

# Enjoy a taste of Seeds of Solidarity's community programs and farm!

May yours be a peaceful table,  
and one of pleasure and wellbeing



## All Season Pesto

2 cups of greens such as basil, spinach, parsley,  
kale, arugula or any combo!  
1/2 cup of olive oil  
1/3 cup of parmesan or Romano cheese  
1/3 cup of raw pumpkin seeds  
(or walnut or pine nuts).  
3-5 cloves of garlic  
Salt and pepper to taste  
Blend all together until smooth.

*Traditional pesto uses basil,  
but other greens through the seasons  
make a delicious blend to enjoy on  
pasta, rice, or as a sandwich spread.  
We bring snacks to our gardening  
courses at the jail, and pesto  
is a flavorful favorite.*

## Garlic Chutney

*Nalini Goordial teaches  
local to global cooking in our  
Women Healing Women  
Healing Earth program.  
This recipe is included in a  
brochure we gave out at our  
Garlic and Arts Festival.  
Visit [kitchenwizardry.me](http://kitchenwizardry.me)  
for Nalini's spice blends +  
recipes!*

2½ Tbsp. Kashmiri chili powder  
10 medium garlic cloves  
½ tsp. cumin powder  
⅓ tsp. salt  
1½ to 2 Tbsp. sugar  
1 to 1½ Tbsp. lemon juice

Add all ingredients plus 3-4 tablespoons  
water and blend until smooth, adding  
more water as needed to a sauce like  
consistency.

Garlic chutney is ready to enhance rice,  
poultry, or a cheese board.

**“When you prepare a meal with artful awareness,  
it’s delicious and healthy.  
You have put your mindfulness, love, and care  
into the meal, then people will be eating your love.”**

*Thich Nhat Hanh, Buddhist monk + peace activist.*

*Full days at Seeds of Solidarity means  
that hearty soups that are quick to prepare are favorites.*



## **Quick Carrot Ginger (or Squash!) Soup**

1 lb. carrots, organic best as no need to peel  
One medium onion  
2 cloves of garlic, minced  
1 Tbsp. minced ginger or ginger powder.  
3 Tbsp. butter or olive oil  
One chopped apple  
About a cup of milk or coconut milk

Chop carrots into large pieces and boil in about 2 cups of water until tender. Keep the water.

Meanwhile, in a skillet melt the butter and sauté the chopped onion, garlic, ginger, and apple.

Blend half of the carrot mixture and its water with half of the onion mixture (immersion blenders are great!), adding in the milk while blending. Repeat.

If you don't have a blender or food processor, you can mash it well in the pot. Season with salt and pepper or curry.

Follow this same recipe with a winter squash like butternut- simply slice, seed, and steam one squash until tender.

Then remove the skin and use pulp in place of cooked carrots.

Our *Recipes for Wellness* booklet and brochure of garlic recipes are available for free at [seedsofsolidarity.org](http://seedsofsolidarity.org) along with many other resources.