



Barnstable County

REGIONAL GOVERNMENT OF CAPE COD



Everyone Eats Community Garden



Cape Cod Cooperative Extension

This project is the result of a unique collaboration between Buy Fresh Buy Local Cape Cod (BFBLCC), in collaboration with Cape Cod Cooperative Extension and its Agricultural/Horticultural/Nutrition/Food Access Programs and the Community and is made possible with a grant from the Massachusetts Department of Agriculture (MDAR) in support of Massachusetts grown...and fresher.



Goals Of This Program



Increase Access

Creating **familiarity** and reinvigorating a sense of home for those who have made the move to another country.



Increase Production

Finding unique foods at **farmstands and farmers markets** can be difficult. We are working with farmers to increase production and demand for different kinds of produce.



Introduce new foods

Growing food that is typically found in other countries gives you a **“taste”** of different ethnic cuisine without having to leave the country.



Hands-on education

With so many different methods of **preparing food**, there is a lot to learn about foods that are unfamiliar to us in the US.



Eastern European Ingredients

01

Kohlrabi

← A mild, spicy vegetable that looks and tastes like a turnip.

02

Savory

An herb belonging to the mint family. →

03

Cardoons

A fast-growing vegetable characterized by thick, fibrous stalks.

04

Black Radish

One of the oldest cultivated crops, with a crisp bight and peppery taste.



Asian Ingredients

05

Baby Ginger

Young ginger that has a thinner skin and milder flavor.



07

Edamame

An immature soybean, said to be very sweet, and a great grab-and-go snack.



06

Choy Sum

A leafy green vegetable with a tender, edible stem.





Kohlrabi



Said to look almost “alien like,” **kohlrabi** tastes **similar to a turnip**, but is actually related to **cabbages**, broccoli and cauliflower. Found in Northern and Eastern Europe, this is popular in countries like **Germany** and Hungary, as well as **Vietnam** and India. This is a “zero waste” crop, that can be used in its entirety, from the leaves, to the stems and bulb.





Health Benefits of Kohlrabi



Fiber

Aids in digestion and regulation of blood sugar.

Vitamin C

An antioxidant that can protect the body from diseases like cancer.

Potassium

Helps to improve heart health, prevent cramps, and control fluids in the body.





How to Use Kohlrabi

Prep

← Shave off the waxy skin and set aside the leaves and stems.

Cook

Boiled, sauteed, pureed, roasted, or grilled.



Pair

Roasted w/other veggies, creamy soups, slaws, salads, or stir-fries. →

Serve

Alongside protein like meat, tofu, or beans, or a type of grain.



Kohlrabi Storage Hacks



01 Freeze

Put the stems and leaves in the freezer and use them for making broths, or use them in stir fries.



02 Pickle

You can pickle kohlrabi, and any other vegetable of your choice in vinegar, sugar, water, and other ingredients. They will be ready just one hour after pickling, or up to 2 weeks in the refrigerator.





Savory



You may have heard the word “savory” as a way to describe how something tastes. Well, it’s also an **herb** that’s been around for **2,000 years** and was used by the Romans as a salt alternative. Savory enhances the flavor of food with its slightly hot, peppery flavor and is similar to herbs like **marjoram, thyme, and mint.**





Health Benefits of Savory



Medicinal Properties

Blended into a tea and used to soothe a sore throat.



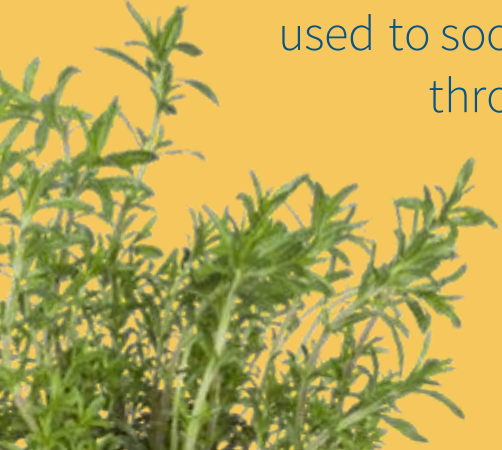
Digestion

Used to treat bloating, gas, and indigestion.



Salt Alternative

Salt is a staple in the kitchen, but for some a reduced intake is recommended. Savory is strong and flavorful and can make up for less salt in a dish.





How To Use Savory

● Prep

← Use a sharp knife and cutting board to chop or mince.

● Cook

Sprinkle on top of food before cooking or baking, add to oil or butter over heat.



● Pair

→ Use as a marinade for meats or vegetables, or as a oil or vinegar flavoring.

● Serve

Use as a garnish, seasoning, or wilt into a dish as an aromatic element.



Savory Storage Hacks



01 Freeze

Separate the leaves from the stem, and freeze in a ziplock bag or airtight container. You may also add the leaves to oil or butter, and pour into ice trays, freezing for later use.



02 Dry or Dehydrate

Tie fresh savory into a bundle with twine and leave to hang in a cool, dry space until the leaves can easily fall off the stem. You can also use a dehydrator to speed up the process.





Cardoons

← Cardoons are a **fast-growing vegetable** characterized by their **thick, fibrous stalks**. While they look like celery, cardoons have a taste and texture that is more similar to artichokes. →
Cardoons are a traditional vegetable in certain regions of Italy, Spain, and France.





Health Benefits of Cardoons



Fiber

Promotes healthy digestion, regulates blood sugar, and keeps you satiated.



Folate

Keeps our cells healthy and growing.



Magnesium

Regulates muscle and nerve function, blood sugar levels, and blood pressure.





How To Use Cardoons

●

Prep

← By wearing gloves and peeling with a paring knife or vegetable peeler.

●

Cook

By boiling the cardoons for at least 20 to 30 min before using any other cooking method.



●

Pair

With cream, cheese, citrus, and meat. →

●

Serve

Baked, braised, sautéed, boiled in soups and stews, or fried.



Cardoon Storage Hacks



01 Refrigerate

Wrap them in a damp paper towel and store them in a plastic bag in the fridge for up to a week. Cardoons have a short shelf-life, so use as soon as possible after buying.



02 Freeze

Peel and boil the cardoons first before freezing so that they will be easier to work with when you're ready to use them.





Black Radish



Radishes comes in all shapes and colors! **Black radishes** are not as common in stores, but they are **one of the oldest cultivated plants**, originating from **Asia** before they spread to **Europe**. They taste a lot like red radishes and can come either in a round, or oblong, cylindrical shape. They are also **cold hearty** and more likely to be seen sold during wintertime.





Health Benefits of Black Radish



Lower Cholesterol

With fiber, and vitamins like potassium, black radishes can help to manage cholesterol levels.



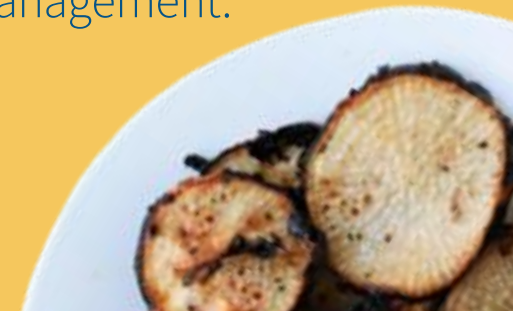
Vitamin C

Boosts and supports the immune system.



Fiber

Black radishes are low calorie, high fiber foods that can aid digestion and weight management.





How To Use Black Radish



Prep

by peeling, slicing, salting, and rinsing the radishes.

Cook

by roasting, frying, sauteing, or enjoying them raw.



Pair

with creamy dishes, arugula, truffles, carrots, apples, pomegranates, and a variety of fresh herbs.

Serve

as a topping for roasted meat and soup, pickled, fermented, or raw in salads, tacos, or sandwiches.





Black Radish Storage Hacks

01 Refrigerate

Keep them whole and unwashed. Ensure they are completely dry before refrigerating them in a perforated plastic bag or newspaper.



02 Freeze

Freezing can alter the texture and flavor if not done correctly. Before freezing, clean the radish, slice into medallions, blanch for 2 to 3 minutes, and soak them in an ice bath. Then drain them and place them in an airtight bag or container.





Baby Ginger



Baby ginger is just common ginger that has been **harvested before maturity**. Its **skin** is so **thin** that it can be rubbed off rather than peeled and its **flavor** is much more **mild**. While ginger grows in **tropical Asian climates**, U.S farmers have found that they can **harvest it while it's young** in the fall, before the winter cold sets in.





Health Benefits of Baby Ginger



Medicinal properties

Used to treat nausea and viral infections.



Antioxidants

Prevent cell damage and fight chronic disease.



Anti-inflammatory effects

Can help reduce pain and swelling in the body.





How To Use Baby Ginger

●
Prep

← By rubbing off the soft skin with a wet paper towel.

●
Cook

Sliced, grated, or minced in any hot dish, baked good, dessert, or tea.



●
Pair

With sushi, seafood, garlic, fruit, veggies, or meat. →

●
Serve

With soups, curries, stir-fries, stews, smoothies, noodles, or baked goods; or in candied or pickled form.



Baby Ginger Storage Hacks



01 Refrigerate

Store baby ginger in a bag or container in the refrigerator. Because of its thinner skin, baby ginger only lasts in the refrigerator two weeks, at most.



02 Freeze

Baby ginger freezes well and is easiest to work with when it has been minced or thinly sliced before freezing, but an entire root can also be grated straight from the freezer.





Choy Sum



Native to China and used in a variety of cuisines across Asia, **choy sum** is a **leafy green vegetable** in the same species as bok choy, Napa cabbage, and turnips. In Cantonese, its name translates to “**the heart of the vegetable**” – referring to its **tender, edible stem**.





Health Benefits of Choy Sum



Folate

Helps our cells grow and function.



Vitamin A

Is important for **good vision**, a healthy immune system, and reproduction.



Vitamin C

Prevents cell damage, helps our wounds heal, and supports our **immune system**.





How To Use Choy Sum

●

Prep



By washing and roughly chopping the whole bunch, including the stem.

●

Cook

By steaming, stir-frying, boiling, or blanching.



●

Pair

With garlic, ginger, and chilies.



●

Serve

In any stew, soup, curry, stir-fry, or noodle dish.



Choy Sum Storage Hacks

01 Refrigerate

Store choy sum in a breathable or open bag in the refrigerator. It typically lasts for several days and up to one week.



02 Freeze

Before freezing, blanch the choy sum in boiling water for about two minutes before draining and rinsing it with cold water.





Edamame



Edamame is soybean picked **before it reaches full maturity**, and because of this it retains a very sweet taste. Originating from **Japan**, and gaining popularity in the Western world, it is a **great on-the-go snack** when roasted, or a bright and colorful addition to any dish.





Health Benefits of Edamame



Folate

High in folate, edamame is used to convert certain foods into energy.



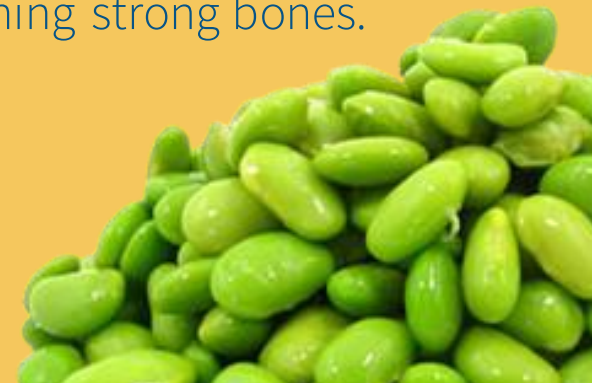
High Protein

Edamame is a great source of plant-based protein.



Vitamin K

An important nutrient for blood clotting, and maintaining strong bones.





How To Use Edamame

● Prep

← Removing the beans is easier after being boiled. Ensure a proper wash prior to cooking.

● Cook

Boil for 3-5 minutes or until tender. Remove the beans and roast or saute.



● Pair

With almost any veggie, grain, or spice. →

● Serve

In stir-fries, soups, stews, salads, or a crispy snack.



Edamame Storage Hacks



01 Freeze

You can find edamame already frozen, but if purchased fresh you can pre-boil them in water for 3-5 minutes, allow them to cool, and store them in an airtight container in the freezer.



02 Refrigerate

With a relatively short shelf-life, fresh edamame should be refrigerated or cooked as soon as possible.



Look for these crops and more at the following locations:



St. Mary's Episcopal Church - 3055 Main Street, Barnstable
Marina F. Andrews Community Garden at Tony Andrews Farm -
Berry Patch Lane, East Falmouth
Faith Assembly of God - 154 Bearses Way, Hyannis
Canaan Seventh-Day Adventist Church - 204 Route 28, West
Yarmouth

For more information, visit www.buyfreshbuylocalcapecod.org/

