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Kitchen Garden at Collingwood College-Menu 7, 2021

Name of Recipe: Brassicas & Leafy Greens with Ginger, Lemon & GF Soy w

Volunteer Notes:

Any extra time can be spent on cleaning jobs.

From our garden- Lemons, Cabbage leaves, Bok-choi, Silver-beet, Rainbow Chard, Beetroot leaves, Mustard greens, Kale, Spring Onions, all Herbs, Edible flowers

| What to collect | What to do |
|--|--|
| 1 x basket of Cabbage, Bok-choi, Leafy greens (Silver-beet, Chard, Kale, Mustard greens, Beetroot leaves) Lettuce spinner | Separate, all leaves, check for bugs, wash & spin dry well. Roll up leafy greens and slice. <u>Bok-choi-cut</u> each leaf into 4. Cabbage, slice finely. |
| 4 sprigs parsley wash & pick 4 sprigs mint> wash & pick 3 x spring onions-washed/finely sliced Ginger grate on microplane | Divide all prepared greens into 3 bowls ready for sautéing. Pick herbs, wash-divide, set aside. Prepare spring onions. Prepare garlic, ginger, lemon-keep <u>separate</u> . |

