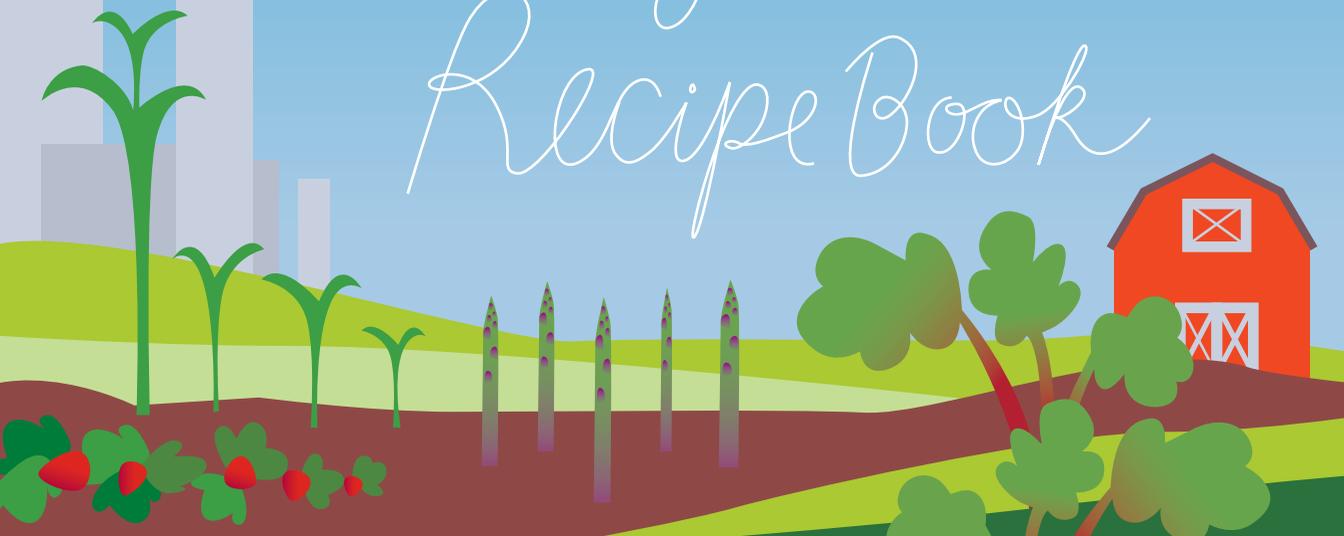




# SPRING

*Activity &  
Recipe Book*

**GR  
OW  
NYC**



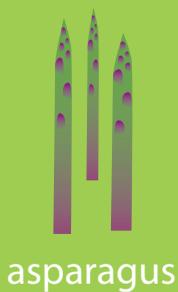
**SPRING** is an exciting time of year on a Greenmarket farm! The last of the winter snow and ice melt away and the earth “wakes up” from her rest. **VEGETABLE** farmers bring their tractors out of their barns to plow and till the fields. After the fields are prepared, most vegetable farmers spend much of the spring season planting seeds and fertilizing their crops. On the **POULTRY** farms the chickens, ducks, turkeys and geese begin to lay more eggs as the days get longer and sunnier. The **LIVESTOCK** and **DAIRY** farmers are busy as spring means the arrival of baby lambs, kids (baby goats), calves and piglets. In the **ORCHARDS** the fruit trees burst with colorful blooms, and the bees arrive to pollinate the fruit.

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— CHALLENGE —

Draw a line from the plant to the part of the plant you eat.

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leaf

stem

fruit

# What **COLORFUL** fruits and vegetables can we find in spring and summer at the Greenmarket?

## — CHALLENGE —

Find the names of local fruits and vegetables that are available at the Greenmarket in the spring and summer seasons.

oscar's orchard

o X C  
F X M X  
R A D I S H  
E I L A X T A M  
G A S P A R A G U S  
A C U D U E B E C D Q L  
B C X R H U B A R B C C Y O  
B K C B E A N S L O O J H O J Y  
A P E A C H E S V F E U C E G R M U  
C B L U E B E R R I E S T B C R M N E A  
P A C C U C U M B E R L J T E O O N P B  
O U Q G E G G P L A N T B U T L V B  
T L X U F N E R C M W L A C X I  
A I N V K X G A A Q M L R E  
T F S X O S R O O H K J  
O L F O T R T S O O  
P O S S O N J Z  
Y W N T V W  
F E S L  
E R

freddie's farm

- ASPARAGUS
- BROCCOLI
- RADISH
- RHUBARB
- SPINACH
- CHERRY
- STRAWBERRY
- BEANS
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- CORN
- CUCUMBER
- EGGPLANT
- LETTUCE
- ONION
- PEAS
- PEPPER
- POTATO
- TOMATO
- BLUEBERRIES
- MELON
- PEACHES

**DID YOU KNOW: SUGAR SNAP PEAS** are fruits? You can eat both the pod and the seeds of sugar snaps, and they're just as delicious raw as they are cooked. There's a good reason these peas are named sugar snaps- they're very sweet and crunchy! They're extra healthy too: One large serving of sugar snap peas gives you the recommended amount of Vitamin C for the entire day, and they're packed with important minerals such as calcium.

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## Sugar Snap Peas with Mint MAKES 4 SERVINGS

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### INGREDIENTS:

- 2 teaspoons olive oil
- $\frac{3}{4}$  pound sugar snap peas, trimmed\*
- $\frac{1}{8}$  teaspoon salt
- 1 tablespoon chopped fresh mint\*

\*ingredients available at Greenmarket

### EQUIPMENT:

- frying pan
- measuring spoons
- measuring cup
- colander
- mixing spoon

### DIRECTIONS:

1. Put the sugar snap peas in the colander and rinse them well.
2. Take each pea and "snap" the very tip, getting hold of the string along the bottom of the pea pod. Pull the string up the straightest side toward the stem end; pinch off the stem end and continue pulling the string until there is no more. Throw away or compost the strings and ends.
3. Wash and pat the mint dry with a paper or cloth towel. Gently pull the leaves off the stems and tear each leaf into 2-3 pieces.
4. With an adult's help, put the oil in the frying pan and heat the oil over medium heat on the stove.
5. Add the sugar snap peas. Season with salt. Sauté for 3-4 minutes then remove from heat and stir in mint leaves.

Recipe by Sarah Poten

**DID YOU KNOW:** Green, leafy vegetables like **SPINACH** are “superfoods” ? They have phytochemicals that “fight” to keep us healthy and lots of other very important nutrients. Did you know each **STRAWBERRY** has about 200 seeds? There are more than 600 varieties of strawberries, each with their own shape, size, and color!

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## Spinach and Strawberry Salad with Honey and Orange Dressing MAKES 6 SERVINGS

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### INGREDIENTS:

- 1 lb fresh spinach\*
- ½ lb. strawberries\*
- 2 green onions\*
- 1 tablespoon dijon mustard
- 2 tablespoons honey\*
- 3 tablespoons orange juice
- ½ teaspoon salt
- ¼ teaspoon pepper

\*ingredients available at Greenmarket

### EQUIPMENT:

- colander
- large bowl
- sharp knife and cutting board
- measuring spoon
- glass jar
- salad tongs or two large spoons

### DIRECTIONS:

1. Soak the spinach in cold water, moving it around to let the dirt and sand loosen from the leaves. Put the spinach in a colander, allowing it to drain. Gently pat the spinach with paper towels, drying away any excess water. Tear the spinach into bite sized pieces, placing the pieces in the large bowl.
2. With an adult’s help, use a sharp knife to cut the strawberries and onions into slices.
3. Place the mustard, honey, orange juice, salt and pepper in a small jar. Close the lid tightly and shake until all of the ingredients are combined.
4. When you are ready to serve, add sliced strawberries and green onions to the bowl with the spinach. Add the dressing and toss the salad with tongs until it’s evenly coated.

Recipe by Amy Marcus

**DID YOU KNOW:** Strawberries have more Vitamin C than oranges? Did you know we don't eat the leaves of the rhubarb but only the bright colorful stems? **RHUBARB** has a very tart taste, like cranberries do, but it's delicious when cooked with sweet strawberries and honey or maple syrup. Rhubarb is also packed with calcium and Vitamin C!

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## Strawberry and Rhubarb Compote MAKES 6 SERVINGS

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### INGREDIENTS:

- ½ cup maple syrup\*
- ¼ cup water
- 1 lb rhubarb (about 4 stalks)\*
- ½ lb strawberries\*
- 3 mint leaves\*
- 1 tsp. vanilla extract

\*ingredients available at Greenmarket

### EQUIPMENT:

- liquid measuring cup
- sharp knife and cutting board
- measuring spoon
- sauce pan
- wooden spoon

### DIRECTIONS:

1. Combine the maple syrup and the water in saucepan. With an adult's help, turn on the stove to low heat, and bring the mixture to a simmer.
2. With an adult's help, take the sharp knife and cut the rhubarb into ½ inch pieces. Then slice the strawberries and mint.
3. Add the rhubarb pieces and the sliced strawberries to the maple syrup and water mixture. Stir until combined. Allow the mixture to simmer, stirring occasionally until soft, about 15 minutes.
4. With an adult's help, turn off the stove. Add the vanilla, stirring to combine.
5. Allow the mixture to cool in the refrigerator about 1 hour. Stir in the sliced mint. Serve over ice cream or yogurt.

Recipe by Amy Marcus

**DID YOU KNOW:** Asparagus and garlic are related? They're both in the lily family along with onions and leeks. Asparagus is one of the very first vegetables the farmers harvest in the spring. **ASPARAGUS** is packed with nutrients too. It has fiber and lots of B vitamins and antioxidants that give us lots of energy and prevent us from getting sick. Curly green **GARLIC SCAPES** are the flower shoots of the garlic plant and you can find them at farmers markets in the spring (but never at grocery stores). They have a great, fresh garlicky flavor.

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## Asparagus with Garlic Scape Dressing MAKES 4 SERVINGS

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### INGREDIENTS:

- 1 lb asparagus\*
- 4 garlic scapes OR chives\*
- 2 tablespoons white wine vinegar
- 1 teaspoon dijon mustard
- ¼ cup olive oil
- water as needed
- ½ teaspoon salt
- ¼ teaspoon pepper

\*ingredients available at Greenmarket

### EQUIPMENT:

- sharp knife and cutting board
- large pot
- serving plate
- rubber spatula
- large metal bowl
- whisk

### DIRECTIONS:

1. With an adult's help fill a large pot with water and it place on the stove over high heat and bring to a boil.
2. Take each asparagus stalk and bend it until it breaks. Throw away or compost the woody bottom end. Then, with an adult's help use the sharp knife to cut the garlic scapes OR chives into small pieces.
3. Add the asparagus to the boiling water and cook until tender (about 3-5 minutes depending on the thickness of the asparagus). Remove the asparagus from the water and allow it to cool on a plate in the refrigerator.
4. Add the garlic scapes, vinegar, mustard, oil, salt and pepper to the large metal bowl. Using the whisk, stir rapidly until the dressing thickens a little and the oil and vinegar are well-combined.
5. Drizzle the dressing onto the plate of cooled asparagus.

Recipe by Amy Marcus

Learn more at  
[grownyc.org](http://grownyc.org)

# GROW NYC



Design and Illustration by Libby VanderPloeg