



CONCORDIA
**FARMERS'
MARKET**



Seasonal Produce
MINI COOKBOOK

About the Market

Farmers markets play an important role in building resilient local food systems and vibrant communities. The Concordia Farmers Market was founded as a student project in 2014 and has been overseen by the Concordia Food Coalition since 2017. We work with community partners to bring fresh, local foods and artisanal products to campus, all while empowering students to be the leaders of food system amelioration.



OCTOBER

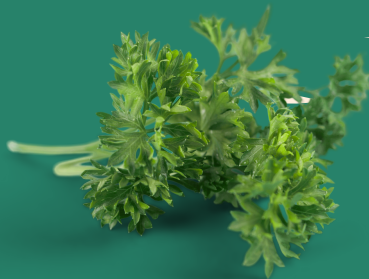
Garden Herb VINEGRETTE



INGREDIENTS



Basil



Parsley



Thyme



Garlic

STEPS

1. Finely chop the herbs and garlic.
2. Mix with lemon juice, olive oil, salt, and pepper. Optionally add your favourite vinegar, spices or mustard.
3. Shake or whisk until combined.

OCTOBER

Hearty Roots SOUP

INGREDIENTS



Carrots



Daikon
Radish



Parnips



Peppers



STEPS

1. Wash and chop all vegetables.
2. Heat oil in a pot and add some onion and then garlic.
3. Add remaining vegetables and saute for 5 mins. Add your favourite herbs and spices.
4. Add enough water/vegetable broth to cover ingredients.
5. Once it boils. reduce heat and simmer for 25 mins.
6. Add salt, pepper to taste.

SEPTEMBER

Hamidou SPICY EGGPLANT SAUTE



INGREDIENTS



Aleppo
Peppers
(2 tbsp)



Okra
(1 cup)



Tomatoes
(2)



African
Eggplant (2)

STEPS

1. Chop all vegetables.
2. Heat oil and add some garlic.
3. Add okra and eggplant and saute.
4. After 8-10 minutes, add tomatoes, aleppo peppers, salt and pepper.
5. Fry for 2 more minutes, and serve over rice or as a side dish.

SEPTEMBER

Wine Cap BRUSCHETTA



INGREDIENTS



Red wine cap
mushrooms



Garlic



Tomatoes



Fresh Herbs

STEPS

1. Preheat oven to 350F.
2. Chop tomatoes and herbs and mix with oil and salt.
3. Chop the mushrooms and fry lightly in oil.
4. Slice the baguette and lay the pieces out on a tray.
5. Combine ingredients and spread evenly over slices.
6. Place the tray in the oven and roast for 10 minutes!

AUGUST

Stuffed PEPPERS

INGREDIENTS



Zucchini



Peppers



Tomatoes



Fresh Herbs



STEPS

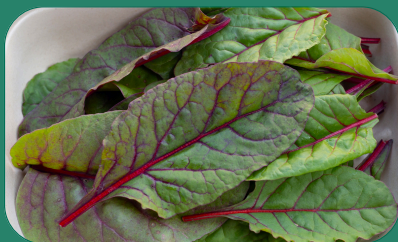
1. Rinse produce well.
2. Preheat oven to 400F.
3. Chop zucchini, tomatoes, and herbs and mix the filling.
4. Cut peppers in half, or remove the tops. Remove the seeds.
5. Fill peppers with filling.
6. Place peppers in oven and roast for 15-20 minutes!

AUGUST

Roasted Roots CHARD SALAD



INGREDIENTS



Chard



Garlic



Beets



Carrots

STEPS

1. Preheat the oven to 425.
2. Blanch the carrots in the boiling water for 2 minutes. Then add the beets and boil for 8 to 10 minutes.
3. Drain, add oil and roast for 20 minutes, flipping 10 mins in.
4. Chop chard and roast for 5.
5. Combine and add dressing.

Garlic dressing recipe



AUGUST

Roasted Garlic SALAD DRESSING

- **1 head garlic**
- **1 tablespoon lemon juice**
- **3 tbsp oil**
- **Optionally add herbs and spices**
- **Sea salt to taste**
- **Black pepper to taste**



1. Preheat the oven to 350 degrees.
2. Cut the top quarter off the head of garlic and drizzle with $\frac{1}{2}$ tablespoon olive oil. Wrap it in foil and set it in a small oven-proof dish. Bake it for 20 minutes. Remove it from the oven and keep it wrapped to cool. It will continue to cook as it cools.
3. Squeeze the roasted garlic out of its papery skin and into a small mixing bowl.
4. Mix in lemon juice and add a pinch of salt.
5. Next, whisk in the remaining 3 tablespoons olive oil and combine until smooth.
6. Serve over roasted vegetables or salad!

JULY

Market Fresh POKE BOWL



INGREDIENTS



Zucchini



Microgreens



Beets



Greens



Sugar Snap Peas



Carrots

STEPS

1. Rinse produce well.
2. Grate or thinly slice carrots and beets.
3. Chop zucchini and fry lightly.
4. Serve vegetables on rice, quinoa or your favourite grain!
5. **Poke sauce recipes on the next slide!**



JULY

Poke Bowl **SAUCES**

Poke Dressing

1 Clove garlic
1 tbsp Apple cider vinegar
2 tsp Soy sauce or Tamari Sauce
1 tsp Pure maple syrup

Sesame Mayo

3 Tbsp Vegan or regular
mayonnaise
2 Tbsp Water
1 Tbsp Tahini (or peanut butter)
1 pinch salt

Optional Garnishes

AVOCADO NUTS
EDAMAME GREEN ONIONS

JULY

Grilled Zucchini SALAD



INGREDIENTS



Zucchini
(Coop CultivAction)



Dressing



Dill
(Sankofa Farms)



Parsley
(Sankofa Farms)

STEPS

1. Rinse produce well.
2. Chop zucchini and roast, fry or grill in oil.
3. Chop herbs and mix into homemade or prepared dressing.
4. Combine zucchini with herbs, dressing in a bowl, marinate for 10 minutes and serve hot or cold!

JUNE

1KM Market SALAD



INGREDIENTS



Radishes



Greens



Microgreens



Snap peas



Fresh Herbs

STEPS

1. Rinse produce well.
2. Chop and mix all ingredients.
3. Check your pantry for additional toppings like seeds, nuts and dried fruit.
4. Dress with a tasty dressing - try making your own with olive oil, balsamic vinegar, mustard and maple syrup!

@concordiafarmersmarket

THANKS FOR ALL THE VEG!

Concordia Campus Garden Groups

