

# Today's Menu

## Beverage: Herb Tea

### Ingredients:

- Mint & Lemon Balm leaves, Lavender flowers, Water and Honey
- Optional: Chamomile flowers, Pineapple Sage

Recipe: Wash several handfuls of mint leaves, add 10-12 cups of water, and place in a saucepan to simmer for 3 minutes, or in a glass jar to sit in the sun for 1-4 hours. Add 1/4 teaspoon of honey per cup. Dilute with water and/or ice to taste, and serve hot or cold!

## 1<sup>st</sup> course: Carrot Dippers

### Ingredients:

- Baby Carrots
- Fresh Oregano, Chives, and other herb leaves
- Mayonnaise, yogurt, and milk (cow, soy, or rice)

Homemade Ranch Dressing Recipe: Mix 1/2 cup mayonnaise with 1 cup plain yogurt and 1/4 cup milk. Cut fresh herb leaves with a scissors and stir into the dressing mixture. Spoon on to a plate, start dipping!

## 2<sup>nd</sup> course: Deluxe Salad Bar

### Ingredients:

- Salad Greens: Lettuce, Chard, and/or Spinach leaves
- Herb leaves: Parsley, Fennel, Chives, and French Sorrel leaves
- Calendula, Borage, Nasturtium and Rose petals

Recipe: Wash all leaves, and tear them up by hand. Gently rinse flowers and tear off petals. Display each ingredient in a separate bowl for diners to choose from, to create buffet style, custom-made salads, and use the Homemade Ranch Dressing (above) for garnish.

## 3<sup>rd</sup> course: Baked Potato "Chips"

### Ingredients:

- Small white, yellow, red, or blue potatoes
- Cooking oil spray, and pinch of salt, Rosemary, Oregano, etc.

Recipe: Slice potatoes into thin pieces and place in a single layer on an oiled baking tray or glass cake pan. Sprinkle with salt and herbs, bake at 350 degrees for 12-15 minutes, then turn and bake for another 12-15 minutes!

## Dessert: Drop Biscuits with Berry Sauce

### Ingredients:

- Fresh berries (we used mostly Blackberries)
- Optional: Oregon Grape, Blueberries, or Strawberries
- Bisquick mix
- Milk (cow, soy, or rice)
- Butter or Margarine pats

Recipe: Mix Bisquick and milk at approx. a 3:1 ratio. Stir just long enough for the dough to be moistened to a paste-like consistency. *Do not over-mix.* Use a tablespoon to scoop and drop dough onto a baking sheet, each biscuit a few inches apart. Bake for 10-12 minutes, or until biscuits are a little brown on top. Let cool for a minute on the baking sheet, then remove with a spatula.

Cook berries for a short time on low heat, just enough to soften (if using Oregon Grape or Currant, strain out seeds and add a little sweetener). Slice biscuit in half and spread some butter or margarine on top and let it melt into the biscuit, and/or spoon some berry sauce on top- yum!

**Today's Food:** Each year since 2005, children enrolled in Magnuson Nature Programs have planted, watered, tended, harvested, and snacked on nutritious, organic, and delicious crops in the Children's Garden plot of the Magnuson Community Garden P-Patch!

**Food Fact of the Day:** Several of our tea and salad dressing ingredients are related: Chocolate Mint, Spearmint, Lemon Balm, Rosemary, Thyme, and Oregano. They all belong to the same family of plants, and each of them has square-shaped stems!