



Kitchen Table Talk: Tomatoes & Zucchini

On August 30th, we hosted a two part Kitchen Table Talk, which was very well attended. Before we got started, participants were treated to a Wild Edible Smoothie — just the thing to kick off a great event!

In the first part of the evening, IHN student Lisa Ponizova talked about the health benefits of these two wonderful veggies (did you know they are both actually fruits??), and then shared samples of her now-famous recipes for Flourless Chocolate Zucchini Muffins and Raw Zucchini & Tomato Lasagna.

In the second part, Lorraine and Lana conducted a tomato tasting, and participants rated 26 varieties of tomatoes on taste, texture, and appearance, and provided feedback on whether they would use those varieties regularly in their kitchen. We plan to sue the information to help us decide which varieties to grow next year!



Lisa from the Institute of Holistic Nutrition builds a raw lasagna!

Flourless Chocolate Zucchini Muffins

Ingredients (yields 9 muffins):

- ½ cup almond butter
- 1 ripe medium-sized banana (or ½ cup) mashed
- 1 large egg (or 1 chia egg*)
- ¼ cup maple syrup
- ¼ cup unsweetened cocoa or cacao powder
- 2 tbsp ground flaxseed
- 1 tsp vanilla extract (but can omit this if not on hand)
- ½ tsp baking soda
- 1 cup zucchini, shredded and squeezed of excess liquid
- ¼ cup chocolate chips, plus more for sprinkling on top

Instructions:

1. Preheat oven to 375 degrees F and prepare a muffin pan by filling with paper muffin cups. Set aside.
2. Take all ingredients except for zucchini and chocolate chips and combine in a big bowl until everything is thoroughly mixed and has a smooth and creamy appearance. You can also do this in a food processor. Then fold in shredded zucchini and chocolate chips by hand.
3. Pour batter into prepared muffin tins, filling each cavity until it's about ¾ full. Sprinkle with additional chocolate chips if you desire.
4. Bake for 20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool for about 10 minutes before removing. Store in an airtight container for up to one week.

* To make chia egg: Take 1 tbsp chia seeds and mix them into 3 tbsp filtered water. Allow to sit for 10 minutes. Then mix thoroughly again. Your mixture should have a thick gelatinous consistency. You can add this to any recipe that calls for an egg as an egg replacement.

The Farm Stand

We're open 7 days a week, 8am to 8pm. It's self-serve, but if you need help, just give us a shout!

Salad Greens	Garlic	Tomatoes
Potatoes	Sprouts	Wild Edibles
Zucchini	Chard	Collards
Carrots	Radishes	Herbs
Turnips	Kohlrabi	Fennel
Lamb Sausages	Preserves	Ferments
Ground Beef	Beef Roasts	Liver
Ground Pork	Pork Sausages	Beef Bones
Soup Chickens	Meat Chickens	... and more!



Lorraine Schmid
Lori Aselstine

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Plan Ahead

The Farm Stand will be closing at the end of October. You will still be able to purchase products over the winter, by appointment.

Starting October 24th,
you can text or call us at
613-922-2226 to arrange!

