

Growing Minds Growing Food

VOL 1



BARNARD
ENVIRONMENTAL SCIENCE
& TECHNOLOGY SCHOOL



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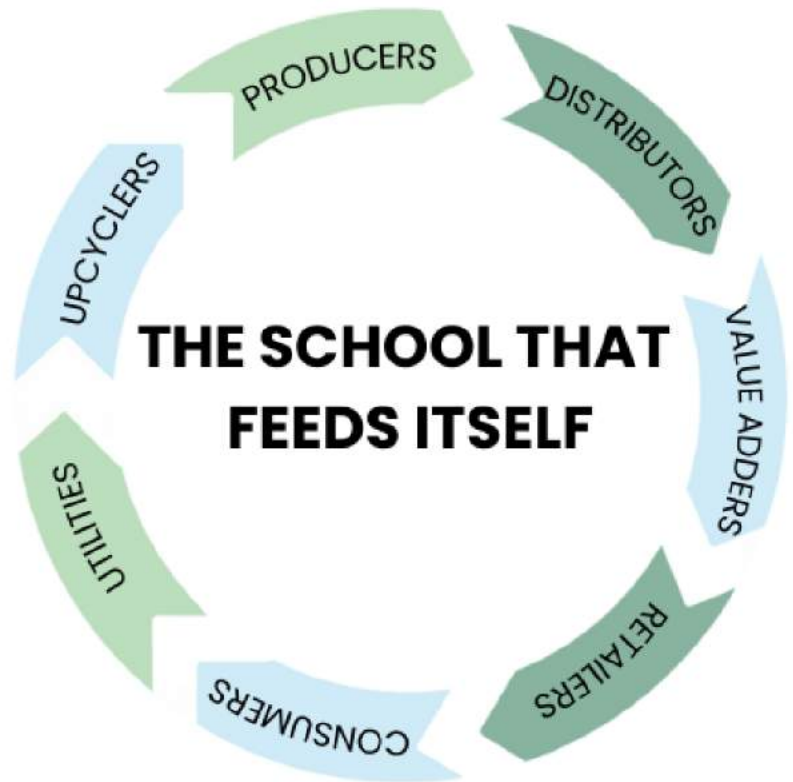
SEED A VISION



GROW FOOD



HARVEST COMMUNITY



Serving Locally Grown, Nutritious Food



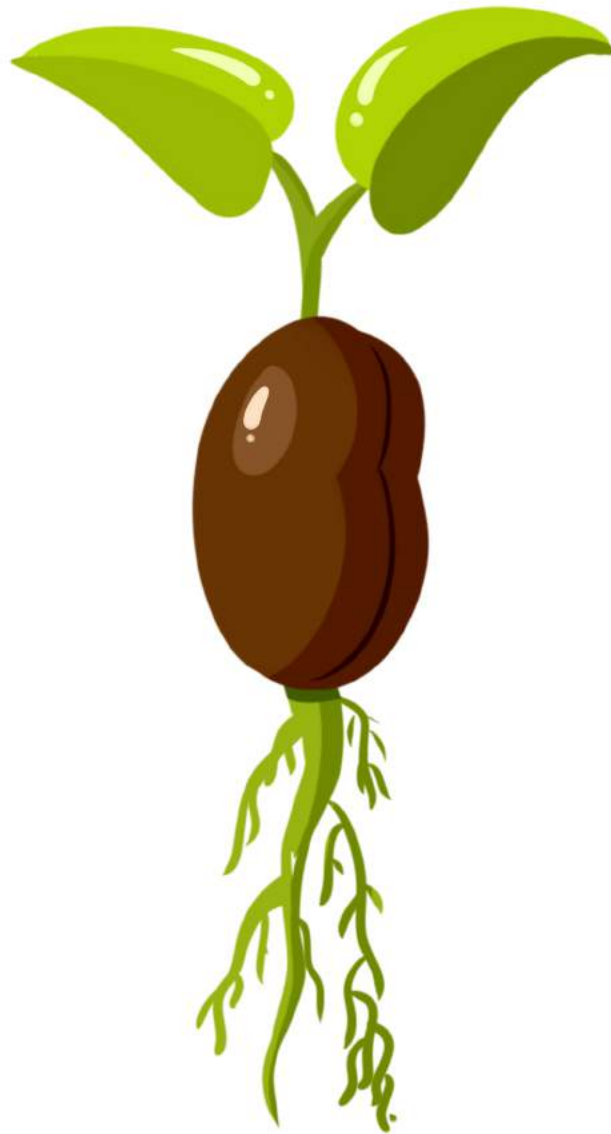
For Life Long Learners

The Farm2X & Barnard Environmental Science & Technology School Collaborative

Farm2X is an innovative, multi-disciplinary collaborative project that inspires and educates a collective of individuals and organizations to produce food for themselves and their communities through education and community building activities.

This year at BEST, students have learned the ins and outs of Aquaponics, Hydroponics, and Raised Garden Bed Systems. The students have selected the produce to be grown in the school gardens and participate in *Taste Test Tuesday* and created tutorials for maintaining the systems.

Sow & Tell



Ingredients brought to you by BEST
students from Aquaponic, Hydroponic,
and Raised Garden Bed systems.

2023 Gardening Season



Arugula, also known as rocket, is a leafy green vegetable with a peppery flavor. It is often used in salads and as a topping for pizza and pasta dishes. Arugula is a good source of vitamins A and C, as well as iron and calcium. Arugula is a cool-season crop that is typically grown in the spring and fall. It can be grown in a variety of environments, including gardens, containers, and hydroponic systems.



Asparagus is a perennial vegetable that is commonly used in springtime dishes. It has a delicate, nutty flavor and can be roasted, grilled, or steamed. Asparagus prefers well-draining soil and a sunny location.



Broccoli is a vegetable that is high in vitamins A, C, and K, as well as fiber and other nutrients. It can be eaten raw or cooked and is a popular ingredient in salads, stir-fries, and soups. Broccoli is a cool-season crop that is typically grown in the spring and fall. It is a slow-growing crop that can take up to 100 days to mature, but is well worth the wait for its delicious flavor and nutritional value.



Beets are a root vegetable that are high in fiber and other nutrients, including folate and potassium. They can be eaten raw or cooked and are often used in salads and roasted vegetable dishes. Beets are typically grown in cool weather and can be grown year-round in some regions. They are a root crop that is grown in the ground and harvested once the roots have reached maturity.



Beans are a versatile legume that come in a variety of colors, shapes, and sizes. They are a great source of protein and can be used in soups, stews, salads, and as a side dish. Beans grow best in warm weather and well-draining soil.



Blueberries are a sweet and tangy fruit that are enjoyed fresh, in baked goods, or in jams and preserves. They grow best in acidic soil and prefer cooler temperatures.



Bok Choy is a leafy vegetable that is commonly used in Asian cuisine. It has a mild, sweet flavor and a crisp texture that makes it a popular addition to stir-fries and soups. Bok choy prefers cooler temperatures and well-draining soil.



Cauliflower is a cruciferous vegetable that is a member of the same family as broccoli and cabbage. It has a mild, nutty flavor and can be eaten raw or cooked. Cauliflower prefers cooler temperatures and well-draining soil.



Cilantro is a herb that is commonly used in Mexican and Asian cuisine. It has a strong, citrusy flavor and is often used as a garnish or ingredient in salsas, guacamole, and curries. Cilantro is a warm-season herb that is typically grown in the spring and summer. It is an annual herb that is grown from seeds and can be harvested multiple times throughout the season.



Chickpeas, also known as garbanzo beans, are a type of legume that are high in protein, fiber, and other nutrients. They are a versatile ingredient that can be used in soups, stews, salads, and dips such as hummus. Chickpeas are typically grown in warm, dry climates such as the Mediterranean, Middle East, and India. They are a legume crop that is grown in the ground and harvested once the pods have dried.



Cherry Tomatoes are a small, sweet variety of tomato that are often used in salads and as a snack. They are a good source of vitamin C and potassium, as well as other nutrients. Cherry tomatoes are typically grown in warm, sunny climates. They can be grown in the ground or in containers, and are often grown as an indeterminate plant that produces fruit throughout the growing season.



Corn is a type of grain that is often eaten as a vegetable. It is high in fiber and other nutrients, including vitamin C and potassium. Corn can be cooked in a variety of ways, including boiling, grilling, and roasting. Corn is typically grown in warm, sunny climates with plenty of water. It is a tall crop that requires fertile soil and plenty of space to grow.



Cucumbers are a type of vegetable that are high in water content and low in calories. They are often used in salads and as a refreshing snack. Cucumbers are a good source of vitamins C and K, as well as other nutrients. Cucumbers are typically grown in warm, sunny climates. They can be grown in the ground or in containers, and are often trellised to save space and improve air circulation.



Collard Greens are a leafy vegetable that are part of the cabbage family. They are a popular ingredient in Southern-style cooking, often cooked with ham hocks or bacon. Collard greens prefer cooler temperatures and are best planted in the spring or fall.



Dill is an herb with feathery leaves and a tangy flavor that is often compared to anise, parsley, and lemon. It is commonly used in cooking, particularly in soups, stews, salads, and pickles. Dill can be used fresh or dried, with fresh dill added at the end of cooking, and dried dill used in spice blends or to flavor sauces.



Honeycomb Hybrid Tomatoes are a sweet, juicy variety of tomato that are often used in salads and as a topping for sandwiches and burgers. They are a good source of vitamins A and C, as well as antioxidants. Honeycomb hybrid tomatoes are typically grown in warm, sunny climates. They are a determinate plant that produces a large harvest of fruit in a relatively short period of time.



Kale is a type of leafy green vegetable that is known for its high nutrient content, including vitamins A, C, and K, as well as calcium and iron. It is a versatile ingredient that can be used in salads, smoothies, and cooked dishes such as soups and stews. Kale is a hardy crop that can be grown year-round in some regions. It is a good crop for beginner gardeners because it is relatively easy to grow and is resistant to pests and disease.



Lettuce is a leafy green vegetable that is commonly used as the base of salads. It is low in calories and high in water content, making it a great choice for weight loss and hydration. There are many different varieties of lettuce, including romaine, arugula, and iceberg. Lettuce is a cool-season crop that is typically grown in the spring and fall. It can be grown in a variety of environments, including gardens, containers, and hydroponic systems.



Oregano is a pungent herb that is commonly used in Italian and Greek cooking. It has a slightly bitter, minty flavor that is great for seasoning tomato-based dishes, meats, and vegetables. Oregano prefers a sunny location with well-draining soil.



Parsley is a herb that is commonly used as a garnish and ingredient in a wide variety of dishes, including salads, soups, and stews. It is a good source of vitamins A and C, as well as iron and calcium. Parsley is a cool-season herb that is typically grown in the spring and fall. It is an annual herb that is grown from seeds and can be harvested multiple times throughout the season.



Peas are a legume that come in a variety of colors and sizes. They are a great source of protein and can be used in salads, soups, and



Peppers are a family of vegetables that come in a variety of shapes, sizes, and colors. They are high in vitamin C and other nutrients and can be used in a wide range of dishes, including stir-fries, salads, and stuffed peppers. Peppers are typically grown in warm, sunny climates. They can be grown in the ground or in containers, and are often trellised to support their heavy fruit.



Pumpkins are a versatile squash that are often used in pies, soups, and roasted dishes. They grow best in warm weather and well-draining soil.



Radishes are a root vegetable that come in a variety of colors and sizes. They have a crisp texture and slightly spicy flavor that makes them a popular addition to salads and sandwiches. Radishes grow quickly and are ready to harvest in as little as 3-4 weeks.



Rosemary is an aromatic herb that is often used in Italian and Mediterranean cooking. It has a woody, pine-like flavor that is perfect for seasoning meat dishes, roasted vegetables, and bread. Rosemary prefers a sunny location with well-draining soil.



Sage is an herb that is commonly used in Mediterranean and Middle Eastern cuisine. It has a strong, earthy flavor that pairs well with poultry and pork dishes. Sage prefers a sunny location with well-draining soil.



Spinach is a leafy green vegetable that is packed with nutrients such as iron, calcium, and vitamins A and C. It can be eaten raw or cooked and is a popular addition to salads, sandwiches, and pasta dishes. Spinach grows best in cool weather and can be grown year-round in some regions. It is a fast-growing crop that can be harvested multiple times throughout the season.



Strawberries are a sweet and juicy fruit that are enjoyed fresh, in desserts, or in jams and preserves. They grow best in areas with cool temperatures and moist soil. Strawberry plants produce runners, or stolons, that can be used to propagate new plants.



Sunflowers are a beautiful and popular garden flower that can grow up to 12 feet tall. They are typically grown in warm, sunny climates with well-draining soil. Sunflowers can be grown as a crop for their edible seeds, which are high in protein and healthy fats. The seeds can be ground to create SunButter, a spread that can easily substitute for nut butter. At Barnard this year, we will be planting many varieties of Sunflowers, so be on the lookout for photos next year!



Swiss Chard is a leafy vegetable that is commonly used in Mediterranean cuisine. It has a slightly bitter, earthy flavor and can be eaten raw or cooked. Swiss chard prefers cooler temperatures and well-draining soil.



Thyme is a fragrant herb that is used in many different types of cuisine, from French to Italian. It has a subtle, earthy flavor that pairs well with chicken, fish, and vegetable dishes. Thyme prefers a sunny location with well-draining soil.

Lomo Saltado

Recipe Submitted By:
Eduardo Andree Milón Aguilar



4-6 SERVINGS



15 MINUTES

Lomo Saltado is a popular Peruvian dish that combines Chinese, Spanish, and indigenous cuisine. It consists of marinated strips of sirloin steak, onions, tomatoes, and French fries, stir-fried with soy sauce, vinegar, and spices. It is typically served with rice and is a favorite among locals and visitors alike.



Ingredients

16 oz fries – fresh or frozen
Vegetable Oil of Choice
1 lb sirloin steak
Salt and pepper to taste
1 tsp soy sauce
1 large onion
3 large tomatoes peeled
1 yellow chili pepper
¼ c distilled white vinegar

Instructions

1. Prepare french fries according to directions
2. While french fries are cooking, heat oil in a pan over medium high heat
3. Season the sliced meat with salt and pepper to taste
4. Cook meat until just cooked through, and juices begin to release
5. Remove the meat from the frying pan
6. Add in chopped onions, add oil as needed, cook onions until transparent
7. Stir in tomato and aji amarillo (yellow chili pepper)
8. Cook until tomato softens

Try using our recipe for DIY Fries!

Lentil Soup

Recipe Submitted by:
Marwa Rawia



4-6 SERVINGS



15 MINUTES



Nutritional Powerhouses:

Lentils are rich in essential nutrients. They are an excellent source of plant-based protein, fiber, folate, iron, and potassium. They are also low in fat and contain no cholesterol, making them a healthy choice for a balanced diet.

Ingredients

- 1 Onion
- 1 Carrot
- 1 Tomato
- 1 Potato
- 1 Head Garlic (add to your taste)
- 1 TSP Salt
- 1 TBSP Olive Oil

Instructions

1. Boil water
2. Rinse lentils well in a strainer
3. Add lentils to boiling water
4. Chop onion, carrot, tomato, potato, garlic and pour into pot
5. Allow to continue to cook for 10-15 minutes, then blend in a heat safe blender or with an immersion blender
6. Add salt and olive oil
7. Serve and enjoy!

CAULIFLOWER TOTS

Recipe Submitted By: Semira Estep & Family

Prep Time :10 min

Cook Time : 15-20 min

Servings : 6



Ingredients:

Cauliflower Florets, Steamed
(about one half of a large head of cauliflower)

1 large egg, lightly beaten

One handful of Shredded
cheddar cheese

Freshly grated parmesan cheese

Panko Bread Crumbs

1 tbsp freshly chopped chives

Kosher salt

Freshly ground black pepper

Ketchup

2 tbsp sriracha

Notes :

OPTIONAL: While the tots are baking, combine ketchup and sriracha in a small bowl with a fork to make "spicy ketchup"

Try adding some of your favorite herbs from your school garden that you have tried on Taste Test Tuesday!

Directions:

Preheat oven to 375

Grease baking sheet with cooking spray

In food processor, pulse steamed cauliflower until riced

Place riced cauliflower on a clean kitchen towel

Squeeze to drain excess water

In a large bowl, combine cauliflower, egg, cheddar, parmesan, panko and chives. Season with salt and pepper to taste

Scoop about 1 TBSP of mix and form into small ball, tater shape, or other desired shape with hands.

Place formed tots onto baking sheet and bake 15-20 minutes until golden brown.



BAKED MAC & CHEESE



Recipe Submitted by
Imravullahan Amir

Prep Time : 10 min
Cook Time : 15-20 min
Servings : 6

Ingredients:

1 Box Elbow Pasta
2 Eggs
1/2 stick of butter
salt and pepper to taste
2 bags of macaroni and cheese
blend of cheese
1 LB sharp cheddar, cubed
8oz Velveeta cheese, cubed
1 C Milk of Choice

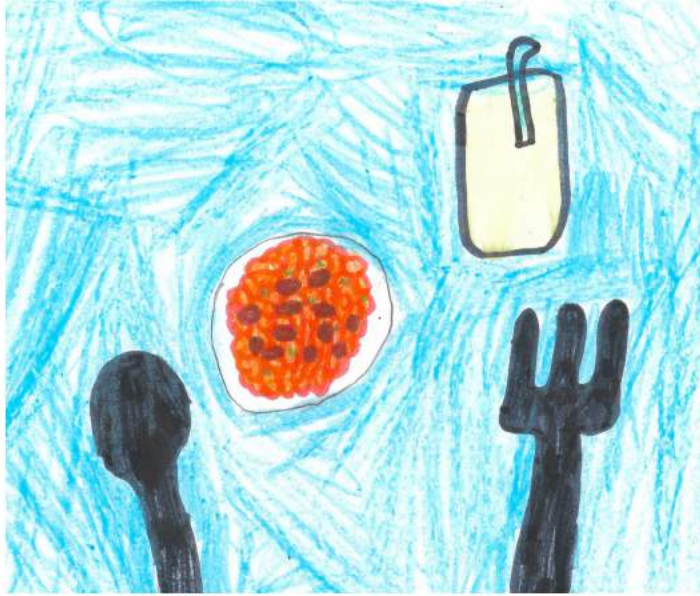
Notes :

OPTIONAL: Top with some fresh
parsley from your school's garden, or
mix with peas!

Directions:

- 1.Preheat oven to 350
- 2.Boil Noodles until Al Dente
- 3.In a separate pot over low heat,
heat butter and milk
- 4.Add 1 bag macaroni and cheese
blend, Velveeta, and cheddar
cheese and continue to cook on
low, stirring until melted. You
should now have a cheese sauce.
- 5.Add noodles to a baking pan
- 6.Pour cheese sauce over noodles,
add salt and pepper and two
beaten eggs and combine
- 7.Sprinkle remaining bag of cheese
over the top
- 8.Place in oven for 30-45 minutes
- 9.Remove from oven and allow to
rest 10 minutes
- 10.Serve and ENJOY!





Nigerian Jollof Rice

Recipe Submitted By: Sana

SERVINGS: 2

TIME: 45-60 MIN

Ingredients

1/3 c vegetable oil
6 medium sized fresh plum tomatoes, chopped
6 fresh red poblano peppers, seeds removed
3 medium red onions, roughly chopped
1/2 - 1 whole hot pepper (to taste)
3 TBSP Tomato Paste
2 tsp Caribbean / Jamaican style curry powder
1 tsp dried thyme
2 dried bay leaves
5 -6 C vegetable stock
2 tsp unsalted butter
4 C uncooked basmati rice, rinsed and drained
Salt, Black & White Pepper to taste

Directions

1. In a blender, combine tomatoes, peppers, chopped onions with 2 cups vegetable stock, blend until smooth about 2 minutes
2. Pour into a large pot and bring to a boil.
3. Once liquids reach a boil, turn heat down to simmer and cover pot and allow to cook for 10-12 minutes
4. In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir fry for 2-3 minutes.
5. Add bay leaves, curry powder, and dried thyme and a pinch of black pepper for 3-4 minutes on medium heat.
6. Add tomato paste, stir and cook for 2 minutes
7. Add tomatoes, peppers and onion mix and stir, and set on medium heat for 10-12 minutes until reduce by half with the lid partly on.
8. Add 4 cups of the stock to the cooked tomato sauce and bring to a boil for 2 minutes
9. Add rice and butter, stir, add "double cover" by using foil or parchment paper and add lid to top of pan. This will seal in the steam and lock in the flavor
10. Turn down the heat and cook on the lowest possible heat for 30 minutes, stirring halfway through
11. Stir, taste and adjust seasonings to taste



Qabili Palau

Recipe Submitted By:
Sana

SERVINGS: 2

PREPPING TIME: 2-3 HOURS

Ingredients

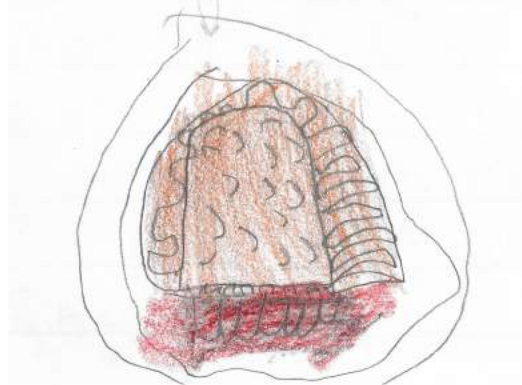
2 C Long grain basmati rice
1 Med Onion, Diced
4 oz vegetable oil of choice
2 c water
¼ tsp saffron powder
2 large carrots, sliced into thin strips
1 lb chicken or 1.5 lb lamb meat sliced into small bite sized pieces
4 oz raisins
1 tsp cumin
1 tsp cinnamon
1 tsp brown sugar
1 tsp ground cardamom
¼ C Almonds or Pistachios finely chopped
Salt and Pepper to taste

Directions

1. Sauté the diced onion in vegetable oil until it begins to caramelize
2. Add chicken or lamb pieces and stir fry meat until lightly browned
3. Add two cups of water to the pot and add in all spices
4. Cover the pot and allow the meat to simmer in broth for about 60 minutes or until meat becomes tender. Remove the meat from the pot and set aside separately.
5. Add two cups of rice to the broth and cook until rice grains are tender
6. Sauté the carrot strips in mixture of ¼ c vegetable oil and 1 t sugar until the carrots become lightly browned
7. Remove carrot pieces and cook the raisins in the oil until swollen
8. Mix the cooked rice, carrot strips, raisins, and meat together and place into a greased casserole dish. Cover the dish with foil and bake at 300* F for approximately 45 minutes
9. After plating, sprinkle chopped almonds or pistachios on top and serve.

Czar's Empanadas

Recipe Submitted by Czar Angel



SERVINGS: 10

PREPPING TIME: 40 MINUTES

Ingredients

1 Pack Discos (Goya or other Brand)

1 LB Ground Turkey (You can substitute any ground meat)

1-2 Medium Potatoes

Vegetables of Choice, Chopped into bite sized pieces (Use what you have or take home from your school garden!)



Directions

1. Boil Potatoes until soft, then cube
2. Cook meat until browned, drain if needed
3. Lightly sauté vegetables
4. Combine in a bowl, this will be your filling mixture
5. Remove discos from freezer, allow to lightly thaw before gently separating to avoid tearing
6. Lay out discos
7. Add desired amount of filling to the center of each disco
8. Fold disco in half, seal by gently pressing a fork along the curved edge, flip and repeat on other side of disco
9. Heat oil in a frying pan, place empanadas into oil and fry until golden brown on both sides
10. Keep an eye on them, they cook fast
11. Serve and enjoy! Empanadas can be eaten as a main dish, or served as a side. They will pair nicely with the Spanish Rice or Puerto Rican Rice recipes in this book!



Serves 6-8



Prep: 40-50 min

Bake: 55-60 min

INGREDIENTS

1 pound sweet potato with skin

½ cup butter, softened

1 cup white sugar

½ cup condensed milk

2 large eggs

½ teaspoon nutmeg

½ teaspoon cinnamon

1 teaspoon vanilla

1 unbaked pie crust

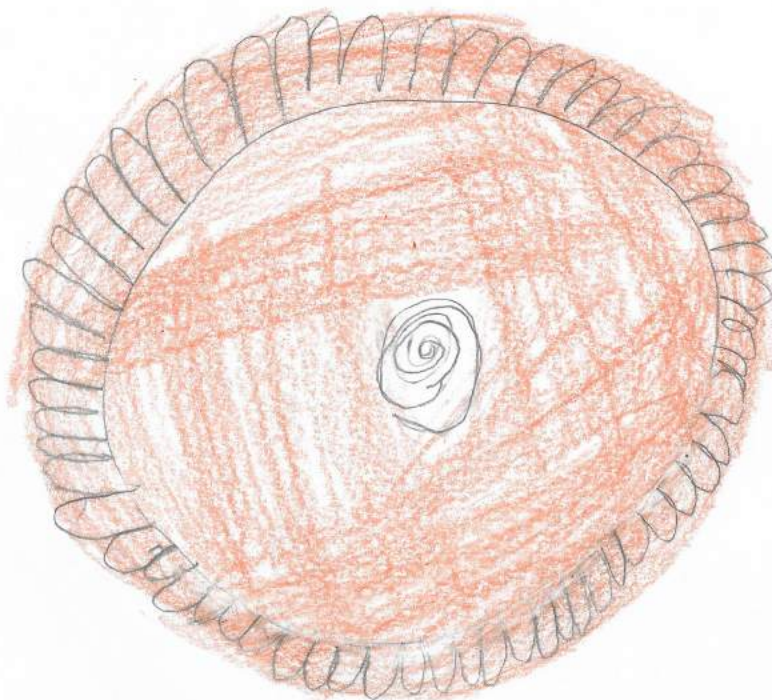
INSTRUCTIONS

1. Place the whole sweet potato in a pot and cover with water; bring to a boil. Boil until tender, 40 to 50 minutes.
2. Preheat the oven to 350 degrees
3. Remove sweet potato from the pot and run under cold water. Remove and discard skin.
4. Break the sweet potato apart and place in a bowl. Add butter and mix with an electric mixer until well mixed. Add sugar, milk, eggs, nutmeg, cinnamon, and vanilla beat on medium speed until smooth. Pour filling into an unbaked pie crust.
5. Bake in the preheated oven for 55 to 60 minutes.

Sweet Potato Pie

Recipe Submitted By:

Navid A



DID YOU KNOW?

- The sweet potato is a member of the morning glory family, it's one of the oldest vegetables known to humankind. Sweet potatoes have been cultivated for over 5,000 years!
- The largest sweet potato pie ever made weighed over 3,000 pounds and was created in North Carolina in 2010. It took 1,200 pounds of sweet potatoes, 300 pounds of sugar, and 150 gallons of milk to make!

 10-12 Cookies

 15 Minutes

INGREDIENTS

1 Box Vanilla Cake
Mix
2 Large Eggs
1/2 C oil
1/2C - 1 C Chocolate
M&Ms

INSTRUCTIONS

1. Combine all ingredients until dough is formed
2. Scoop dough onto baking sheet with a spoon
3. Bake at 350 for 10 minutes

M&M Cookies

Recipe Submitted By:
Julisa and Aaliyah T



SPANISH RICE AND BEANS

Recipe Submitted By:
Anamaria Santiago



4-6 SERVINGS



25 MINUTES

INGREDIENTS

2 tablespoons of cooking oil
1 medium onion diced
4 cloves garlic minced
2 cups rice (basmati or jasmine)
1 teaspoon paprika
1 teaspoon cumin
½ cup white wine
3 cups vegetable broth
1 ½ cups salsa
1 15-ounce can kidney beans, drained and rinsed
⅓ cup green olives, sliced
Salt and pepper to taste
Fresh parsley

DIRECTIONS

1. Heat oil in a pan over medium heat. Add in the onion and sauté.
2. Next, add the garlic and sauté for 1 minute.
3. Stir in the rice and toast until it's lightly golden
4. Add the paprika, cumin. Combine and cook for 30-60 seconds
5. Now pour in the wine, broth and salsa. Bring to a boil, then lower the heat to a gentle simmer. Place the lid on and cook for 15-20 minutes or
6. until the rice is tender. Refrain from stirring or opening the lid once the
7. rice is simmering so the rice can cook properly.
8. Remove from heat and fluff with a fork and stir in the kidney beans, and
9. sliced olives. Add salt and pepper to taste.
10. Top with fresh-cut parsley, then serve.



YaYa's Fried Rice

Recipe Submitted by: Nidd Koby



4-6 SERVINGS



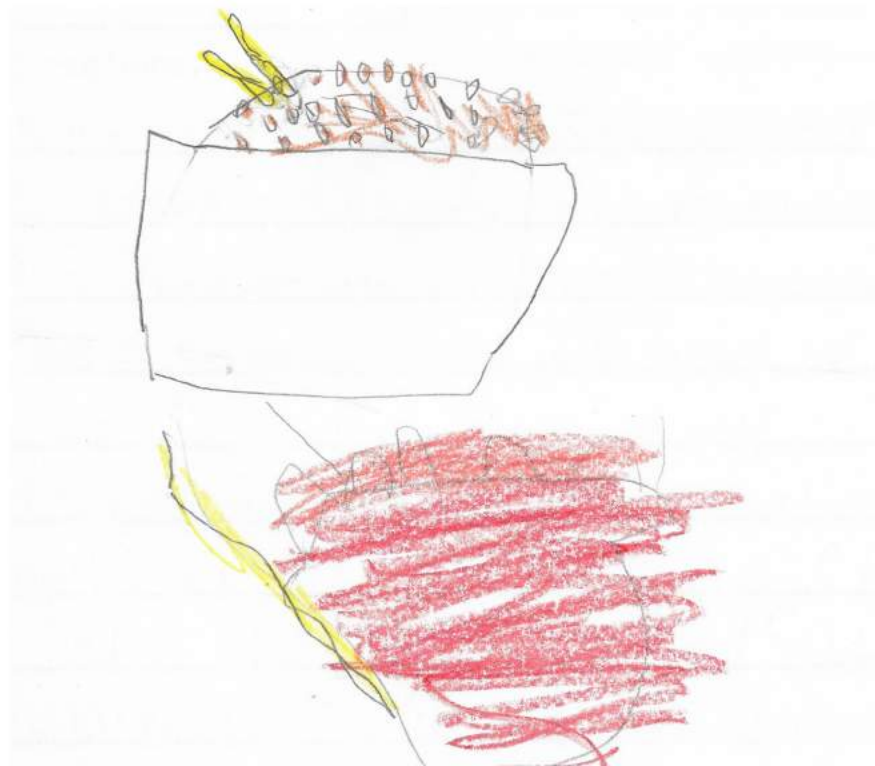
25 MINUTES

INGREDIENTS

2 cups of Rice (prepared as per package)
½ cup onions
¼ cup green pepper
¼ red pepper
2-3 gloves of Garlic
½ Mixed Vegetables (frozen)
2 Eggs
½ LB Chicken Breast (cut into chunks)
6-8 Jumbo Shrimp (diced up)
3 tbsp. Soy Sauce
3 tbsp. Worcester Sauce
Olive Oil
Optional Garnish: Fresh parsley

DIRECTIONS

1. Prepare rice as directed on package and set aside.
2. Season Chicken and Shrimp with favorite seasonings.
3. In a wok or similar frying pan, add olive oil (enough to coat bottom) and cook chicken and shrimp on medium heat until cooked thoroughly. Then move chicken and shrimp to the side of the pan. Add in garlic, onions, green pepper, and red pepper and sauté.
4. Add mixed vegetable and stir all ingredients together. Once, heated move all to one side of pan and add a little more olive oil and let heat up.
5. Add eggs and scramble around - moving to the side of the pan. Immediately, add rice, soy sauce, and Worcester sauce.
6. Stir ingredients together making sure its fully incorporated. Turn heat to low and cover for 2 minutes and then serve hot with garnish



CHICKEN BREAST

Submitted by Mazen Adhan



3-5 SERVINGS



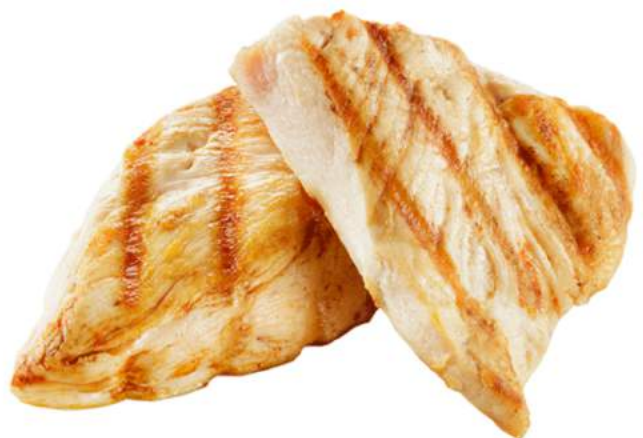
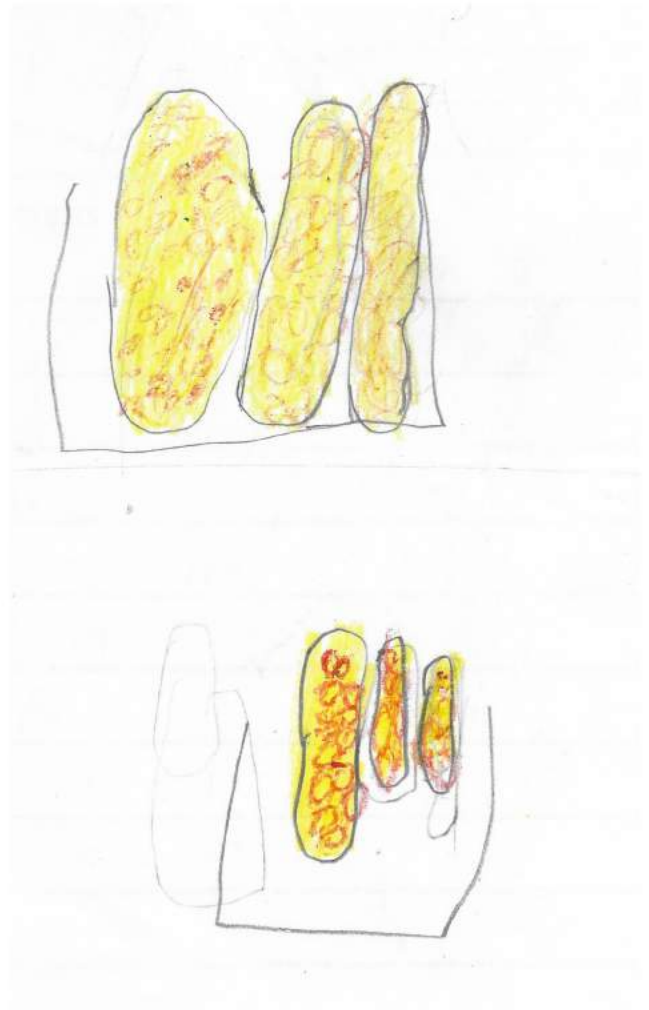
10 MINUTES

INGREDIENTS

- 3 Chicken Breasts
- Salt and Pepper
- 1/3 C Flour
- 3 1/2 TBSP butter or olive oil
- 4 Garlic Cloves
- 1 1/2 TBSP Apple Cider Vinegar
- 1 TBSP Soy Sauce
- 1/3 C honey or maple syrup

DIRECTIONS

1. Mix all ingredients thoroughly in a bowl
2. Add chicken to mix and allow to marinate
3. Heat oil or butter in a frying pan and add chicken
4. Fry until golden brown on either side or fully cooked





Pico de Gallo



4-6 servings



15 minutes

Recipe and Art Submitted by:
Lissbeth



Ingredients

6 plum tomatoes, diced
½ red onion minced
3 tablespoons chopped
fresh cilantro
½ jalapeño pepper,
seeded and minced
½ lime, juiced
1 clove garlic, minced
1 pinch garlic powder
1 pinch ground cumin, or
to taste
salt and ground black
pepper to taste

Instructions

1. Begin by dicing the tomatoes into small pieces and place them in a large bowl.
2. Finely chop the red onion and add it to the bowl with the tomatoes.
3. Cut the jalapeño pepper in half and remove the seeds. Finely chop the jalapeño and add it to the bowl.
4. Finely chop the cilantro and add it to the bowl as well.
5. Squeeze fresh lime juice over the mixture, and add salt and pepper to taste.
6. Mix everything together well.
7. Cover the bowl and let the Pico de Gallo chill in the fridge for at least 30 minutes before serving.
8. Enjoy as a side dish or as a topping for tacos, burritos, or any of your favorite Mexican dishes!

Legend has it that the name "Pico de Gallo" (literally translated as "rooster's beak") comes from the fact that it was originally eaten with the thumb and forefinger, resembling a rooster's beak. However, we recommend using a spoon or tortilla chips for a more hygienic and enjoyable experience.



Arroz con Gandules

Puerto Rican Rice

Recipe Submitted by:
Iourak, Aaliyah K Diaz



4-6 servings



30-40 Minutes

Ingredients

2 cups long-grain white rice
2 cups water
1 can (15 oz) pigeon peas
(gandules), drained and rinsed
1 can (8 oz) tomato sauce
1/2 cup sofrito (Puerto Rican
seasoning blend)
2 tbsp olive oil
Seasonings to Taste:
Garlic Powder
Onion Powder
Sazón
Salt

Instructions

1. Heat pot with oil and add pork or ham, cook until browned
2. Add tomato sauce, peas and water.
3. Bring to a boil
4. Add rice, sofrito, garlic powder, onion powder, sazón, salt
5. Cover and allow to continue to simmer about 20-25 minutes until the liquid is absorbed and the rice is fully cooked. Stir often.
6. Fluff the rice with a fork
7. Serve and Enjoy!

STRAWBERRY BANANA SMOOTHIE

Recipe Submitted by: Faith and Novalise

Prep Time: 10 min

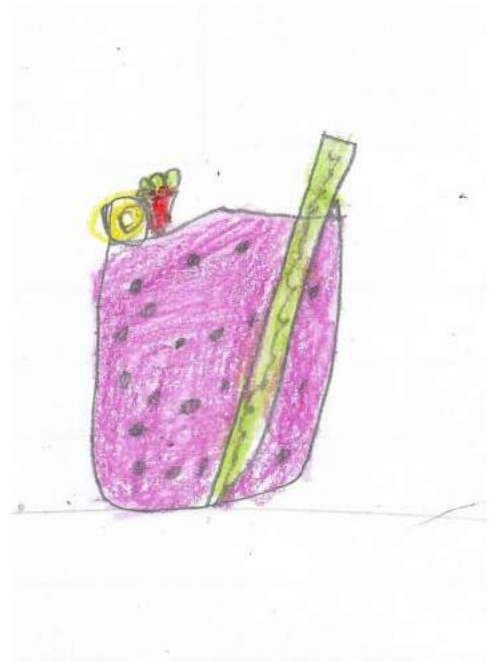
INGREDIENTS:

- 1/2 C Milk of Choice
- 2 C Fresh Strawberries
- 1 Banana
- 1/2 C Greek Yogurt

DIRECTIONS:

1. Add milk, greek yogurt, strawberries, and banana to a blender
2. Blend until smooth
3. Pour into a serving glass and enjoy!

*For a colder and thicker smoothie,
freeze fruit ahead of time, or add ice
or frozen juice of your choice*



TABOULEH



4-6 SERVINGS



15 MINUTES

INGREDIENTS

1 cup bulgur wheat
2 cups boiling water
1/4 cup lemon juice
1/4 cup olive oil
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon black pepper
2 cups finely chopped fresh parsley
1/2 cup finely chopped fresh mint
1 medium tomato, diced
1/2 medium onion, diced

DIRECTIONS

1. Place the bulgur wheat in a large bowl and pour the boiling water over it. Cover the bowl with a lid or plastic wrap and let it sit for about 20 minutes until the wheat is tender and has absorbed the water.
2. In a small bowl, whisk together the lemon juice, olive oil, minced garlic, salt, and black pepper to make the dressing.
3. Once the bulgur wheat has finished soaking, drain any excess water and transfer the wheat to a large serving bowl.
4. Add the chopped parsley, mint, diced tomato, and onion to the bowl with the bulgur wheat. Mix well to combine.
5. Pour the dressing over the tabouleh mixture and toss to coat everything evenly.
6. Cover the bowl and refrigerate the tabouleh for at least 30 minutes to allow the flavors to blend and develop.
7. Before serving, give the tabouleh a quick stir to fluff up the grains and adjust the seasoning to taste with more salt, pepper, or lemon juice if desired.



INGREDIENTS

2 cups cherry tomatoes
2 cloves garlic, minced
1/4 cup olive oil
Salt and pepper, to taste
Fresh basil or parsley,
chopped (optional)

INSTRUCTIONS

1. Wash the cherry tomatoes and cut them in half.
2. Heat the olive oil in a large skillet over medium heat. Add the minced garlic and cook for 1-2 minutes until fragrant.
3. Add the cherry tomatoes to the skillet and season with salt and pepper.
4. Stir the tomatoes occasionally and cook them until they soften and start to release their juices, about 15-20 minutes.
5. Using a potato masher or fork, mash the tomatoes to break them down into a chunky sauce. If you prefer a smoother texture, you can also blend the sauce in a blender or food processor.
6. Taste the sauce and adjust the seasoning as needed.
7. If using, add chopped fresh basil or parsley to the sauce and stir to combine.
8. Serve the tomato sauce immediately with your favorite pasta dish or use it as a base for pizza sauce.
9. Enjoy your homemade tomato sauce made with sweet and flavorful cherry tomatoes!



CHERRY TOMATO SAUCE



1.5 cups sauce



30 minutes

Did you know that cherry tomatoes were first cultivated in Peru and were originally yellow in color? It wasn't until the 20th century that red cherry tomatoes were developed, and they quickly became a popular snack and ingredient in many cuisines around the world!

Notes

As a general guideline, 1 and 1/2 cups of sauce is enough for 4-6 servings of pasta. However, this may vary depending on personal preference and serving size.

CUCUMBER SANDWICHES

Prep Time :10 min

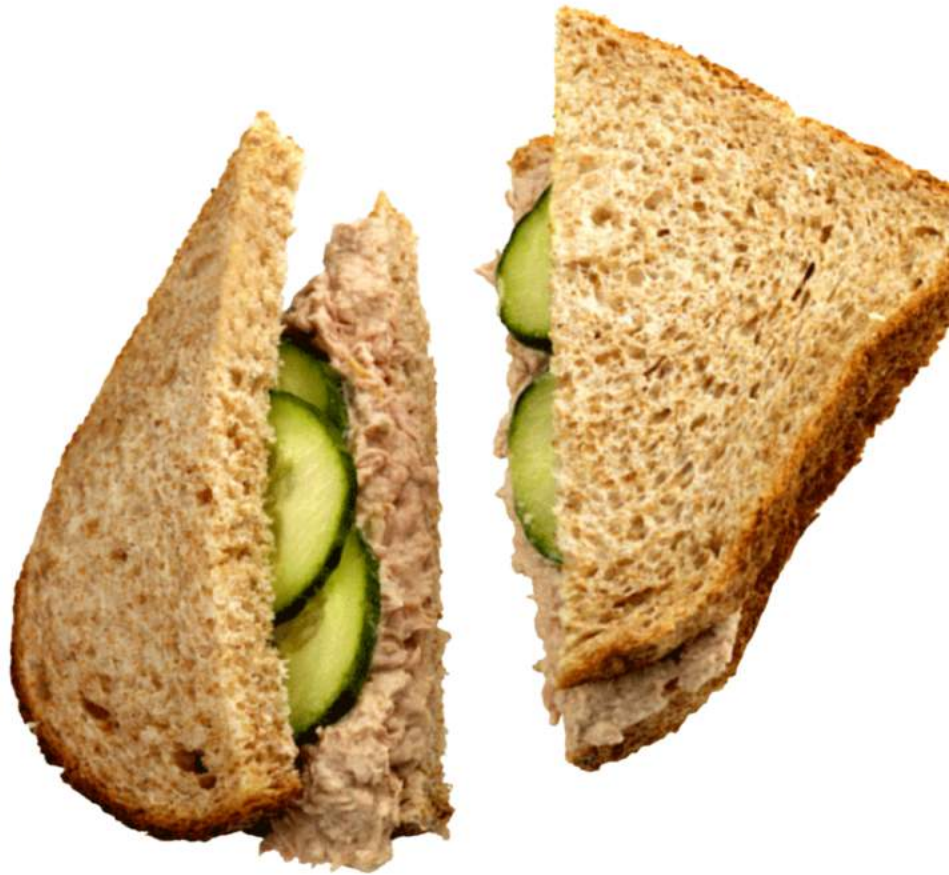
Ingredients:

1 large cucumber

4 oz cream cheese, softened

2 tbsp chopped fresh herbs (such as dill, parsley, or chives)

Salt and pepper to taste



Procedure:

Wash the cucumber and cut into thin slices, about 1/4 inch thick.

In a small bowl, mix together the softened cream cheese, chopped herbs, salt, and pepper until well combined.

Take a cucumber slice and spread a layer of the herb cream cheese on top.

Top with another cucumber slice to create a sandwich. Repeat with remaining cucumber slices and cream cheese.

Serve immediately or refrigerate until ready to serve.

Try adding some of your favorite herbs from your school garden that you have tried on Taste Test Tuesday!





RAINBOW VEGGIE SKEWERS

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
SERVINGS: 4

INGREDIENTS:

- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 zucchini
- 1 yellow squash
- 1 red onion
- 1 pint cherry tomatoes
- 1/4 cup olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- Salt and pepper, to taste
- Skewers

DIRECTIONS:

1. Preheat your grill to medium-high heat.
2. Cut the bell peppers, zucchini, and yellow squash into bite-sized pieces. Cut the red onion into wedges.
3. Thread the veggies onto skewers, alternating the colors to create a rainbow effect.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, honey, salt, and pepper.
5. Brush the skewers with the balsamic mixture.
6. Grill the skewers for 8-10 minutes, flipping occasionally, until the veggies are tender and slightly charred.
7. Serve hot and enjoy!



FRUIT SALAD SKEWERS

PREP TIME: 10 MINUTES
YIELD: 6-8 SERVINGS

INGREDIENTS:

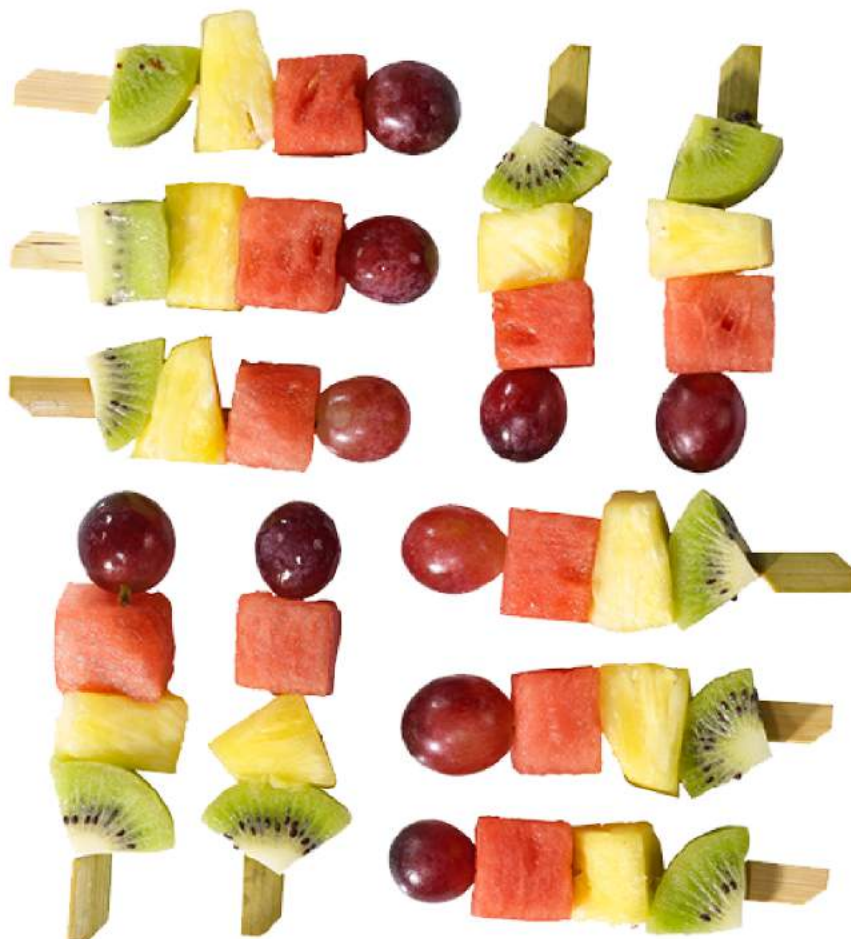
2 cups fresh strawberries, hulled and halved
2 cups fresh pineapple, peeled and cut into bite-sized pieces
2 cups fresh kiwi, peeled and cut into bite-sized pieces

DIRECTIONS:

1. Wash and cut the fruit into bite-sized pieces.
2. Thread the fruit onto wooden skewers in a colorful and appealing way.
3. Refrigerate until ready to serve.

Optional:

- drizzle with honey or yogurt for extra flavor
- use cookie cutters to create fun shapes with the cut fruit



NOTES:

Mix and match your favorite fruits on the skewers or even have a fruit skewer night at a party or for dinner!



CAPRESE SKEWERS

PREP TIME: 10 MINUTES

YIELD: 6-8 SERVINGS

INGREDIENTS:

Cherry tomatoes
Fresh mozzarella balls
Fresh basil leaves
Balsamic glaze (optional)
Salt and pepper (optional)

DIRECTIONS:

1. Rinse the cherry tomatoes and pat them dry.
2. Drain the fresh mozzarella balls and pat them dry.
3. Wash the fresh basil leaves and pat them dry.
4. Thread one cherry tomato, one piece of fresh mozzarella, and one basil leaf onto each skewer.
5. Repeat until all ingredients are used up.
6. If desired, drizzle balsamic glaze over the skewers and sprinkle with salt and pepper.



DID YOU KNOW...

Tomatoes and basil are often grown together because they benefit each other. Basil repels pests and attracts beneficial insects, while tomatoes provide shade and support. Planting them together promotes healthy growth and yield for both plants.

DIY FRIES

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVINGS: 4

INGREDIENTS:

2-3 medium-sized russet potatoes

1/4 cup cornstarch

1 tsp. salt

Vegetable oil, for frying



NOTES:

Substitute any type of potato for a variety of fries!

DIRECTIONS:

1. Begin by washing the potatoes and peeling off the skin. Cut off the ends of the potatoes to make them flat, then cut the potatoes into thin strips, about 1/4 inch wide.
2. Soak the potato strips in cold water for 30 minutes to remove excess starch, which will help the fries cook evenly and become crispy.
3. After 30 minutes, drain the water and pat the potato strips dry with a paper towel.
4. In a bowl, mix together the cornstarch and salt.
5. Heat vegetable oil in a deep fryer or a heavy-bottomed pot over medium-high heat, until the temperature reaches 375°F (190°C).
6. Working in batches, coat the potato strips in the cornstarch mixture and shake off any excess.
7. Carefully add the potato strips to the hot oil, making sure not to overcrowd the pot. Fry for 4-5 minutes or until they turn golden brown.
8. Using a slotted spoon, remove the fries from the oil and place them on a paper towel-lined plate to remove any excess oil.
9. Sprinkle with additional salt to taste and serve immediately while hot.
10. Enjoy your freshly made fries as a side dish with burgers or sandwiches, or simply as a snack on their own.



ROOT VEGETABLE CHIPS

PREP TIME: 10 MINUTES

COOK TIME: 15-20 MINUTES

SERVINGS: 4-6

INGREDIENTS:

2 medium-sized beets
2 medium-sized carrots
1 tablespoon olive oil
Salt and pepper to taste

Beets contain a natural pigment called betalain that gives them vibrant colors and potential health benefits. Betalains have anti-inflammatory and antioxidant properties, and the pigment has been used as a natural dye for centuries.

DIRECTIONS:

1. Preheat the oven to 375°F (190°C).
2. Peel the beets and carrots and slice them into thin rounds using a mandolin slicer or a sharp knife.
3. In a large mixing bowl, toss the sliced beets and carrots with olive oil, salt, and pepper until well coated.
4. Arrange the slices in a single layer on a baking sheet lined with parchment paper.
5. Bake for 15-20 minutes or until the edges are slightly browned and crispy.
6. Remove from the oven and let cool for a few minutes before serving.



BROCCOLI CHEDDAR BITES

 4-6 SERVINGS

 35 MINUTES

INGREDIENTS

2 cups fresh broccoli florets,
chopped

1 cup cheddar cheese,
shredded

1/2 cup breadcrumbs

1 egg

Salt and pepper to taste

OPTIONAL: Add fresh herbs like
scallions and parsley from your
school

DIRECTIONS

1. Preheat your oven to 375°F.
2. In a large bowl, mix together the chopped broccoli florets, shredded cheddar cheese, breadcrumbs, egg, salt, and pepper until well combined.
3. Using a tablespoon, scoop the broccoli mixture and form it into a small ball. Place the ball on a baking sheet lined with parchment paper.
4. Repeat the process until all the broccoli mixture is used up, spacing the balls evenly on the baking sheet.
5. Bake the broccoli cheddar bites for 18-20 minutes, or until they are golden brown and crispy on the outside.
6. Remove the baking sheet from the oven and let the broccoli cheddar bites cool for a few minutes before serving.





RAINBOW SALAD



4-6 servings



30 Min Prep

15 Min Chill

Ingredients

2 cups cherry tomatoes, halved
1 medium cucumber, sliced
1 medium carrot, peeled and sliced
1 medium bell pepper, sliced
1/4 cup red onion, thinly sliced
2 tablespoons olive oil
1 tablespoon apple cider vinegar
1 teaspoon Dijon mustard
Salt and pepper to taste


Instructions


1. In a large bowl, combine the cherry tomatoes, cucumber, carrot, bell pepper, and red onion.
2. In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.
3. Pour the dressing over the vegetables and toss until everything is well coated.
4. Chill the salad in the refrigerator for at least 30 minutes before serving.

Try adding your favorite chips like Doritos or Takis as a garnish for your salad to give it a fun update!



STRAWBERRY SHORTCAKE

 4-6 servings

 30 minutes

Ingredients

2 cups all-purpose flour
3 tablespoons sugar
1 tablespoon baking powder
1/4 teaspoon salt
1/2 cup unsalted butter, cold and cubed
2/3 cup milk
2 cups fresh strawberries, hulled and sliced
1 cup whipped cream

Instructions

1. Preheat the oven to 425°F (218°C).
2. In a large mixing bowl, whisk together the flour, sugar, baking powder, and salt.
3. Add the cubed butter to the dry ingredients and use a pastry cutter or your fingers to cut the butter into the flour mixture until it resembles coarse crumbs.
4. Add the milk and stir until a dough forms.
5. Turn the dough out onto a floured surface and pat it down into a 1/2-inch thick disk.
6. Use a biscuit cutter or round cookie cutter to cut out 6-8 biscuits, re-rolling the scraps as necessary.
7. Place the biscuits onto a baking sheet lined with parchment paper and bake for 12-15 minutes or until golden brown.
8. While the biscuits are baking, prepare the strawberries by slicing them and tossing them with a tablespoon of sugar.
9. When the biscuits are done, let them cool for a few minutes before assembling the shortcakes.
10. Cut each biscuit in half and place a spoonful of whipped cream on the bottom half.
11. Add a layer of sliced strawberries on top of the whipped cream and replace the top half of the biscuit.
12. Serve immediately and enjoy!



HUMMUS

Prep Time : 10 minutes

Servings : 6-8

Chickpeas have been cultivated for over 7,000 years and are one of the oldest crops in the world! Chickpeas are believed to have originated in the Middle East and were introduced to other parts of the world through trade and migration. They are not only a great source of protein and fiber, but also contain important vitamins and minerals like iron and folate. Chickpeas are incredibly versatile and can be used in a wide variety of dishes, from hummus and falafel to salads and stews.

Ingredients:

16 oz. Chickpeas
3 tbsp fresh lemon juice
1/3 cup tahini
2-3 garlic gloves
3 tbsp olive oil
1/2 tsp ground cumin
1/2 - 1 tsp salt
dash of paprika for topping

Procedure:



- 1) Wash chickpeas and soak them then let them dry.
Save 1/4 cup of the water mixture.
- 2) Combine all ingredients, except the paprika, in a blender or food processor and blend until completely smooth.
- 3) Transfer to a bowl and top it off with a drizzle of olive oil and a dash of paprika.
- 4) Let it set in the refrigerator for at least 10 minutes.
- 5) Use as a dip, sandwich condiment, or whatever else you can think of!



GREEK SALAD WRAPS

It's a salad, it's a wrap, its everything! Try adding any salad into a wrap or sandwich to add some fresh flavor to your routine!

Prep Time : 10 minutes

Servings : 6

Ingredients:

4 whole wheat tortillas
2 cups chopped lettuce
1 medium cucumber, sliced
1 medium tomato, diced
1/2 cup crumbled feta cheese
1/4 cup pitted kalamata olives, sliced
1/4 cup chopped red onion
2 tablespoons olive oil
2 tablespoons red wine vinegar
1 teaspoon dried oregano
Salt and pepper to taste

Procedure:

1. In a large bowl, combine the lettuce, cucumber, tomato, feta cheese, olives, and red onion.
2. In a small bowl, whisk together the olive oil, red wine vinegar, oregano, salt, and pepper.
3. Pour the dressing over the salad and toss until everything is well coated.
4. Warm the tortillas in the microwave or on a skillet.
5. Divide the salad mixture among the tortillas, spooning it onto the center of each tortilla.
6. Roll up the tortillas tightly, tucking in the sides to form a wrap.
7. Cut the wraps in half diagonally and serve immediately.





VEGETABLE DIP

PREP TIME: 10 MINUTES

YIELD: 1.5 CUPS OF DIP

INGREDIENTS:

- 1 cup plain Greek yogurt
- 1/2 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 clove garlic, minced
- 1 tablespoon fresh dill, finely chopped
- Salt and pepper, to taste


DIRECTIONS:

1. In a medium-sized bowl, whisk together the Greek yogurt and mayonnaise until smooth.
2. Add the fresh lemon juice, minced garlic, and finely chopped fresh dill. Mix well.
3. Add salt and pepper to taste.
4. Chill the dip in the refrigerator for at least 30 minutes to allow the flavors to meld.
5. Serve with a platter of your favorite fresh vegetables, such as carrots, cucumbers, and bell peppers.
6. Enjoy as a healthy and flavorful snack or party appetizer!



TIP:

Getting 8 cups of fruits and vegetables a day can be easy if you enjoy it! Explore different sauces and dips to spice up your fresh snacks!



ZUCCHINI FRITTERS

PREP TIME: 15 MINUTES
COOK TIME: 10 MINUTES
YIELD: 6-8 FRITTERS

PROCEDURE:

1. In a large bowl, combine the grated zucchini, flour, Parmesan cheese, beaten egg, salt, and pepper. Mix well to combine.
2. Heat the vegetable oil in a large non-stick skillet over medium-high heat.
3. Using a tablespoon, scoop the zucchini mixture and form it into a small patty. Place the patty in the hot skillet and repeat until the skillet is full. Be sure to leave enough space between each patty to prevent sticking.
4. Cook the zucchini fritters for 2-3 minutes on each side, until they are golden brown and crispy.
5. Transfer the fritters to a paper towel-lined plate to drain off any excess oil.
6. Repeat the process until all the zucchini mixture is used up, adding more oil to the skillet as needed.
7. Serve the zucchini fritters hot, optionally topped with a dollop of sour cream or Greek yogurt.

INGREDIENTS:

2 medium zucchinis,
grated
1/4 cup all-purpose
flour
1/4 cup grated
Parmesan cheese
1 egg, beaten
2 tablespoons
vegetable oil
Salt and pepper to
taste

Optional: sour cream or
Greek yogurt for serving

FUN FACT:

Zucchini is actually a type of summer squash and is considered a fruit, although it is often used and prepared as a vegetable in cooking.



VEGGIE QUESADILLAS

PREP TIME: 15-20 MINUTES

COOK TIME: 10-15 MINUTES

SERVINGS: 2-4

INGREDIENTS:

1 bell pepper, sliced

1 onion, sliced

1 zucchini, sliced

1 cup shredded cheese

4 flour tortillas

2 tablespoons vegetable oil

Salt and pepper to taste



PROCEDURE:

1. Heat a large skillet over medium heat. Add the vegetable oil to the skillet and allow it to heat up.
2. Add the sliced bell pepper, onion, and zucchini to the skillet. Season with salt and pepper, and sauté the vegetables for 5-7 minutes, until they are softened and slightly caramelized.
3. Remove the vegetables from the skillet and set them aside on a plate.
4. Return the skillet to the heat and place one flour tortilla in the skillet. Sprinkle 1/4 cup of shredded cheese over half of the tortilla, then add a layer of sautéed vegetables on top of the cheese.
5. Fold the tortilla in half and press down lightly with a spatula. Cook for 2-3 minutes, until the bottom of the tortilla is golden brown and crispy.
6. Use a spatula to flip the quesadilla over and cook the other side until golden brown and crispy.
7. Remove the quesadilla from the skillet and place it on a cutting board. Cut it into wedges and serve hot.
8. Repeat the process with the remaining tortillas and ingredients to make additional quesadillas.

NOTES:

Enjoyed best when shared.

CARROT CAKE OATMEAL

PREP TIME: 15-20 MINUTES

COOK TIME: 10-15 MINUTES

SERVINGS: 2-4

INGREDIENTS:

1 cup old-fashioned rolled oats
2 cups water or milk
1/2 cup shredded carrots
1/4 cup raisins
1/4 cup chopped nuts (such as pecans or walnuts)
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/4 teaspoon salt
1 tablespoon honey or maple syrup (optional)

DIRECTIONS:

1. In a medium saucepan, bring the water or milk to a boil.
2. Stir in the rolled oats, shredded carrots, raisins, nuts, cinnamon, ginger, nutmeg, cloves, and salt.
3. Reduce the heat to low and simmer, stirring occasionally, for 10-12 minutes or until the oats are tender and the mixture has thickened.
4. If desired, stir in the honey or maple syrup to sweeten the oatmeal.
5. Serve the oatmeal hot, topped with additional nuts, raisins, and a sprinkle of cinnamon.



Carrots were first cultivated over 5,000 years ago in present-day Afghanistan as a small, purple root vegetable. It wasn't until the 16th century that orange carrots were developed in the Netherlands as a tribute to the Dutch royal family, and they quickly became popular throughout Europe.

THE BEST OF BARNARD GROWING 2023

The students of Barnard have been busy this school year with the Hydroponics, Aquaponics and Outdoor Garden systems! Students have spent the year learning about the entire ecosystem that exists around their local school food ecosystem. Students learned about the vital role of bacteria in the systems, as well as why it's important to decrease food miles and consume nutritious food that has been produced locally.

Students have been in the drivers seat for all of the gardening systems this year, from learning how to monitor the systems for pests, creating water quality testing materials, learning how to propagate plants using recycled materials, and harvesting produce to send home to members of their school community.



THE BEST OF BARNARD GROWING 2023



THE BEST OF BARNARD GROWING 2023







UPCYCLED DIY (DO-IT-YOURSELF) SUMMER ACTIVITIES



DIY Hydroponic System with Upcycled Materials

FIND AN HERB THAT YOU LIKE? GROW IT FRESH AT HOME USING MATERIALS YOU ALREADY HAVE!



MATERIALS:

A PLASTIC CONTAINER WITH A LID (E.G. AN OLD FOOD STORAGE CONTAINER)
NET CUPS OR SMALL PLASTIC CUPS
EXPANDED CLAY PELLETS OR PERLITE
HYDROPONIC NUTRIENT SOLUTION



INSTRUCTIONS:

DRILL HOLES IN THE LID OF A PLASTIC CONTAINER TO FIT NET CUPS OR SMALL PLASTIC CUPS FOR PLANTS.

FILL EACH CUP WITH EXPANDED CLAY PELLETS OR PERLITE.

POUR ENOUGH HYDROPONIC NUTRIENT SOLUTION INTO THE CONTAINER TO SUBMERGE THE ROOTS OF THE PLANTS. PLACE THE LID WITH THE NET CUPS ONTO THE CONTAINER AND POSITION A GROW LIGHT OVER IT TO PROVIDE NECESSARY LIGHT.

MONITOR WATER LEVEL AND ADD NUTRIENT SOLUTION AS NEEDED.

THAT'S IT! HAPPY GROWING!

DIY Garden Composter

By upcycling small plastic containers as in-ground composters, you can reduce waste, save money, and create a more sustainable garden. Plus, making small holes in the container will allow worms to get in and help break down the compost faster. With a little effort, you'll have a steady supply of nutrient-rich soil to help your plants thrive.



MATERIALS:

- Small plastic containers with lids (e.g., food storage containers, ice cream pails, or coffee cans)
- Drill or screwdriver
- Shovel
- Compost or food scraps

INSTRUCTIONS:

1. Choose a small plastic container with a lid. This can be an old food storage container, ice cream pail, or coffee can that you no longer use.
2. Using a drill or screwdriver, poke several small holes in the bottom and sides of the container to allow for drainage and aeration. Be sure to make the holes big enough for worms to get into the container but not so big that the compost will fall out.
3. Choose a spot in your garden where you want to bury the container. The location should be convenient for adding compost and accessing the finished compost later on.
4. Dig a hole in the ground that is slightly larger than the container. The hole should be deep enough to allow the lid of the container to sit level with the ground.
5. Place the container in the hole and fill in the gaps around it with soil.
6. Add compost or food scraps to the container, making sure to cover the scraps with soil each time to prevent attracting pests.
7. Close the lid of the container to keep out animals and insects.
8. Over time, the compost will break down and turn into nutrient-rich soil that can be used in your garden.

COMPOSTING GUIDE

Transform your food scraps into rich garden soil, and say goodbye to your smelly trash can!



Compost It!

Fruit and vegetable scraps (e.g., banana peels, apple cores, carrot tops)

Coffee grounds and tea bags

Eggshells

Yard trimmings (e.g., leaves, grass clippings, small twigs)

Shredded paper and cardboard

Wood chips and sawdust

Nut shells (e.g., walnut shells, almond shells)

Dryer lint and hair

Houseplants and their soil

Paper napkins and towels

Food-soiled paper (e.g., pizza boxes, paper plates, paper bags)

Corn cobs and husks

Cotton and wool rags



Don't Compost:

Meat and fish scraps

Dairy products (e.g., cheese, yogurt, milk)

Fats, oils, and grease

Bones

Pet waste (e.g., dog or cat feces, litter)

Diseased plants or weeds with seeds

Charcoal or coal ash

Non-biodegradable materials (e.g., plastics, metals, glass)

Chemically treated wood or sawdust

Synthetic fabrics and textiles

DIY Garden Decoys

This DIY activity is a fun and creative way to add a unique touch to your garden while also protecting your plants from pests. It's a great project to do with kids or as a group activity, and the end result is both practical and decorative.



INSTRUCTIONS:

1. Clean and dry the rocks to ensure that the paint will adhere properly.
2. Paint the entire surface of the rock with red acrylic paint. You may need to apply multiple coats to get a smooth and even coverage. Let the paint dry completely between each coat.
3. Once the red paint is dry, use a small brush to add small green dots on the top of the rock to resemble the leaves of a strawberry plant.
4. Allow the green paint to dry completely.
5. Apply a clear sealant spray to the painted rocks to protect them from the outdoor elements.
6. Place the painted rocks in your garden or in pots with plants to deter pests, such as birds, squirrels, and rabbits, from eating your plants.
7. The painted rocks will resemble strawberries and trick the pests into thinking that they are real fruit, keeping them away from your actual plants.

MATERIALS:

- Smooth rocks
- Acrylic paint in red and green
- Paintbrushes
- Outdoor clear sealant spray

