

“Spring into Action Camp!” 2010 Recipe Book

Tai's note: Today it is really easy and seems cheap to just eat “fast food” all the time. Campers and Groundwork Somerville staff and volunteers took time each day to wash the dirt off our hands and prepare lunch together. We believe that food harvested from the garden (if possible!) and cooked together tastes better. It can also be cheaper than fast food if you have a garden, buy bulk grains, nuts, and seeds and use canned or frozen vegetables and fruit when the things you want aren't in season. After preparing a meal, we sit down together and take time to finish out meals. We always hope that everyone will taste everything, but no one has to eat anything they don't want. We try to compost as much of our waste as possible so that our worms can eat what we don't want. I hope you will continue to cook with your family and friends after leaving camp. If you share your favorite recipes with them I bet they will teach you some yummy new ones to add to your recipe book!

DAY ONE RECIPES

RECIPE: Bean, Cheese, and Veggie Quesadillas

Put a dry frying pan on medium high heat and put a tortilla in the pan once it is hot. Sprinkle shredded cheese on half the tortilla and add your favorite combination of the following ingredients (or think of your own!):

- Black beans rinsed and mixed with garlic and cumin
- Corn
- Salsa
- Chopped garden herbs (cilantro, chives, etc.)
- Guacamole
- Roasted or stir fried veggies
- Sour Cream

Fold your tortilla in half once the ingredients have warmed. Adjust heat so tortilla does not get too hard and crispy.

RECIPE: Maple Vinaigrette

Combine in mixing bowl:

- 1/2 cup oil (olive or vegetable)
- 1/2 cup maple syrup
- 1 cup vinegar



- One clove garlic peeled, chopped and mashed or 1/2 t. garlic powder.
- 1/4 t. salt
- 1/4 t. pepper

Carefully whisk ingredients together so that oil and other liquids become one uniform dressing.

RECIPE: Sprouty Salad

You can grow your own sprouts by buying alfalfa seeds at Harvest Coop or other similar grocery store. It takes about a week.

Instructions:

- 1) Wash your leafy veggie (spinach, romaine lettuce, etc) and chop if necessary
- 2) Peel and cut carrots or another favorite raw vegetable
- 3) Rinse and add sprouts

Drain and let air dry

DAY TWO RECIPES

RECIPE: Oat Crumble Topping (serves 10):

Ingredients:

- 1 cup rolled oats
- 1/2 c sugar
- 1/4 c flour
- 1/2 butter or oil
- 1 t. cinnamon

Instructions:

- 1) Mix together ingredients and press into frying pan.
- 2) Heat until oats are golden brown, stirring occasionally.
- 3) Let cool

RECIPE: Home Made Apple Sauce (serves 10)

Ingredients:

- 8 apples
- 1 t. cinnamon
- 2 T. sugar



Instructions:

- 1) Cut apples into small pieces of similar shape and size
- 2) Mix ingredients until apples are evenly coated with cinnamon and sugar
- 3) Heat covered on low until apples soften add water and turn down heat if apples start to burn.

RECIPE: Sweet Potato Fries

Serves 6

Ingredients:

- 2 Sweet potatoes cut into small cubes or strips
- 1/2 finely chopped onion
- Oil to thinly cover bottom of pan
- Salt, pepper, and garlic to taste

Instructions:

- 1) Heat pan and add oil.
- 2) Add potatoes, onions and garlic.
- 3) Cook on medium heat until potatoes are soft (add water if they start to burn).
- 4) Turn up heat and remove top to brown the outsides. (Some additional oil may be added during last browning step.)

DAY THREE RECIPES:

RECIPE: NOT peanut butter and jelly Sandwiches

Ingredients:

- Your favorite nut/seed butter (you can make this yourself with a food processor, a little oil, and your favorite nuts or seeds)
- Whole wheat sandwich bread
- Apples or bananas

- 1) Cut apples or bananas into thin slices of uniform width.
- 2) "Peanut butter layer:" Spread the nut or seed butter on a piece of bread.
- 3) "Jelly layer:" Arrange fruit so that you cover up as much of the nut butter as possible.
- 4) Place the second piece of bread on top!

DAY FOUR RECIPES:

RECIPE: Moroccan Couscous



Instructions:

This recipe is flexible depending on what you have in your kitchen! Smell your spices and decide which flavors are your favorite. Remember to write down what you add so you can remember your favorite recipe!

- 1) Prepare 1/2 cup Couscous per person according to instructions on box. You can also try substituting bulgur or quinoa.
- 2) Cook Spiced Vegetable Stew Sauce (serves 4-5) in wok or frying pan
 - 2 cups Chick Peas
 - Chopped zucchini, pepper, carrots, potato and/or onion
 - 1.5 cups diced tomatoes
 - 1/2 t cumin and/or curry
 - 1/4 t. ginger and/or cinnamon
 - 1/4 t. garlic
 - 1/3 cup. Olive Oil
 - Parsley, chives, or other garden herbs

RECIPE: Cucumber Yogurt Tzaziki

Combine in mixing bowl (serves 4-6):

- 2 cucumbers, thinly sliced
- 1 cup plain yogurt
- 1 t. dill leaves
- 1/4 t. garlic
- a shake of salt and pepper

Taste-test your salad and add anything that isn't strong enough.

RECIPE: Minty Sun Tea

Instructions:

- 4) Wash mint (or anise hyssop, lemon balm, or other tea herbs) leaves
- 5) Bruise with mortar and pestle or between clean fingers
- 6) Put in large glass jar with water
- 7) Add tea bags and sugar if desired
- 8) Let sit in sunny warm place for several hours



My Other Favorite RECIPES: ***Cook's name:*** _____

RECIPE: _____ (serves ____):

Ingredients:

- _____
- _____
- _____
- _____
- _____

Instructions:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

RECIPE: _____ (serves ____):

Ingredients:

- _____
- _____
- _____
- _____
- _____

Instructions:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

