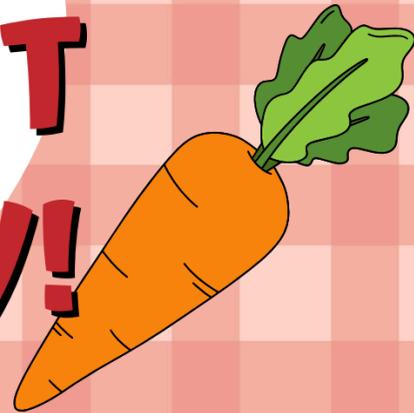


COOKBOOK FOR OUR CASTLEMONT GARDEN DAY!



PLANTS GROWN IN OAKLAND!

Made by Jamia

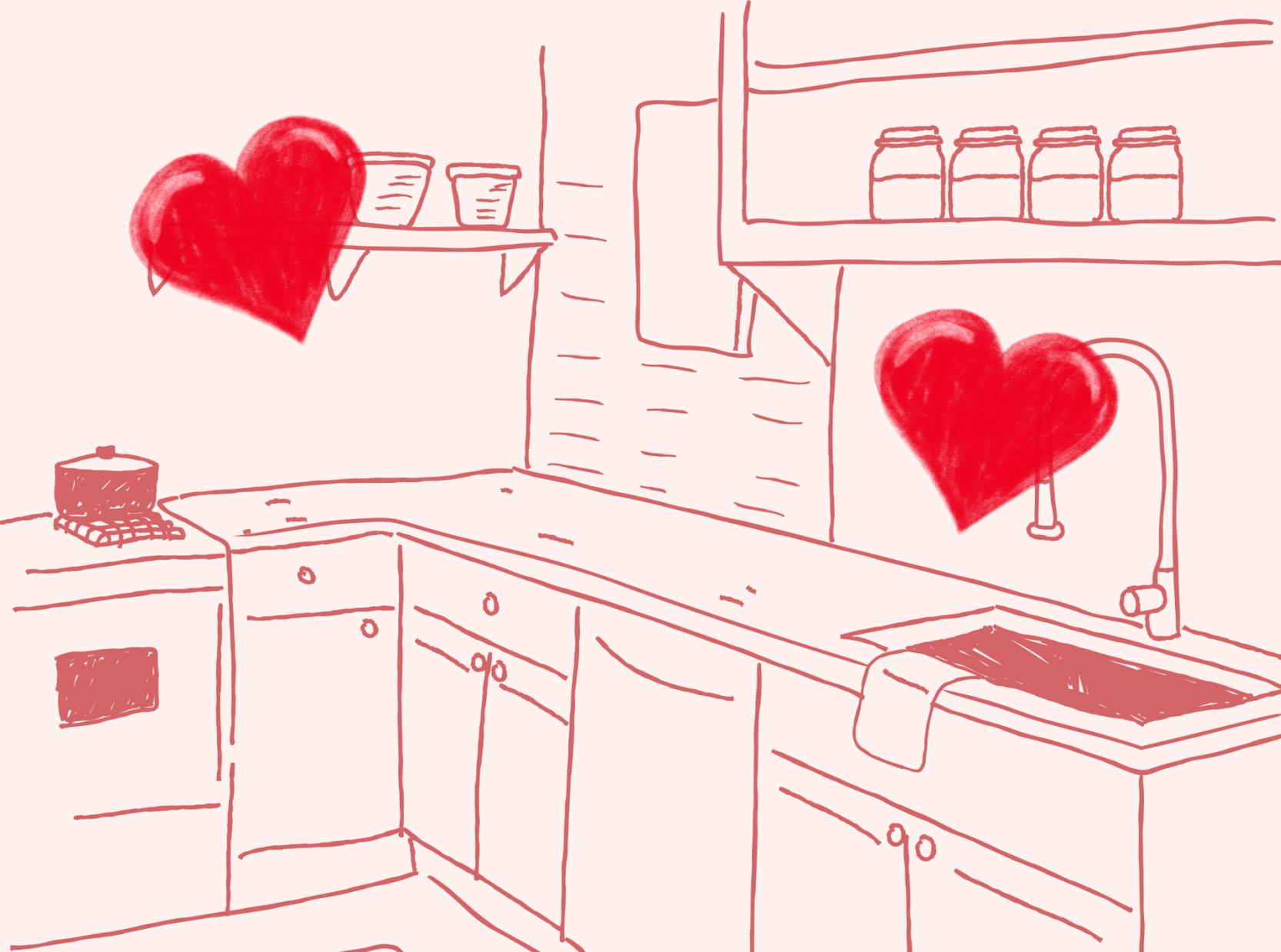


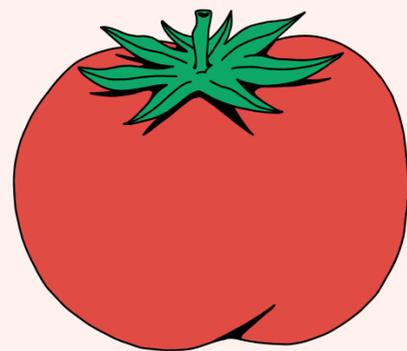
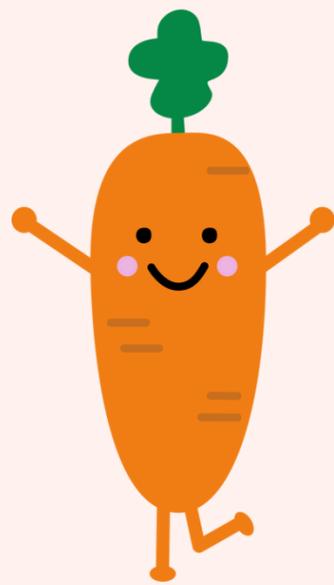
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THIS GARDEN COOKBOOK IS FILLED WITH RECIPES USING FRESH, HOMEGROWN INGREDIENTS. ALL THE PLANTS AND VEGETABLES FEATURED CAN BE GROWN RIGHT HERE IN OAKLAND. GROWING YOUR OWN FOOD IS AN ACT OF FOOD JUSTICE—RECLAIMING ACCESS TO FRESH, AFFORDABLE PRODUCE WHILE SUPPORTING SUSTAINABILITY AND OUR LOCAL COMMUNITY.



FOOD SOVEREIGNTY IS THE RIGHT OF COMMUNITIES TO CONTROL THEIR OWN FOOD SYSTEMS, ENSURING ACCESS TO HEALTHY, CULTURALLY APPROPRIATE, AND SUSTAINABLE FOOD. THE FIGHT FOR FOOD JUSTICE IS ABOUT MAKING SURE EVERYONE, ESPECIALLY IN LOWER-INCOME OR ENVIRONMENTAL JUSTICE COMMUNITIES, HAS ACCESS TO HEALTHY, AFFORDABLE FOOD.



FOOD JUSTICE AIMS TO CHANGE THIS BY ADDRESSING ISSUES LIKE FOOD DESERTS (PLACES WHERE FRESH FOOD IS HARD TO FIND), HIGH PRICES, AND UNHEALTHY FOOD OPTIONS. IT ALSO INCLUDES WORKING TO MAKE THE FOOD SYSTEM MORE FAIR, SO THAT WORKERS IN AGRICULTURE ARE TREATED WELL AND ENVIRONMENTAL IMPACTS, LIKE POLLUTION FROM FOOD PRODUCTION, DON'T HARM COMMUNITIES.

BEET SALAD



Ingredients

- Beets
- Spinach
- Mandarin Oranges
- Red onion
- Feta cheese
- nuts

Honey Mustard Lemon Vinaigrette

- Olive oil
- Honey
- Lemon Juice
- Dijon Mustard



Interesting fact:
Growing your own beets reduces the environmental impact of long-distance food transportation and promotes local food sovereignty

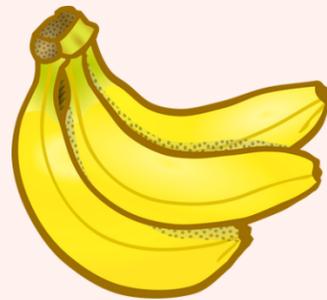
RECIPE

- Boil or roast beets until tender, then peel and slice.
- Layer greens, beets, onion, cheese, and nuts on a plate.
- Make Vinaigrette: Mix olive oil, lemon juice, mustard, honey, salt, and pepper in a small bowl.
- Drizzle vinaigrette over the salad and toss lightly and place orange slices



Beets support the body's natural detoxification process, especially through the liver

BANANA OAT PANCAKES

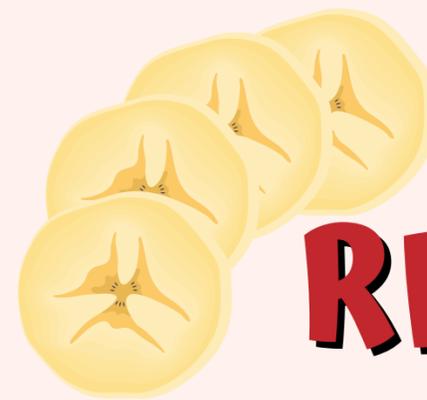


Ingredients

- - 1 Ripe banana
- - 1 Cup oats
- - 2 Large eggs
- - ¼ teaspoon baking powder
- - ¼ Cup milk
- - ½ teaspoon vanilla extract
- - Pinch of salt



Interesting fact:
Banana's production often involves unfair labor practices and harmful pesticides



RECIPE

- Put everything in a blender and blend until smooth.
- Heat a greased pan on medium heat.
- Pour small circles of batter into the pan.
- Cook for 2-3 minutes, flip, then cook 1-2 more minutes.
- Add your favorite toppings and enjoy!



SPRING ROLLS



Interesting fact:
Made from rice flour and water, rice paper is naturally gluten-free, making it suitable for people with gluten intolerance or celiac disease.

- ### Ingredients
- Rice paper
 - Rice noodles
 - Carrot and cucumber
 - Jalapeno
 - Mango
 - Avocado
 - Tofu
 - Peanut sauce
 - Basil, Cilantro, Mint

In Oakland, both the Vietnamese and Chinese populations are significant, with the Chinese community having a long-established presence in Chinatown.



RECIPE

- Prepare the noodles according to the package instructions. Drain and rinse under cold water.
- Fill a large bowl with warm water and dampen a clean kitchen towel. Spread the kitchen towel over a flat work surface.
- Soak a spring roll wrapper in the warm water for 15 seconds, or until pliable. Lay the wrapper flat on the kitchen towel and place some of the noodles, carrot, cucumber, tofu, jalapeño, mango, avocado, basil, mint, and cilantro in the center. Fold the sides of the wrapper over the fillings and roll tightly to close. Repeat with the remaining spring roll wrappers and fillings.
- Serve with peanut sauce for dipping.



BROCCOLI TOTS



Ingredients

- Broccoli
- Breadcrumbs
- Egg
- Shredded Cheese
- Garlic/Onion Powder
- Salt

Interesting fact:
Plant-based alternatives like broccoli tots in schools and communities, can advocate for food systems that prioritize access to healthy, affordable meals especially in low income areas



RECIPE

- Preheat the oven to 375 degrees F
- Add broccoli florets to a microwave-safe bowl with 2 tablespoons of water and microwave on high for 3-5 minutes, or until the broccoli is soft and fork-tender. Drain and finely chop into small pieces
- Add the breadcrumbs, shredded cheese, egg, onion powder, garlic powder, and salt to the bowl with the broccoli. Mix until well combined.
- Scoop out tablespoon-sized portions of the mixture and shape them into a tot shape. Place the tots on a parchment paper-lined baking pan
- Bake the tots for about 20-25 minutes, or until the edges begin to slightly brown. Shake the pan halfway through for even browning
- Enjoy!

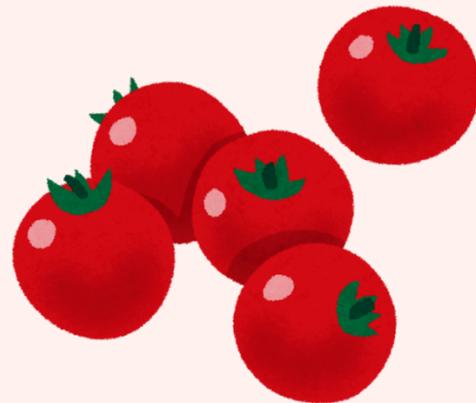


AVOCADO TOMATO TOAST ✨



- Ingredients
- 2 Slices bread
 - 1 Small avocado
 - 1/4 teaspoon lime juice
 - 1 Pinch salt
 - 6 Cherry tomatoes, halved

Interesting fact:
Tomatoes tend to require less water, making avocado tomato toast a balanced choice when considering water sustainability.



RECIPE

- Put the bread into toaster and start it toasting.
- Meanwhile, scoop out the avocado flesh and put into a bowl.
- Add lime juice and pinch of salt and then mash all of it together until pretty much smooth.
- Spread avocado mixture over toast.
- Divide between cherry tomatoes between slices and arrange on top.
- Serve.



MEDITERRANEAN VEGGIE PASTA



RECIPE

Ingredients

- Grape tomatoes
- Marinated artichokes
- Olives
- Fresh spinach
- Fresh basil
- Spaghetti
- extra virgin olive oil
- vegetable broth
- tomato paste
- garlic
- salt & pepper
- and crushed red pepper

- Bring a large saucepan of water to a boil (without salt) . Add pasta; cook 8 minutes or until al dente. Reserve 1 cup pasta water then drain in a colander. Set aside.
- While pasta cooks, heat a large skillet over medium heat.
- Add oil to pan and swirl to coat. Add red pepper and garlic; sauté 30 seconds or until fragrant.
- Add tomato paste, stir over heat for about 1 minute.
- Add tomatoes, broth, salt, black pepper, artichokes and olives. Cook 5-7 minutes or until tomatoes begin to break down, stirring occasionally.
- Add pasta, and simmer 2 minutes. If need more liquid, add reserved pasta water, hot water or more broth as desired.
- Stir in spinach and basil; cook 2 minutes or until greens wilt.
- Remove from heat and serve.
- Top with cheese if desired. Enjoy!



Interesting fact:

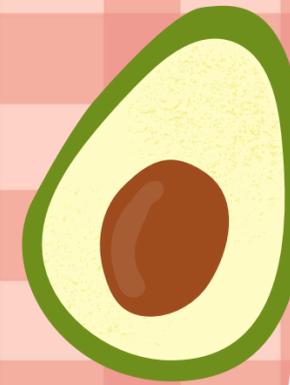
Incorporates various fresh vegetables, making it a great way to use up produce that might be nearing its expiration date, reducing food waste in communities where access to fresh produce can be limited.



About NVR

New Voices Are Rising empowers young BIPOC leaders from diverse Bay Area communities, increasing awareness on local and global environmental injustices through civic engagement and skills building. Youth make a real difference, tackling important environmental issues that directly impact their communities. Have recipes? Share with us on Instagram @newvoices_arerising!

Learn more at
Rosefdn.org/new-voices



**THANKS
FOR
COOKING
WITH ME**

