaspoon ground red pepper
- 1/4 cup pumpkin seeds or sunflower seeds

INSTRUCTIONS

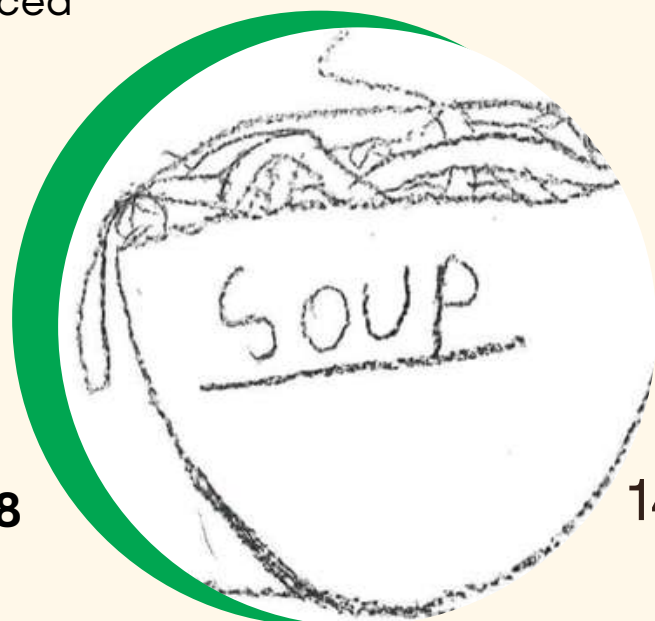
1. Heat oil in a large saucepan over medium heat. Add onion, bell pepper and garlic. Cook and stir for 5 minutes or until vegetables are tender
2. Add rest of ingredients and bring to a boil over high heat. Reduce heat to medium-low; cover and simmer for 10 to 12 minutes or until orzo is tender.
3. Remove and discard bay leaf. Top with pumpkin or sunflower seeds.

Jamaican Pumpkin ***Soup***

RECIPE BY KARTHICKA THUVARHAM

INGREDIENTS

- 4 cups diced pumpkin
 - 1 medium sweet potato cubed
 - 1 stalk celery
 - ½lb. yellow yam or cocoyam cubed
 - 4-6 okra sliced (optional)
 - 2-3 peg garlic diced
 - 2 stalks green onion (scallion)
 - 1 onion sliced
 - ¼ tsp mixed spice or cinnamon
 - 1 green scotch bonnet pepper
 - 2 tbsp of fresh parsley diced
 - 2-3 stalks of thyme
 - 2 tbsp oil or butter
 - 1 bay leaf
 - 1 cup flour for dumplings or spinners (optional)
 - ¾ cup thick coconut cream
 - ½ sweet pepper cubed
 - 8-10 cups water, vegetable broth or chicken broth
 - 1 tsp salt
- Optional:
- 1 lb salted pigtail soaked overnight or use one ham bone
 - Or 4-6 chicken feet.



illustrated by Samuel, 8

14



INSTRUCTIONS

1. In soup pot melt butter or heat oil. Add the scallion, onion, garlic, celery, and sweet pepper. Stir fry for a few minutes.
2. Add water, stock, or broth, pumpkin and coco/yellow yam and bring to boil. Simmer until the pumpkin is soft and mushy.
3. Make the dumpling with the flour – add it to pot. Bring to a boil
4. Add the sweet potatoes and continue to simmer for about 10 minutes, then add the coconut milk, the thyme green scotch bonnet pepper, okra, and cinnamon.
5. Stir well then simmer again and bring to boil.
6. Add salt and keep stirring occasionally so the food won't stick in the pot, taste and correct.

DETAILS:

- The pumpkin will almost be invisible as it will mash out to give the soup a yellow color. You can save some of the pumpkin pieces and add them with the sweet potato. So that there will be bite pieces in the soup. Taste and check doneness of the yam and cocoyam.
- Sprinkle the parsley on top when the soup is done. It should have a full bodied almost thick consistency. Take out the whole pepper before serving. This soup should take less than one hour to make.
- If you're adding meat e.g. pigtail, chicken feet, ham bone etc. Cook them in broth, water or stock when the meat is almost cooked then add the pumpkin and follow the same instructions.

Redpeas Soup

RECIPE BY AALIYAH J.

INGREDIENTS:

- 1 pound chicken/goat
- 2-3 cloves of garlic
- 1 half onion
- 1 tsp salt
- 1 whole sweet pepper
- 1 scotch bonnet pepper
- 1 tsp thyme
- 2 tsp all purpose chicken seasoning powder
- 2 cups dried red peas
- 1 tsp coconut powder
- 3 cup flour
- 1-2 cobs corn
- 1 whole potatoes

INSTRUCTIONS:

1. Add 2 cups red peas, 1tsp garlic, 1tsp salt, and 8 cups of water to the pressure cooker. Cook for 30 minutes.
2. Meanwhile, mix 3 cups of flour with 1-2 cups of water until you have a sticky dough. Roll dough into little dumplings.
3. Clean and cut up your chicken or goat meat and season as you'd like. Let it marinate for 30 minutes.
4. Once peas are done, open the pot. Add coconut powder and scotch pepper.
5. Stir and add dumplings and other provisions (potato, corn and sweet pepper, diced/chopped up).
6. Add meat of your choice let cook for 45 minutes to an hour.

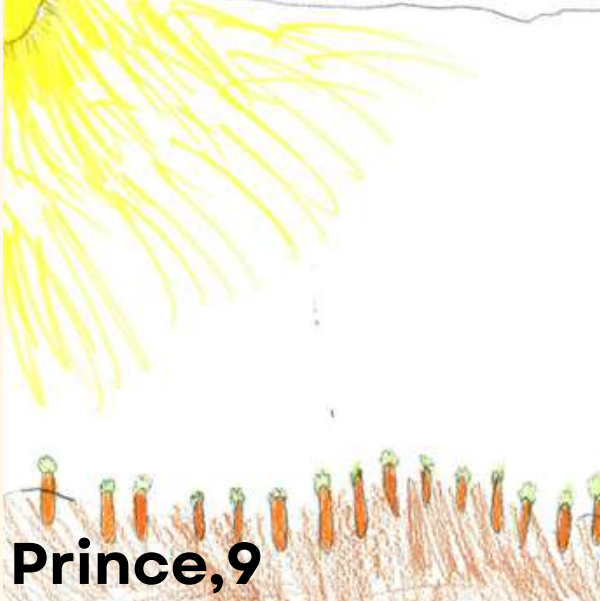
What would you like your garden to look like?



Raven, 5



Elena, 7



Prince, 9

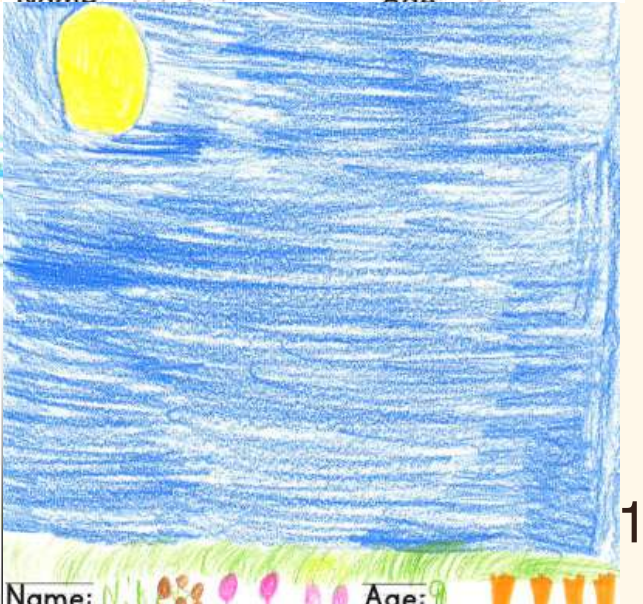


Mikai, 8



Name: GHANV'S HOME Age: 6

Ghanshyam, 6



Name: N.I Age: 9

Niki, 9



Stew & Curries

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illustrated by Prince,9

Scouse

RECIPE BY CONVERSATION CIRCLE
PARTICIPANT

INGREDIENTS

- 4 tablespoons olive oil
- 700g diced chuck steak
- 2 bay leaves
- 1 sprig of thyme
- 400g diced onion (cut into 1cm pieces)
- 350g diced turnip (cut into 1.5cm cubes)
- 350g carrots (cut into 1.5cm cubes)
- 600g peeled and diced potatoes (cut into 1.5cm cubes)
- 500ml pale ale (can be purchased at LCBO)
- 1.2 liters beef stock

INSTRUCTIONS

1. Heat a little oil in a large saucepan over a medium heat (gas mark 4/180C/350F) for about 1 minute.
2. Add 700g (about 1.54 lb) diced chuck steak and stir occasionally to prevent sticking. Cook until meat is evenly browned on all sides. Season with salt and pepper.
3. Add the onions and cook until soft.
4. Add the pale ale and boil until the liquid has reduced by half.
5. Add the diced and peeled carrot, turnip and half of the potato, followed by bay leaves and the sprig of thyme.
6. Then add in the beef stock, bring to the boil and simmer for 30 minutes.
7. Add in the rest of the potato and simmer for an hour and a half until the meat is tender. Check the seasoning and serve.



Dhal

RECIPE BY GEMMA SAIRSINGH

INGREDIENTS

- ½ cup split peas
- 2 cloves of garlic
- chopped onion
- 1 tsp turmeric
- 1 ½ cup water
- ½ tsp cumin
- 1/2 tsp salt and pepper

INSTRUCTIONS

1. *Boil peas in water, add turmeric, onion, garlic, salt and pepper.*
2. *Boil until peas are soft, swizzle until thick.*
3. *you can add some oil at the end.*

Coconut Rice

RECIPE BY KARTHICKA THUVARHAM

INGREDIENTS

- 2 cup of Rice (of choice)
- 1 cup of coconut milk
- 1tsp salt

BEST RICE TO PAIR WITH COCONUT

- basmati rice
- jasmine rice
- thai Jasmine rice
- long grain white rice

INSTRUCTIONS

1. Boil water and add rice for 30minutes.
2. Wait until the rice is cooked
3. Add coconut milk
4. Add salt
5. Cook it till the rice is mushy.
6. Drain the water after rice is cooked.

Callaloo and Salt Fish

RECIPE BY JOY SMITH

INGREDIENTS

- 4 cups fresh callaloo cleaned washed and drained
- 1 cup shredded salt fish (soaked, bone removed...etc) bone cod can also be used. Soak out most of the salt.
- ½ cup diced tomato
- ¼ of a green, red or yellow sweet pepper diced.
- 1 medium onion sliced or diced.
- 2 peg garlic diced fine
- ½ tsp scotch bonnet pepper diced fine remove the seeds.
- 3 tsp oil

INSTRUCTIONS

1. Sauté tomato, onion, garlic, sweet pepper, and scotch bonnet pepper in the oil. Add the salt fish while it is still on the stove (medium heat).
2. Stir then add callaloo, mix well and continue to cook until callaloo is reduced – you might need to add a little water or some more oil.



Illustrated by Makai, 8



Curry

RECIPE BY KETHEESAKUMARAN NAVARATNAM

INGREDIENTS

- 4 eggplants (diced)
- 2 potatoes (peeled and diced)
- 2 large onions (chopped)
- 3 green chillies (chopped)
- 10 cloves of garlic (minced)
- 2 tomatoes (chopped)
- 1 teaspoon of fennel
- 3/4 teaspoon fenugreek seeds
- 1/4 teaspoon cumin seeds
- curry leaves (a few leaves)
- 1 tbsp cooking oil
- 1 tsp coconut milk
- A generous pinch of curry powder (jaffna roasted chilli powder)
- 1 tsp salt

INSTRUCTIONS

1. Heat the oil in a pan over medium heat.
2. Add cumin seeds, fenugreek seeds, cumin seeds and let them splutter for a few seconds.
3. After a short time add onions, green chillies, garlic, curry leaves and stir them well.
4. Then, add tomatoes, curry powder, salt and stir them.
5. Then add potatoes and stir them.
6. After a few minutes, add egg plants first and then add some water and coconut milk. Mix them in a moderate heat and let it simmer for 5-10 minutes.
7. Once the potatoes are cooked, serve hot with steamed or boiled rice

Muhglai

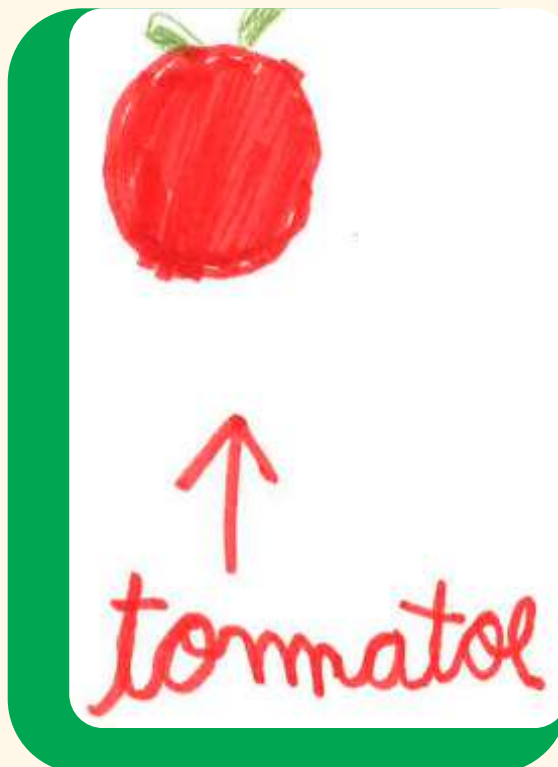
Muzg

Illustrated by Jahdorio,9,

RECIPE BY SILVI .A .P

INGREDIENTS

- 1 whole chicken
- 1 cup tomato sauce
- 2 cup oyster sauce
- ½ red chili powder
- ½ black pepper
- 1 tsp onion paste
- 1 tsp oil (of choice)
- 2 tsp vinegar
- 1 tsp salt
- 1 tbsp sugar



INSTRUCTIONS

1. Clean and wash one whole chicken well with water.
2. Drain the excess water for at least 20 minutes.
3. Marinate the chicken with ingredients well and leave it for 30 minutes.
4. Bake it in the oven for 30-35 minutes at 160 degrees Celsius,
5. Bake it additional 5 min at 200 degrees Celsius
6. Let it sit for at least 5-10 minutes before serving.
7. Serve with naan or paratha and green salad.

Jamaican Merly Curry

Chicken

RECIPE BY MERLEY THOMAS

INGREDIENTS

- 1 tsp rosemary leaves
- 1 tsp thyme
- 6 tsp curry powder
- (hot Jamaican Montego Bay style)
- 2 tsp basil
- 1 tsp salt
- 2 tsp of pimento (ground)
- 2 tsp clove (ground)
- 2 tsp all purpose seasoning
- 1 tsp black pepper (ground)
- half scotch bonnet pepper (to your liking)
- 4 cloves of garlic
- 3 ½ pound chicken
- 4 limes or lemon
- 2 whole carrots
- 3 white onions
- 2 bungle scallions
- 2 Irish potato
- 2 strands of parsley

INSTRUCTIONS

1. Cut and wash chicken. Cut limes or lemons in half and rub on chicken.
2. Add salt, pimento, ground clove, all-purpose seasoning, black pepper (ground), half scotch bonnet pepper (your preference), garlic chopped, ground thyme, ground rosemary, curry powder, and basil to a bowl and mix. Add chicken and mix again. Let marinate for 30 minutes.
3. Chop carrots, potatoes, parsley, onion, and scallions and add to pot. Add 1 cup of water and your marinated chicken.
4. Mix and cook over medium heat for 20 minutes until fully cooked.

Bittermelon ***Curry***

RECIPE BY JOY SMITH



Illustrated by Raven,5

INGREDIENTS

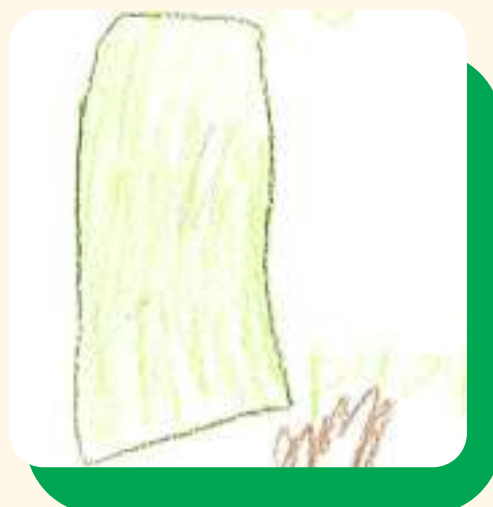
- 2-3 bitter melon
- 1 small onion
- 1 tomato diced
- ¼ tsp turmeric or curry powder
- ½ tsp scotch bonnet pepper minced fine
- 1 red sweet pepper cubed
- ½ tsp cumin or coriander powder
- 2 tbsp oil
- ¼ tsp thyme leaves
- 1 tbsp lemon juice (optional)
- 2 pegs garlic minced
- 1 small, sweet potato cubed
- ½ to 1 cup coconut milk
- 1 tsp salt (optional)

INSTRUCTIONS

1. Cut melon in 2-inch rounds – you can leave seeds in or remove them, massage the melon pieces into 2-3 tsp of salt.
2. Let sit for 30min to 1 hour. Rinse well and drain.
3. Heat oil, add the peppers, garlic, tomato, onion, thyme leaves and add half of coconut milk and turmeric. Mix well.
4. Add the sweet potato and the melon with the remaining herbs. Stir well and allow to simmer until potatoes and melon are cooked.
5. Add more coconut milk when needed, so that the ingredients won't burn or stick to the pot. (The consistency should not be watery, should be more like a casserole).
6. Add the lemon juice at the end.
7. Carrots or squash can be used instead of sweet potato.
8. The sweet potato takes away some of the bitterness. Add more salt if needed.

Bittermelon

Stir Fry



RECIPE BY JOY SMITH

INGREDIENTS

- 3-4 small bitter melon
- 2 carrots cut into strips
- ½ red sweet pepper cut into strips
- ½ onion diced
- ½ tsp scotch bonnet pepper diced fine
- 2 pegs garlic minced fine
- 2 tbsp oil.
- 1/2 tsp dash of soy teriyaki or tamarind sauce.
- 1 cup cooked black beans drained (optional)

INSTRUCTIONS

1. Wash bitter melon and cut in two lengthwise
2. Scrape out seeds and most of the white part, discard
3. Cut bitter melon into about ¼ inch slices to look like semi-circle, sprinkle about one teaspoon of salt on the slices and massage it onto the pieces. Let stand for about 1 hour. This will get rid of most of the bitterness.
4. Drain off the salt water, then rinse the slices in cold water, drain well, and pat dry.
5. Heat oil. Pan fry the minced garlic, onion, hot peppers, and sweet peppers. Add a dash of soy or tamarind sauce and the beans if using.

Bok Choy

Stir Fry

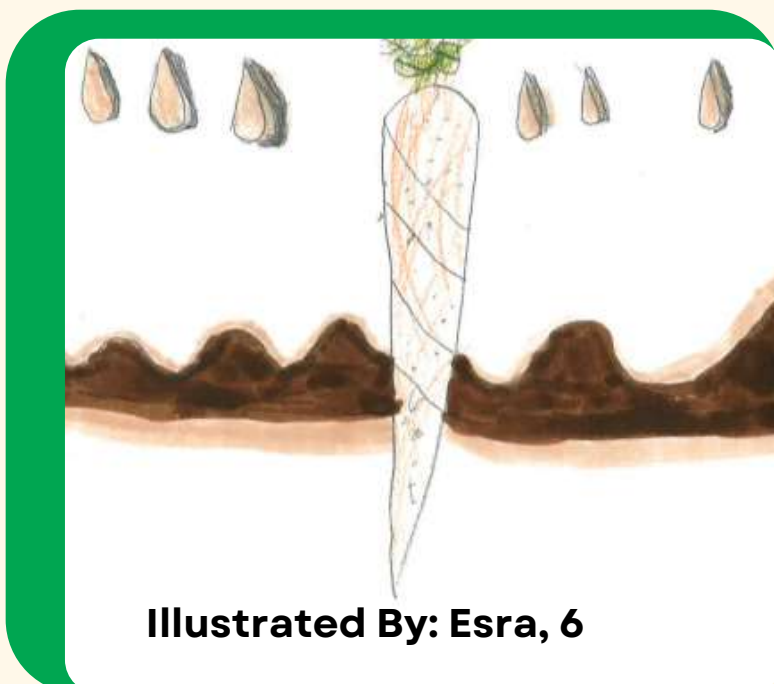
RECIPE BY JOY SMITH

INGREDIENTS

- 1-2 bunches of bok choy
- ½ onion sliced
- 1 carrot cut into julienne strips
- 1-2 pegs garlic diced
- ½ tsp diced scotch bonnet pepper optional
- salt if needed
- ½ sweet pepper diced,
- 2 tbsp. oil or butter

INSTRUCTIONS

1. Clean and wash bok choy under cold water then drain. Cut it into lengths or dice if prefer.
2. Heat oil or butter and add the garlic, onion, and pepper. Stir then add bok choy and stir to cook until color changes about three minutes. Add the carrots, and pepper.
3. Taste then add the salt if needed.



Illustrated By: Esra, 6

Havij Polo

RECIPE BY NAHIDA TANY

INGREDIENTS

- 2 onions
- 200g ground meat
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp black pepper
- 1 tsp salt
- 1 spoon of oil
- saffron
- 2.5 cup rice
- 2 potatoes
- 1kg carrots, sliced
- ½ cup barberries
- 30g of butter

INSTRUCTIONS

1. Dice 2 onions into small square pieces and fry them with oil on medium heat for 7-8 minutes.
2. Add ground meat to onions and continue to fry them on medium heat. Add cinnamon powder, turmeric, salt, black pepper. Cook for 5-7 minutes.
3. Pour boiling water into the mixture and put the lid on (medium-low heat).
4. Add sliced carrots after 15 minutes saffron then 10 minutes turn off the heat and add washed barberries.
5. Then add washed rice to boiling water, salt, after 10 minutes drain rice in the pot oil, add slice potato for tahdig, then mix rice and sauce all together and cover the pot with lid (on low heat) for 35-40 minutes.
6. Add butter and put the lid for another 15 minutes to finish.

Mirza Ghassemi

RECIPE BY ZEINAB MAHDAVI

INGREDIENTS:

- 1kg eggplant
- 1 kg tomato
- 4 eggs
- 1 tsp garlic oil
- 1 tsp salt
- 1 tsp black pepper
- 3 spoons tomato Paste

INSTRUCTIONS

1. We grill tomatoes, Eggplants and garlics in the oven or on barbecue (on barbeacue is better) and let them cool.
2. Peel eggplants, tomatoes, and garlic,
3. Chop them all and mix. Pure olive oil in pan and warm it.
4. Fry mix in the olive oil
5. Add enough salt and pepper.
6. Add 1 spoon tomato paste.
7. Keep frying for 20 minutes.
8. Break eggs and mix into fried material
9. Keep cooking for about 5 minutes.
10. Its ready for eating

Long Beans

Stir Fry

RECIPE BY JOY SMITH

INGREDIENTS

- 3-4 cups long beans or cut beans into desired length
- 2 tbsp scallion strips or onion
- 2 peg garlic diced
- ½ tsp diced scotch bonnet pepper
- ½ red sweet pepper cut into strips
- 2 tbsp oil or butter
- ½ tsp diced ginger or dash of ginger powder.

INSTRUCTIONS- PAN FRY

1. Wash beans take off the tips cut to desired length. Drain well
2. Heat oil or butter stir in garlic, scallion, ginger, bell pepper, scotch bonnet peppers. Cook for a few minutes.
3. Add beans stir well, continue stir frying until color changes and beans are crunchy for 5-10 minutes.

STIR FRY

1. You can use powdered seasoning or dice the onion, pepper, garlic, ginger very fine.
2. Toss the beans into the herbs, rub on the oil or butter, or spray the beans with oil. put beans on parchment paper or in an air fryer basket.
3. Set the air fryer to regular temperature for about 8-10 minutes and air fry
4. Turn the beans at halfway point and remove the parchment paper – beans should be crunchy green and tasty.
5. Long beans can be cut into smaller pieces and used in casserole, soups, salads and more. The long beans can also be used in green drinks.

Steamed ***Bok Choy***

RECIPE BY JOY SMITH

INGREDIENTS

- 1-2 bunches of bok choy
- 1 tomato diced
- 1 small onion diced
- 2 pegs garlic diced fine
- ½ tsp scotch bonnet pepper diced fine
- salt to taste
- 2 tbsp oil or butter

INSTRUCTIONS

1. Wash and clean bok choy in cold water to get out all the dirt.
2. Slice or just cut each bunch in four lengthwise
3. In oil or butter Sauté the garlic tomato, onion and pepper
4. Add the bok choy. Stir well. Cover and simmer for about 8 minutes, until bok Choy has a bright color and is crunchy.

Bajan Chokhe ***Eggplant***

RECIPE BY MIMI

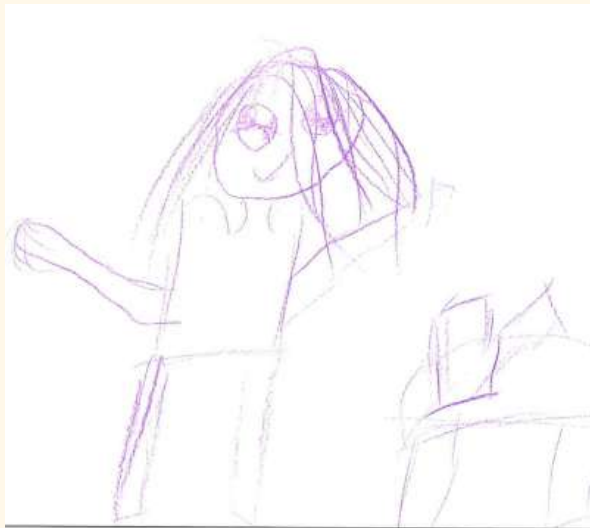
INGREDIENTS

- 1 large eggplant
- 1 onion chopped
- 2 cloves garlic
- 1 tsp salt and black pepper

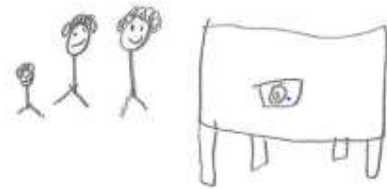
INSTRUCTIONS

1. Rub eggplant with oil
2. Grill or bake in oven at 350 degrees until tender
3. Remove from oven and scoop out into a bowl
4. Season with onion, mashed garlic, salt and pepper
5. A piece of hot pepper can be added + 1 tbsp of oil
6. Serve with roti

What is your favourite moment cooking with family?



Baking a
cake



Breana, 9

Katalya, 11



Elena, 7



Jaimillio, 5



Esha, 6



Snacks & Sauces



***36 Tomato basil
bruschetta***
***37bahn veggie cracker
bites***
39 vegetable drink
40 scotch bonnet pickle
41 vegan peanut sauce

Tomato basil

Bruschetta

RECIPE BY METTY LEGASSE

INGREDIENTS

- 4 diced tomatoes
- 2 cloves of garlic
- ¼ cup basil leaves
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tsp salt
- 1 tsp pepper
- Italian bread or any bread/baguette bread.

INSTRUCTIONS

1. Preheat oven 375f
2. In a bowl combine diced tomatoes garlic, chopped basil, olive oil, balsamic vinegar, salt and pepper. Mix well.
3. Let the mix sit for 5-20 minutes.
4. Slice the banquette (or any bread) into ½ inch thick and place the bread slices on a baking sheet and toast them in pre heat oven (350) for 5-7 minutes.
5. Remove them from the oven and let it cool, slightly spread the tomato mixture onto each slice of toasted bread Enjoy!



**ILLUSTRATION
BY KATALYA, 11**

Bahn Veggie Cracker Bites

RECIPE BY SENIORS PARTICIPANT

INGREDIENTS

- pickled carrots
- ½ cup seasoned rice vinegar
- 1 cup grated carrot bites 1 cucumber, sliced (about 24 slices)
- ½ cup sriracha mayo (such lee kum Kee)
- ½ box Breton Original crackers (about 24)
- 8 cilantro stems (about 24 leaves)

INSTRUCTIONS

Pickled Carrots

1. *In a microwave safe liquid measuring cup, microwave the seasoned rice vinegar until it just starts to bubble. About 1 minute*
2. *Pour over the grated carrot and let rest for 30 minutes.*

Bites

- *Spread sriracha mayo over the cucumber slices and place each on top of a cracker. Top with a cilantro leaf on one side, and a pinch of pickled carrots on the other*



Yummy ***Vegetable Drink***

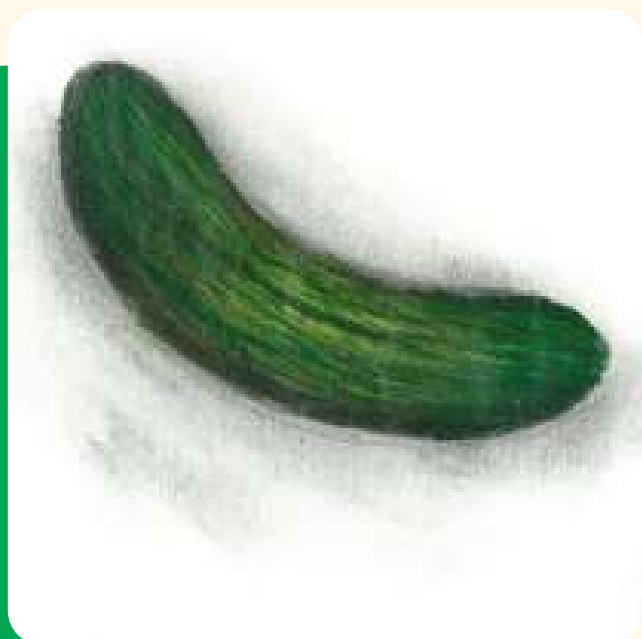
RECIPE BY JOY SMITH

INGREDIENTS

- 6 stalks of callaloo
- 2-3 long beans
- 4-6 okras, washed, and trimmed
- 3-inch piece of bitter melon, cleaned
- 3 stalks of parsley
- ½ inch piece of ginger washed and peeled
- 1 cup diced cucumber
- 1 tbsp. lemon juice
- 4-6 cups water or water with 1 cup ice cubes

INSTRUCTIONS

1. Wash and clean all the vegetables
2. Cut into small pieces, put the vegetables into a blender
3. Add the ice cubes and some of the water
4. Blend
5. Add more water as needed
6. Strain and drink as are or chill before drinking
7. This is a good drink for inflammation



Illustrated by Kyah,13

Scotch Bonnet Pickle

RECIPE BY JOY SMITH

INGREDIENTS

- 4-6 scotch bonnet pepper of different colors
- 1 chocho or chayote squash
- 1 small turnip
- 2 carrots
- 2 pegs garlic
- 6-10 all spice seeds
- 1 onion sliced thin
- ½ cup vinegar
- ¼-½ of water

INSTRUCTIONS

1. Seed peppers and cut into rounds or strips
2. Peel and wash cho cho, carrots, turnip and onion, cut into julienne strips or fine sticks
3. Strip garlic and slice.
4. Put all the ingredients into a pot (do not cover the pot)
5. Bring to a quick boil
6. Remove from heat and allow to cool.
7. When cool put into jars,
8. This can be used on fried fish as or eaten with sardines or any other meat. It gets spicier with age.

Vegan Peanut ***Sauce***

RECIPE BY LAUREN

INGREDIENTS

- 1 garlic clove
- ½ tsp ginger fresh root
- 2 tbsp honey
- 1 ½ tbsp peanut butter
- 2 tbsp soy sauce
- ½ tbsp rice vinegar
- 2 tbsp sesame oil, pure.
- 6oz your choice of Asian noodles

INSTRUCTIONS:

1. Grab a mixing bowl and 1 whisk.
2. Add shred 1 garlic clove
3. Add ½ ginger fresh root
4. Add 2 tbsp of honey
5. Add 1 ½ tbsp of peanut butter
6. Add 2tsbp Soy sauce
7. Add ½ tbsp rice vinegar
8. Add 2 tbsp sesame oil, pure
9. Whisk all these ingredients together for about 3 minutes until smooth.
10. Boil hot water and add noodles of choice until cooked.
11. Grab a bowl place cooked noodles and add peanut sauce to your liking and enjoy!



Suppers



44 *apple porkchops*
46 *ma-ly lasagna*
47 *black bean burgers*
48 *tibes*
49 *callaloo & potato
pie*

Apple

Pork Chops

RECIPE BY ELIVILDA .S

INGREDIENTS

- 4 pork chops
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp chicken seasoning
- 1 tsp ground thyme
- 1 bulb of garlic
- 1 tsp soy sauce
- 1 tsp tomato ketchup
- 1 whole apple (your choice)
- 1 tsp rosemary
- 1/2 tsp black pepper

INSTRUCTIONS

1. Mix salt, black pepper, chicken seasoning, thyme, and soy sauce together. Rub onto pork chops and let sit for 20 minutes.
2. Add pork chops to an oven-safe dish with 1 cup of water. Cover pan with tinfoil and bake for 20 minutes at 350 degrees.
3. Mix chopped garlic, sliced apple, ketchup, rosemary, black pepper, and one teaspoon of water together.
4. Pour onto pork chops and bake for another 30 minutes.



Ma-Ly

Lasgana

RECIPE BY: MALEIKA LEANNE

INGREDIENTS

- 1 pound of ground pork or beef
- 1 onion
- one magi stock cube (chicken, vegetable, beef)
- 1 tsp chicken seasoning
- 1 tsp salt and pepper
- a teaspoon of garlic
- herbs seasoning (oregano, basil leaves)
- steak seasoning or parcel (not mandatory)
- 2 tbsp of tomato paste
- 1 cup of water
- 1-2 cups milk
- 1 tsp nutmeg

INSTRUCTIONS

1. Defrost meat if frozen
2. Preheat a pan to medium and add cooking oil.
3. Add diced onion and meat then cook till onions are gold brown.
4. Add ½ tsp of garlic powder, oregano, basil to taste and steak seasoning (optional) and add tsp of tomato paste stir well.
5. Add 1 cup of water. Bring to a boil, then reduce pan heat to low and let this mixture simmer.
6. Pre heat oven to 350 degrees.
7. In another pot, melt 2-3tbsp of butter. Add 3 tsp of flour and stir until thick.
8. Add 1-2 cups of milk to the butter and flour and stir. Season with salt pepper and nutmeg.
9. In a large tray, add a thin layer of meat sauce and cover with a single layer of noodles. Add white sauce on top of the noodles, and another layer of meat sauce and noodles. Repeat 4 times.
10. Bake for 45-50 minutes.

Black Bean **Burgers**

RECIPE BY SYLVIA.D

INGREDIENTS

- 2 (14 ounce) cans black beans (drained, rinsed and patted dry)
- 1 tablespoon extra-virgin olive oil
- ¾ cup finely chopped bell pepper (1/2 of a pepper)
- 1 cup finely chopped yellow onion (1/2 of a large onion)
- 3 garlic cloves (minced, about 1 tablespoon)
- 1 ½ teaspoons ground cumin
- 1 teaspoon chilli powder
- ½ teaspoon garlic powder
- ¼ teaspoon smoked paprika
- ½ cup breadcrumbs or oat flour
- ½ cup feta cheese (for vegan leave out the cheese)
- 2 large eggs (for vegan replace with ½ cup mashed sweet potato)
- 1 tablespoon worcestershire sauce (for vegan or vegetarian replace with favorite condiment such as BBQ sauce)
- 2 tablespoons ketchup, mayo or BBQ Sauce
- Pinch salt and pepper

Illustrated By: Ryan, 5





INSTRUCTIONS

1. Preheat oven to 325 F or 163 C, Spread the beans evenly on lined baking sheet and bake for 15 minutes until slightly dried out
2. Meanwhile, sauté, chopped pepper, onion and garlic over medium heat until peppers and onions are soft, about 5 – 6 minutes. Gently blot some of the moisture out. Place in large bowl with remaining ingredients cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, Worcestershire, ketchup, salt and pepper. Stir everything together then add black beans. Mash beans with a fork leaving some larger chunks.
3. Form into patties -about 1/3 cup of mixture in each
4. To bake: Place patties on parchment paper lined baking sheets and bake at 375 F (191C) for 10 minutes on each side, 20 minutes in total.
5. Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days,



Illustrated By: Shyanne, 9

Tibes

RECIPE BY SENAIT TEKIE

INGREDIENTS

- ½ half onion (grinded)
- 2 normal spoons of oil
- 3 pieces of grinded garlic
- 2 sliced tomatoes
- 2kg diced beef
- ½ teaspoon of blended capsicum
- 2 sliced jalapenos
- 2 sliced scotch bonnet peppers
- 1 teaspoon of salt
- 1 normal spoon butter
- 1 loaf of bread (of choice).

INSTRUCTIONS

1. Wash diced 2kg beef and cook in frying pan for 10-15 until it's dry then filter in the other pot.
2. Add ½ onion in the pan and cook for 1min and add oil and cook 1 min and add the grinded garlic cook for 3min.
3. Add the diced dry beef and cook for 10-15min and in the middle of cooking half spoon blended capsicum (optional)
4. Add the 2 sliced tomato after 3min add 2 sliced jalapeno and scotch bonnet pepper after 2min add the salt and butter. Enjoy with bread.



Illustrated by Breana,9

Callaloo & Potato Pie

RECIPE BY JOY SMITH

INGREDIENTS

- 4 cups of fresh callaloo cleaned washed and drained.
- 3 cups of cooked and mashed sweet potato or cooked potatoes and slice them in thin rounds.
- 1 cup corn, chickpeas, lentils, or black bean cooked.
- ½ cup coconut milk
- ½ cup parmesan or vegan cheese or cheese slices
- 2 peg garlic minced fine
- ½ cup tomato paste
- 16 slices of tomato
- 1 large onion sliced thin
- ½ top scotch bonnet pepper diced fine
- 1 tsp salt (add of choice)
- ½ onion diced, dash oregano or rosemary
- ¼ red, green, sweet pepper diced fine.

INSTRUCTIONS

1. Steam the callaloo, using the diced garlic onion, salt, scotch bonnet pepper. Add a little water if needed. Strain off the liquid and put aside.
2. Mix the coconut milk and the liquid from the steamed callaloo with tomato sauce and add oregano, rosemary or any other herbs.
3. Line a glass baking dish with parchment paper or grease the dish.
4. Put one layer of the sweet potato slices of the mashed potato in the bottom of the dish. This should be almost a ¼ inch layer or bigger depending on the size of the dish and the number of layers you want.

Callaloo & **Potato Pie**

5. Add one layer of steamed drained callaloo, a layer of sliced tomatoes and onions (you can cook the onions first). Top with some beans or corn, then put some of the sauce and cheese. Repeat the layers Top this with the rest of the sweet potato, sprinkle the parmesan or vegan cheese on the potato, put on the rest of sauce.

6. Bake at 350F for 30-40 minutes until top browns and the pie moves away from the side of the dish. When you insert a knife into it, it should feel soft. Cut into squares and serve hot.

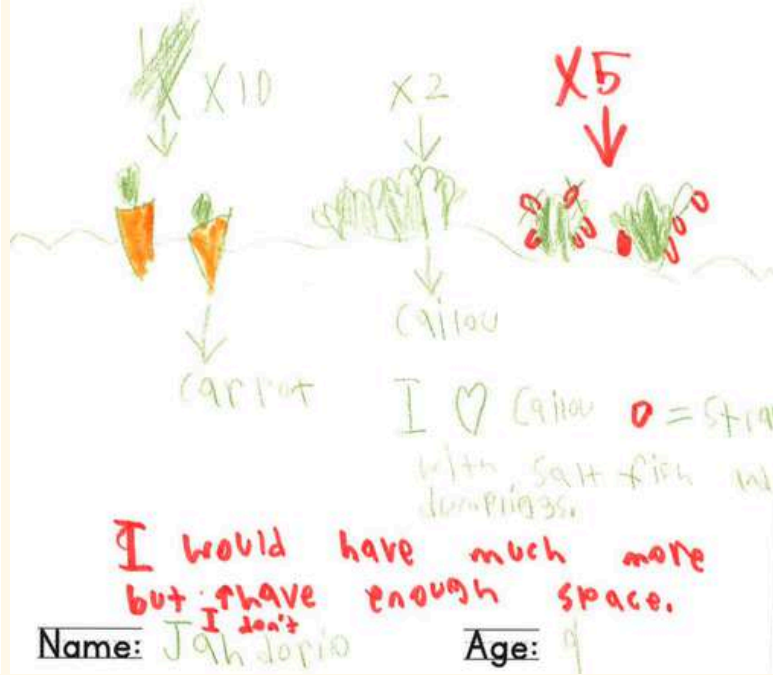


Illustrated By: Kyah, 13

Draw a picture of what your own vegetable garden would look like.



Corn



Name: Jah Jopio

Age: 9

Jaidyn, 6

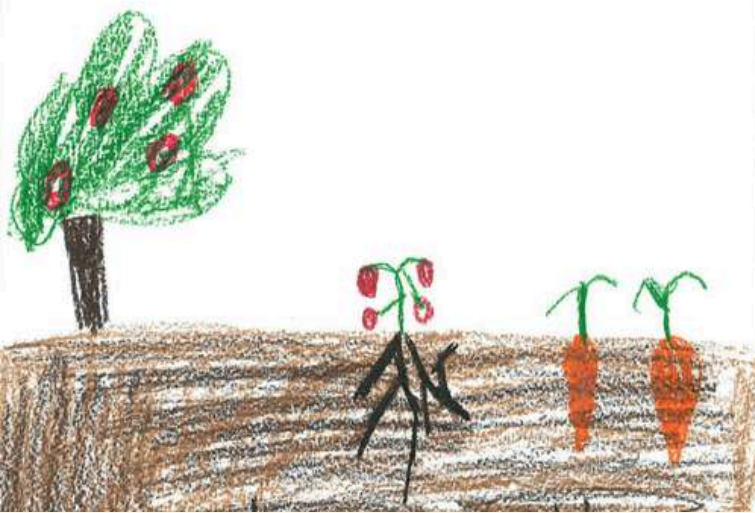
Jahdorio, 9

Happy Cooking!

Katalaya, 11

Suri, 7

Draw a picture of what your own vegetable garden would look like.





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