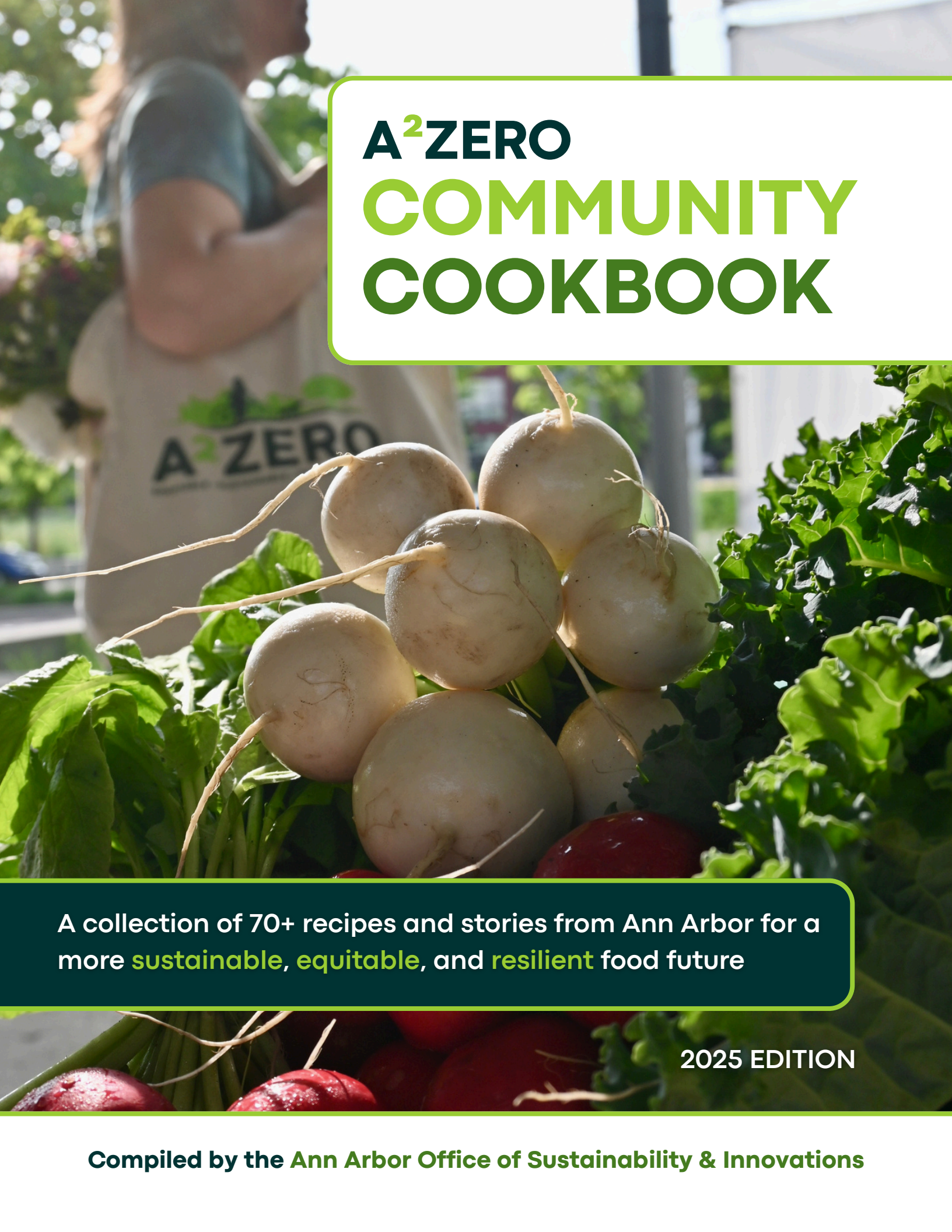


The background of the cover features a person wearing a light-colored apron with the 'A²ZERO' logo, holding a basket of fresh produce. In the foreground, there is a close-up of several white radishes with green leafy tops and some red radishes.

A²ZERO COMMUNITY COOKBOOK

A collection of 70+ recipes and stories from Ann Arbor for a more **sustainable**, **equitable**, and **resilient** food future

2025 EDITION

Compiled by the Ann Arbor Office of Sustainability & Innovations

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INTRODUCTION

Moving through the streets of Ann Arbor, it's easy to see that food is at the heart of the community. Around nearly every corner, you'll find restaurants, cafes, farmers markets, backyard gardens, and public spaces full of people sharing meals and conversations. **Food brings us together;** it's a powerful force for connection, culture, and change. This cookbook is both a celebration of Ann Arbor's food culture and a practical guide for how we can collectively harness the power of food to help us build a more sustainable future.

Right now, our community is at a turning point full of momentum, creativity, and purpose. With the adoption of the A²ZERO climate action plan, **Ann Arbor has made an ambitious commitment to a just and carbon-neutral future.** From energy to transportation to food systems, we're rethinking how we live and work together in ways that are more equitable, sustainable, and regenerative. This cookbook is one small piece of that bigger picture. It's a way to celebrate the local leaders moving us forward and to offer practical, everyday steps anyone can take to live out our community's sustainability goals.

Inside, you'll find recipes from community members who are leading by example – cooking with seasonal ingredients, reducing food waste, supporting local producers, and finding joy in plant-rich meals. **Each recipe tells a story** of a family gathering, a garden harvest, a cultural heritage, or a clever way to use ingredients you have on hand. Alongside these dishes, we've included tips and ideas to help make sustainability a part of your everyday life.

At the heart of this cookbook is a shared belief that **cooking sustainably doesn't have to be complicated** or overwhelming. Making sustainable choices in the kitchen is one of the most accessible ways that all of us can get involved in climate action, and getting started can be as simple and delicious as trying a new recipe. Plus, sustainable eating can have many other benefits, like helping you save on grocery bills by making the most of the ingredients you already have on hand.

Whether you're here to discover plant-based dishes, learn how to repurpose leftovers, or simply try something new, **we invite you to cook with us.** Together, we'll discover just how good sustainability can taste!

Why We Made a Community Cookbook

In the years since the adoption of A²ZERO, staff at the Ann Arbor Office of Sustainability and Innovations have had countless conversations with community members who want to make sustainable food choices but aren't sure where to start. When we initially set out to create a community cookbook, our goal was simple: to create, alongside our community, **a practical and actionable resource for sustainable eating in Ann Arbor** while sharing the stories of those local leaders at the forefront of Ann Arbor's sustainable food movement in hopes of inspiring broader change.

We also created this cookbook to challenge some of the most common misconceptions about sustainable eating: that it's expensive, restrictive, or only accessible to a privileged few. In reality, a

approach to food can be abundant, creative, and deeply joyful. Ann Arbor is rich with resources that make this possible: from thriving farmers markets and food co-ops to community gardens, food rescue programs, and a strong culture of sharing and mutual aid. Through these recipes and stories, we hope to show that **sustainable eating isn't about doing without, it's about doing more with what we have.**

At the same time, we recognize that even in a city as resource rich as Ann Arbor, sustainable eating is not equally accessible to everyone. Food insecurity, lack of transportation, time constraints, and financial limitations can all create real barriers to making choices that align with sustainability goals. This cookbook is not meant to prescribe a perfect way of eating or place guilt on anyone doing their best with what they have. Instead, it's an invitation to explore what's possible, when and where you're able, and to celebrate the small changes that add up to a big impact.

We believe that **everyone deserves access to nourishing, culturally relevant, and affordable food.** A truly sustainable food system must also be an equitable one. Our hope is that this book inspires not only more intentional personal practices, but also deeper conversations about how we can make sustainable eating a reality for all.

Using this Cookbook

This cookbook was designed to provide you delicious and practical ways to incorporate more sustainable food into your daily life. As you explore the recipes, you will find that they focus on three key principles: plant-rich meals, low-waste cooking, and local, seasonal ingredients. We chose these themes because they are some of the **most impactful ways for individuals to make a real difference for the climate, the planet, and their community.** We recognize that there are many ways to eat sustainably beyond these factors, and we encourage you to explore what fits within your lifestyle and values, then adapt your choices as you become more comfortable and confident.

The cookbook is **organized by season**, based on when ingredients are typically available from local farms and markets throughout the year. The four main sections – spring, summer, autumn, and winter – are filled with recipes that use fresh, in-season produce.



This structure is designed to help you cook with what's growing near you and support our local food system in the process!

Also woven throughout are **low-waste** practices, with ideas for using leftovers, cooking with scraps, and storing food wisely. So much of what we throw away has the potential to become something delicious. From turning herb stems into pesto to using leftover shredded chicken in tomorrow's meal, you'll find thoughtful ideas throughout the book to help you make the most of what you have.

Finally, this is a **plant-forward** cookbook. While you'll find plenty of vegetarian and vegan recipes throughout the book, the recipes are not strictly plant based. Instead, the emphasis is on celebrating vegetables, fruits, nuts, legumes, whole grains, and other plant-based ingredients as the foundation of a sustainable plate, whether or not a dish includes animal products.

As you read, you'll find **stories, insights, and tips from local farmers, leaders, and community members who work every day to build a more just and sustainable food system.** We encourage you to use this book not just as a guide for cooking, but also as an invitation to connect with your community, to try new things in the kitchen, and to find joy in more sustainable ways of living. Start where you are, and let each meal be a small step toward the future you want to see!



SECTION I:

SPRING

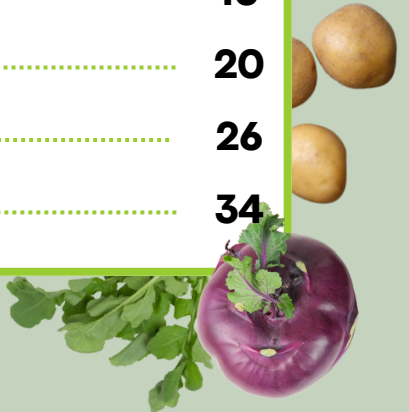
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Shoppers select flowers and asparagus from a farm stall at the Ann Arbor Farmers Market in late spring.



ANN ARBOR FARMERS MARKET

Over a Century of Local Food in the Heart of Ann Arbor

The Ann Arbor Farmers Market is a year-round public market located in the Kerrytown District of Ann Arbor. For over a hundred years, **the market has been a central hub of Ann Arbor's local food system**, providing a weekly sales outlet and gathering place for the farmers, food producers, and residents of Washtenaw County. Today, the market's continued vitality is a testament to the **resilience** of the area's agricultural community and the Ann Arbor public's **dedication to local and sustainably grown foods**.

The History of Ann Arbor Farmers Market

Originally called the "curb market," the Ann Arbor Farmers Market was established by the Community Foundation in May 1919 "after decades of community advocacy," according to current Market Manager, Stefanie Stauffer. It stands as the **second oldest public market in Michigan**, behind Detroit's Eastern Market. The original founders were motivated by a desire to reduce food costs by connecting farmers directly with Ann Arbor shoppers. They started with just ten vendors offering local vegetables, flowers, fruit, meat, and honey, outside the Washtenaw County Courthouse on Huron & Main Street, but quickly expanded beyond the capacity of the original organizers, and the City's Common Council took over management of the market in 1921.

Ten years later, in 1931, the market was moved to its current location on Fourth Avenue and Detroit Street. Former Ann Arbor Mayor and Alderman Gottlob Luick provided this new home through a generous donation of an old lumberyard. By that time, the Great Depression had dawned across the nation, and there weren't many resources available to develop the site. The farmers built improvised

walkways and structures and sold their goods from the sidewalk when the weather was warm. It wouldn't be until a Works Progress Administration (WPA) project in 1940 that the market's iconic roof and 124-stall pavilion were built.

Over the century since its founding, the market has seen significant changes in management structure, vendor attendance, and infrastructure, but it has remained at the heart of Ann Arbor's dynamic local food system. Today, the market is operated by the City of Ann Arbor Parks and Recreation Department under the leadership of Market Manager, Stefanie Stauffer, who writes **"For over 100 years, we have been the main source for direct-marketed local produce and farm products in Ann Arbor and Washtenaw County.** For much of that time, we were the only source for large quantities and varieties of these items, as well as the sole market for many of our farms."

Sustainability at the Market

One of the market's distinguishing characteristics, since its founding, is that it has always been a "producers-only" market. Stefanie explains that **"everything sold at the market must be grown or made by the vendor.** Vendors are not allowed to purchase product elsewhere and re-sell at our market, which sets us apart from other farmers markets." At a producers-only market, like the Ann Arbor Farmers Market, shoppers have the opportunity to connect directly with the people growing their food. In fact, Stefanie says, **"over 70% of our vendors are from within Washtenaw County, with around 95% from Southeast Michigan, so our products and business are also hyper-local."**

In addition to selling all locally grown and produced foods, many of the vendors at the Ann Arbor Farmers Market have a focus on **"organic produce, pastured meats, prepared food made with locally sourced ingredients, and plant-based foods,"** says Stefanie, emphasizing that sustainability is a value that has long been shared by many market vendors. "We have had certified organic farmers with us since Frog Holler Farm started at the market in the 1970s." Today, vendors at the market have a wide variety of growing practices, including organic and regenerative practices.

In particular, the market is an **excellent source of sustainably and humanely raised meat and dairy** products for those looking to eat a more sustainable diet. "Many people do not know that pasture-based livestock systems sequester carbon and are the foundation for building healthy soils that are nutrient dense, retain moisture, reduce erosion, and support diverse soil and plant life. These farmers' practices challenge the confined animal feedlot-style operations that are causing so many ecological problems and hastening climate change," says Stefanie.

Not to mention, she adds, **farmers are a vital part of ecosystem stewardship.** "Supporting locally grown, raised, and produced food plays an important role in farmland preservation, further reducing the carbon footprint involved in food production well beyond food miles," says Stefanie. "By supporting local agriculture, we are getting the freshest, most nutrient-dense food available while ensuring that those farms stay in business, and the ecosystems they support stay in place."

For individuals looking to reduce the environmental impact of their food choices, the Ann Arbor Farmers Market is a great place to start. According to Stefanie, despite a common misconception that sustainable food is inherently more expensive, "we have a large range of prices at the market, depending on the costs of production that our farmers and producers have." In addition, the Ann Arbor Farmers Market accepts multiple forms of currency, including SNAP / EBT, Double Up Food Bucks, WIC Produce Connections, Senior Project Fresh, and Prescription for Health, which makes the market **more accessible** to families on a limited budget.

"Many conventionally grown and mass-produced foods that you may find at the grocery store **hide their production processes behind low prices.** To be specific, those price tags don't reflect the negative impacts that those agricultural operations are having on the environment, on farm workers, or on human health. **There are not hidden costs at the market,** and where else can you ask the grower detailed questions about their practices?" explains Stefanie, emphasizing the importance of educating oneself about the impacts that food production has on the environment, agricultural workers, and consumers. For example, "organic practices help safeguard the health of farmworkers, who are often exposed to high levels of pesticides and other chemical inputs at non-organic farm operations."

You can visit the Ann Arbor Farmers Market year-round! Market hours are Saturdays and Wednesdays from 7:00 am - 3:00 pm during the months of May through December, and Saturdays from 8:00 am - 3:00 pm between January and April!

For more information, visit www.a2gov.org/market.





ALEX'S TOFU & RICE BOWL

From the Kitchen of: Alex Blume, Marketing Manager, Argus Farm Stop

Preparation Time: 20 minutes | Cook Time: 40 minutes | Yield: 4 bowls

Common Allergens: Soy, Sesame, Egg (Optional), Dairy (Optional)

"A lovely tofu and rice bowl that is a great breakfast, lunch, or dinner. The tofu is fantastic, and the accompanying veggies can be altered to fit whatever is in season or whatever you have on hand," says Alex, who learned this recipe from a friend and says it's been a go-to meal ever since!

INGREDIENTS:

FOR THE TOFU:

- 1 pound tofu, extra-firm (Alex uses Rosewood brand tofu)
- 3 Tablespoons sesame oil
- 2 Tablespoons soy sauce
- 4 Tablespoons nutritional yeast
- 2 Tablespoons gochugaru (optional)

FOR THE BOWL:

- 2 cups white rice, uncooked
- 3 1/2 cups of water
- High-heat, neutral oil, such as canola oil, olive oil, peanut oil, or coconut oil
- 1 clove garlic, minced
- About 5 ounces of chopped leafy greens, such as spinach, kale, tat soi, broccolini, bok choy, or brussels sprouts
- 1 carrot, chopped into matchsticks
- 1/2 daikon radish, chopped into quarter circles
- Kimchi, for topping
- 4 eggs (optional)
- 1 Tablespoon butter, to fry the egg (optional)

INSTRUCTIONS:

- Cut the tofu into bite-size rectangles or slightly larger. Add the tofu to a bowl and combine with sesame oil, soy sauce, nutritional yeast, and optional gochugaru. Let the tofu marinate for 30 minutes.
- In a rice cooker, pressure cooker, or on a stove, cook the rice in the water. If on the stove, let the water come to a boil, then add the rice. Continue to stir until the rice has cooked.
- About 15 minutes before the rice is perfect, use a pan, preferably a wok, on the stove to cook your ingredients, starting with the tofu.
- Heat some high heat oil in the wok. When hot, put in tofu, with all leftover marinating liquid. Lower to medium heat a couple minutes after the tofu has been added. Toss and stir until tofu is a darker brown on most sides (about 5-10 minutes). Most of the liquid should now be cooked into the tofu. Set aside.
- Add more high heat oil, then add minced garlic. When garlic is hissing and aromatic, add the chopped greens. Cook and stir until the greens are soft (about 3-4 minutes). Set aside.
- **Optional:** Add a little high heat oil. Add in matchstick carrots and/or quarter circle daikon radishes. Cook until they are soft (about 3 minutes). Set aside. Alternatively, include raw.
- **Optional:** Cook one egg per serving: Lower the heat on the wok to low. Add 1 tbsp of butter to the wok. When it has melted, crack the egg on the counter and open it into the wok. Add salt and pepper to it if you would like.

MAKE IT LOCAL: Alex likes to make this dish using all locally grown ingredients purchased at Argus Farm Stop. For rice, which is not available locally, he suggests choosing organic, preferably regenerative rice to reduce the overall environmental impact of the dish.

COTTAGE CHEESE HERB BREAD

From the Kitchen of: Sherry Hatcher, Community Member

Preparation Time: 2 hours 30 minutes | **Cook Time:** 30 minutes | **Yield:** 2 loaves

Common Allergens: Wheat, Milk

"This bread is healthy and not too difficult to prepare," says Sherry, who adapted this bread from a recipe originally created by figure skater Peggy Fleming and published in the Detroit Free Press in the 1970s. "When my children were young, they enjoyed baking this bread with me," they add.

INSTRUCTIONS:

- In a small bowl, sprinkle the yeast into the warm water and stir until the mixture is well blended.
- Mix 2 teaspoons of sugar into the yeast mixture and set it aside.
- In a separate mixing bowl, combine the cottage cheese, green onion, dill, basil, baking powder, salt, sugar, and eggs. Mix thoroughly until the mixture is well combined.
- Add the yeast mixture to the cottage cheese mixture, combining everything well. Then, add the flour and combine until a shaggy dough forms.
- Lightly flour a surface (such as a countertop) and knead the dough on the floured surface until the dough is smooth and elastic.
- Place the dough in a greased bowl, turning to bring the greased side up.
- Cover the dough ball with a tea towel and let it rise in a warm place, such as atop a preheating oven or near a radiator, for around 1-1 ½ hours.
- Preheat the oven to 350° F.
- Once the dough has doubled in size, punch it down to release the air, then turn it onto a lightly floured surface and knead it several times.
- Divide the dough into two equal portions and shape it into two loaves.
- Place each loaf in a well-greased loaf pan (8x5x3 inches), then bake them for 30 minutes, until the top is golden.
- Remove the loaf pans from the oven and place them on a cooling rack.
- Brush the tops of the loaves with melted butter.

INGREDIENTS:

- 2 (1/4 ounce) packages active dry yeast
- 1/2 cup warm water (105-115° F)
- 2 teaspoons sugar
- 2 cups creamed cottage cheese
- 2 Tablespoons minced green onion
- 2 Tablespoons fresh dill
- 1 Tablespoon fresh minced basil
- 1 teaspoon baking powder
- 2 teaspoons salt
- 2 Tablespoons sugar
- 2 eggs
- 4 1/2 cups all-purpose flour

GROW HERBS AT HOME:

Growing herbs is a great way to get started gardening at home. Dill and basil can be grown nearly year-round in a sunny windowsill!



PAN-FRIED CHIVE AND EGG POCKET

From the Kitchen of: Annie Ye & Jennifer Ming, A²ZERO Ambassador, Community Member

Preparation Time: 30 minutes | **Cook Time:** 15 minutes | **Yield:** 20 Pockets, 4-5 Servings

Common Allergens: Wheat, Egg

"There's something super satisfying about biting into a crispy, golden-brown pocket of dough, just out of the pan! This delightful snack brings together the perfect contrast of textures: the satisfying crunch of the pan-fried dough, followed by soft scrambled egg filling packed with aromatic chives. Originating from China's hardy northeastern region, these pockets of joy are a classic beloved staple, offering a nostalgic taste of my birth country and a delicious bite of tradition," says Annie, who learned to make this dish from their mother, Jennifer Ming.

"This dish has been a cherished part of my family's heritage in northeastern China, passed down through generations," they write, "When we immigrated to the U.S. and I was still a child, my mom would often make these pastries whenever chives were in season, a little piece of home amidst the newness of life a different country."

Once we settled in Iowa, my parents found that chives thrived in the local soil, and they quickly became a staple in our garden. During the growing season, the chives flourished and my parents would harvest them in abundance. They'd freeze bundles to carry us through the winter season, so we could enjoy these yummy pockets all year long.

I learned this dish from my mom: first through happy eating, then by watching, and finally hands-on with my mom from my childhood through my high school years. Those high school years, the egg and chive pockets were a staple."



ANNIE'S SUSTAINABILITY TIP:

"Use local chives and eggs grown in your own garden or local farms!

In the fall, after the chives had bloomed, my parents would harvest the delicate chive flowers and salt them, preserving them into tangy pickled chive flowers.

Bursting with flavor, these pickled flowers became a wonderful addition to soups, stews, and just about anything else we made - a true taste of the season."

INGREDIENTS:

FOR THE DOUGH:

- 1 teaspoon active dry yeast
- 1 cup warm water (more or less as needed)
- 2 1/2 cups all-purpose flour

FOR THE FILLING:

- 4 large eggs
- 1/2 teaspoon salt
- 1 Tablespoon and 2 teaspoons vegetable oil, divided
- 3 cups garlic chives, finely chopped

FOR FRYING:

- Additional vegetable oil, as needed



INSTRUCTIONS:

MAKE THE DOUGH:

- In a large mixing bowl, mix $\frac{1}{2}$ cup of warm water with the yeast. Stir to dissolve the yeast.
- Once the yeast is dissolved, add the flour. Drizzle in the remaining water, a little at a time, and mix until a dough forms.
- Knead the dough on a floured surface for about 5 minutes until it becomes smooth and elastic.

PREPARE THE FILLING:

- In a bowl, crack the eggs and add in the salt. Beat the mixture until smooth.
- Heat a non-stick skillet over medium heat and add about 1 Tablespoon of vegetable oil.
- Pour in the beaten eggs, stirring occasionally with a spatula until the eggs are just cooked through, but still soft.
- Using the spatula, break the egg into small pieces for a scrambled egg texture.
- Transfer the scrambled egg into a mixing bowl. Stir in the chopped chives and 2 teaspoons of vegetable oil. Mix well, then set the filling aside to cool.

ASSEMBLE THE POCKETS:

- Once the dough has rested, divide it into 20 portions, depending on how large you want the pockets to be.
- Roll each portion into a ball, then roll it into a flat circle, about 4-5 inches in diameter.
- Place about 1 Tablespoon of the filling into the center of each dough circle. Adjust the filling-to-dough ratio to suit your taste.
- Fold the dough over the filling to create a half-moon or crescent shape and pinch the edges tightly to seal.

COOK THE POCKETS:

- Heat a thin layer of vegetable oil over the whole skillet over medium heat.
- Carefully place the stuffed pockets in the hot skillet, cooking in batches if necessary, and fry for about 3-4 minutes per side, until golden brown and crispy.
- Remove the pockets from the skillet and drain them on paper towels.
- Serve the pockets hot. These are delicious plain or with a chili sauce!





TANTRÉ FARM

30 Years of Sustainable Growing in Washtenaw County

Tantré Farm has been a cornerstone of sustainable agriculture in Southeast Michigan since 1993. Founded by Richard Andres and Deb Lentz, the farm began with just 40 acres of land, cultivating organic potatoes, squash, and garlic. Over the years, it has expanded to encompass around 115 acres and now grows more than 100 different varieties of vegetables, mushrooms, fruits, herbs, and flowers. Today, **Tantré is known for the pivotal role they have played in fostering local food systems** through their robust Community Supported Agriculture (CSA) programs, internships and apprenticeships, educational outreach, and business incubators.

The Roots of Tantré

When timber-frame carpenter Richard first put a shovel to the earth in 1993, breaking ground at what would soon become one of the largest CSA farms in Michigan, he had no intention of becoming a trailblazer of Southeast Michigan's local food movement. Instead, he had a simple goal: **"I wanted to grow food that I loved, to work outside, and to get to know a piece of land really well,"** he says.

In those early years, Richard saw farming primarily as an income source and way to spend more time outdoors. "It didn't take long for me to figure out how to make money on a farm," says Richard, who adopted organic farming practices early on and sold to nearby natural food stores. However, it wasn't until he met schoolteacher Deb Lentz, and the pair married in 1995, "that I started to see arming as a meaningful process, as part of a shared life that was growing." Deb, who is both practical and community-minded, was a natural complement to Richard's introspective and

philosophical personality.

Their partnership, says Richard, was the catalyst for the community that would soon become one of Tantré's defining features: "we grew the farm and our family, and then the community around the farm became our family, and it was **those relationships that became the jewel of our lives,**" he remembers. Deb adds, "over the years, we met people who believed in what we were doing and were willing to help us do the work, and they introduced us to ideas that were well beyond what we originally envisioned."

One of those ideas, says Deb, was the inspiration for Tantré's iconic CSA program, which they began together with a group of supporters in 2001. "The CSA fit our values and the direction we wanted to take the farm," explains Deb. Those values include sustainability, community, education, and local, seasonal food. **"It's never just been about money or growing vegetables, but about how we could share food with others that they would enjoy and will nourish them and the earth,"** she shares.

Empowering the Next Farming Generation

Over the years, Richard and Deb have welcomed generations of interns and apprentices to join them in living intentionally on the farm and learning the methods of ecological food production. A network of Tantré alumni now manage, own, or work at farms across the country, including right here in Washtenaw County.

While the internship program provides emerging farmers with employment and hands-on agricultural experience, it also is an orientation to a **cooperative,**

creative, and land-based way of life. The Tantré farm crew lives, eats, and works together on the farm's property in Chelsea, where they often form lifelong friendships and develop a deeper understanding of ecology, farming, and community. Richard says, "On the farm, we're like a family. We're a group of people, young and old, who gather to take care of each other, work together, and experiment, like in any good classroom."

The emphasis of the internship, Richard says, "isn't on production, but about **rediscovering what it means to be interdependent with each other and the land**" - the same question, he says, that inspired him to pursue farming four decades ago. "I wanted to know what it really meant to be local to a place, to know my role within a community of people, plants, animals, soil, land, and water," he reminisces. The farm crew explores these questions together and, ultimately, apply their learnings through their farming practice, which at Tantré emphasizes sustainability and the wellbeing of the land, water, and community.

Community Education & Sustainability

In addition to farmer training, Richard and Deb are similarly dedicated to **community food education**, hosting groups of children and adults for field trips, farm tours, skill-sharing workshops, cooking classes, and hands-on volunteer opportunities. Their weekly newsletter shares lessons and reflections from the field, while their website boasts an impressive number of recipes ranging from celeriac soups to persimmon puddings.

Motivated by their goals to "produce fresh, healthy food for the local community, provide quality of life for the farmer, and sustain economic viability for the farm with care and respect for nature's diversity," Tantré Farm aims to embody sustainability in all of their endeavors. Through their programs, they teach the value of seasonal eating, sharing food with family and friends, and building relationships rooted in care and respect.

To learn more about Tantré Farm, please visit www.tantrefarm.com.



TANTRE FARM ROOT CELLAR SALAD

Preparation Time: 30 minutes | **Yield:** 4 plates

A simple salad featuring stored root vegetables! "Fresh, local food all year round," says Deb!

INGREDIENTS:

- 2 medium beets, washed
- 3 large carrots, rinsed
- 1 daikon radish, rinsed
- 1 kohlrabi, rinsed and peeled
- 1/4 to 1/2 cup sesame or sunflower seeds, toasted
- 2-4 Tablespoons olive oil, to taste
- 2-4 Tablespoons lemon juice, to taste
- Salt and Pepper, to taste

INSTRUCTIONS:

- Grate the beets, carrots, daikon radish, and kohlrabi into a bowl.
- Toast the sesame or sunflower seeds, allow them to cool, then add them to the bowl.
- Drizzle the salad with olive oil and lemon juice to your taste. Be careful not to add too much liquid. The tartness in the lemon should be prominent.
- Serve immediately or let it marinate for a few hours in the refrigerator.

ARBOR TEAS' IMMUNITY BOOSTING MUSHROOM & BURDOCK ROOT SOUP

Preparation Time: 20 minutes | **Cook Time:** 35 minutes | **Yield:** 6-8 (12-ounce) bowls

Common Allergens: Soy, Sesame (Optional)



"Comforting and delicious, this simple plant-based soup is brimming with healthy goodness! The combination of mushrooms, greens, and Organic Burdock Root create a meal that is packed with fiber, B vitamins, and vitamins A & C, plus essential minerals such as iron, copper, manganese and potassium. Who knew immunity support could be so tasty?" says Sarah Boylan, Warehouse Manager at Arbor Teas.

INGREDIENTS:

- 1 medium yellow onion, diced
- 2-3 cloves of garlic, minced
- 8 ounces shiitake mushrooms, stems trimmed & thinly sliced
- 8 ounces cremini mushrooms, stems trimmed & thinly sliced
- 3 small heads of bok choy, cleaned & chopped
- 3 Tablespoons low-sodium soy sauce
- 2 cups kale, ribs removed and roughly chopped
- 3 medium carrots, sliced into rounds
- 3 Tablespoons Arbor Teas organic burdock root
- 8 cups low-sodium vegetable broth
- salt and pepper, to taste
- 2 Tablespoons white miso (optional, but adds more savory flavor)

OPTIONAL GARNISHES:

- Toasted sesame seeds
- Green onion, chopped

INSTRUCTIONS:

- Add the onion to a large soup pot over medium-low heat. You may add 1-2 Tbsp water or vegetable broth to prevent sticking.
- After the onion cooks for 3 minutes or so, add minced garlic to the pot and continue cooking. Stir occasionally and add additional broth if necessary to prevent sticking.
- After 5-7 minutes of sautéing, once the onion has softened, add the sliced mushrooms to the pot.
- Stir the mushrooms and onion gently and cook over medium-low heat until the juices have been released, and the mushrooms begin to brown.
- After the mushrooms begin to brown, add the bok choy, soy sauce, kale, carrots and burdock root to the soup pot.
- Gently pour in 8 cups (2 quarts) of low sodium vegetable broth and increase the heat to high.
- Once the soup begins to boil, reduce the heat to low and cover the soup.
- Simmer the soup for 15-20 minutes, stirring occasionally.
- Season the soup with salt and pepper to taste.
- Allow the soup to cool slightly before adding the optional miso. Stir well to ensure the miso fully dissolves into the soup.
- Garnish the soup with toasted sesame seeds and chopped green onion and serve.

RAMP PESTO PASTA

From the Kitchen of: Madeline Mariasy, Community Member



Preparation Time: 10 minutes | **Cook Time:** 12-15 minutes | **Yield:** 4 bowls

Common Allergens: Wheat (Optional), Tree Nuts, Milk



This pesto utilizes ramps, otherwise known as wild garlic! Ramps are a leafy wild vegetable with a pungent flavor similar to garlic. They are native to the Midwest and Appalachian regions of the United States and are a rare and prized ingredient for chefs due to their unique flavor, limited availability, and short harvest season.

Madeline feels lucky to be able to purchase ramps at the Ann Arbor farmers market. This meal helps them feel “connected to our local ecosystem,” while embodying the flavors of spring and early summer!

Madeline loves sharing this recipe with others to help them celebrate local, native food options and support local farmers markets.

INGREDIENTS:

- 1/2 pound rotini or radiatore pasta (or pasta of choice)
- 1 bunch ramps, roughly chopped
- 1/2 cup toasted walnuts, chopped
- 1/2 cup parmesan cheese, grated (or nutritional yeast)
- Zest of 1/2 a large lemon
- 1/2 cup extra virgin olive oil
- 2 teaspoons fresh lemon juice
- Salt & pepper, to taste
- Red pepper flakes, to taste (optional)

INSTRUCTIONS:

- Prepare pasta according to the instructions on the package. Reserve $\frac{1}{4}$ cup of the pasta water before straining.
- Gently wash and chop the ramps.
- Add the ramps, walnuts, parmesan, and lemon zest to a food processor or blender. Pulse a few times to combine the dry ingredients.
- Slowly add the olive oil into the food processor, and pulse until a desired pesto texture is reached. Taste the pesto and add salt, pepper, and lemon juice as desired.
- Return the drained pasta to the pot, add the pesto and some pasta water if needed to help the pesto stick to the noodles. Stir to coat the pasta in the pesto.
- Garnish the pasta with extra parmesan cheese and red pepper flakes (optional)
- Serve and enjoy! Madeline likes this dish with a piece of local, crusty bread.

FORAGING FOR RAMPS:

Though ramps are delicious, wild ramp populations are declining due to overharvesting. It takes 5-7 years for one ramp to grow!

Foragers should be careful not to harvest the entire plant or patch of ramps. Try cutting just one leaf, and leave the rest of the plant to continue growing.

Please forage responsibly!



CEDAR FIELD FARM

“Human-Scale” Farming in Southeast Michigan

Cedar Field Farm is a “human-scale” farm business based in Belleville, MI, with a focus on growing food that is healthy, sustainable, and accessible, all while fostering a deep connection to the land and community. This small, family farm business is owned and operated by farmers Simon and Caitlin, with assistance from their faithful pug and “official quality control manager,” Simmy.

Simon and Caitlin Yevzelmen found their way to Cedar Field Farm in 2023 after **years of dreaming about starting a farm of their own**. Simon, a conservation specialist with The Nature Conservancy, had spent eight years working in controlled environment agriculture, relying on technology and engineering to maximize growing efficiency. Caitlin, on the other hand, was in the midst of building a corporate career in data analytics when the opportunity to lease Cedar Field Farm presented itself.

The decision to pursue sustainable farming was a natural progression. Both Simon and Caitlin had long been drawn to the idea of regenerating the land and feeding people, but hadn’t yet had the opportunity to put their hands in the dirt. They were concerned about **the future of our food system**, with the average age of U.S. farmers approaching 60

years old, and felt called to become part of the **next generation to take on the task of feeding our communities** and stewarding the nation’s farmland.

Thus, as Simon and Caitlin started planning their wedding, they also took up the work of planning to start a farm. Their initial interest was in animal husbandry, specifically raising turkeys up north, but the financial challenges proved to be too great. So, they started searching for a place to put down roots through MIFarmLink, an online marketplace connecting landowners with farmers. Soon after, they came across **Cedar Field Farm**, an established market farm that was available to lease. The property was previously certified organic for hemp and vegetable production, and came turnkey with much of the infrastructure already in place. Simon and Caitlin felt that the opportunity to lease an established farm from an experienced grower was too good an opportunity to pass up.

After signing the lease, the two dove headfirst into studying how to grow vegetables and run a farm business. Combining Caitlin’s marketing expertise with Simon’s agricultural background, they entered their first year of farming buoyed by their goals of connecting people to where their food comes from and building a more resilient local food system.

They decided to start small, cultivating only around 3/4 acre of the property in their first year, and committed to **regenerative farming techniques** that would allow them to grow nutrient dense food for their community while farming at a “human scale,” meaning their farm relies primarily on human labor and organic/OMRI approved practices, rather than industrial equipment and synthetic fertilizers or pesticides.

“Part of our goal is to make the food system more beneficial to everyone. That means farming in a way that is good for nature and for our community,” says Caitlin. Sustainability and community are at the core of everything Cedar Field Farm does. The couple “**works with nature, not against it,**” according to Caitlin - following organic practices, though not certified organic, and avoiding the use of pesticides, herbicides, and fungicides. Instead, they rely on techniques like cover cropping, composting, and green mulching, which help to nourish the soil and reduce waste. Solar-powered irrigation ensures that the farm operates on renewable energy, and Caitlin has made it a priority to minimize plastic usage. These practices, they say, are about creating a healthier farm, and nurturing the health of their customers.

However, Cedar Field Farm's sustainability efforts extend beyond the fields. Through their business, Caitlin and Simon hope to be a part of creating a food system that **supports long-term community resilience**, decreases local reliance on large grocery store chains, and reconnects people with the process of growing their food. Many people, says Caitlin, are far removed from the realities of farming and food production, and are largely unaware of the impacts of their food choices on their communities and the planet. Cedar Field Farms's goal is to bridge that gap by **making local, healthy food as accessible as possible** and meeting people where they're at, instead of hoping consumers seek out local food products on their own.

As a part of this strategy, Caitlin and Simon sell their products through a Community Supported Agriculture (CSA) program, connecting with customers by **bringing local food directly to places that people are already going as part of their daily routines**. They've partnered with local businesses, like gyms, for example, to reach a population of health focused people who may not otherwise be inclined to take time out of their busy lives to visit farmers markets. Additionally, their program offers payment



flexibility, allowing people to pay as they go, instead of making a large payment upfront. Their goal is both to **increase accessibility** and to provide face-to-face opportunities for connection and education, which has allowed Caitlin and Simon to provide their customers **an honest look** into the immense efforts behind producing the food they eat.

As Cedar Field Farm moves into its second season in 2025, Caitlin feels more confident in the work they're doing. She admits that she didn't expect to love farming as much as she does, but now, she's **fully invested in helping others experience the joys of eating locally**. The couple's journey is just beginning. Heading into their second season, they've connected with other local farms to expand their offering and grow their CSA to 130 people in 4 cities across metro Detroit. Moving forward, they have their eyes set on achieving a broader impact, for their community and the local food system as a whole.

For more information about Cedar Field Farm, or to sign up for their CSA program, visit their website, www.cedarfieldfarm.com.



LAZY EGGROLLS

From the Kitchen of: Caitlin Yevzelman, Co-owner, Cedar Field Farm

Preparation Time: 20 minutes | **Cook Time:** 15 minutes | **Yield:** 4 small bowls

Common Allergens: Shellfish, Egg

"One of my favorite foods is my mom's Vietnamese eggrolls - they're wonderfully savory, comforting, humble, yet obscure (wood ear mushrooms?!). The delicious filling is hand rolled in wonton wrappers and deep fried to golden brown perfection. My parents spend HOURS making them for special occasions and it's a true labor of love.

Anyways this recipe is not that - my lazy eggrolls are a quick weeknight fix using whatever veg is in the fridge and some staple aromatics to give me a taste of home when I need to satisfy a craving," shares Caitlin.

"Growing up we never really ate Vietnamese food unless we were in large family gatherings or at an occasion worthy of the women in my family hand rolling eggrolls. Which is a shame because I LOVE Vietnamese cuisine. These lazy eggrolls give me the flavor of my mom's without the labor involved, they'll never be a substitute but still better than any store bought eggroll I've ever tried," she adds.

INGREDIENTS:

FOR THE ROLLS:

- 1 pound mushrooms (fresh oyster works great)
- 1 white onion
- 1-2 carrots
- 1 clove garlic
- 1/2-inch piece of ginger (grated)
- 1 Tablespoon oyster sauce
- salt & pepper, to taste
- 1 egg
- 4-6 rice paper wrappers

FOR SERVING:

- Crunchy fresh veggies - lettuce, radishes, carrots, etc
- Fresh herbs - cilantro, mint, basil, etc
- Green onion
- Pickled chillis

INSTRUCTIONS:

PREPARE THE FILLING:

- Use a food processor or finely hand chop the mushrooms, onion, carrot, garlic, and ginger.
- Sauté the filling over medium heat until the veggies have softened and most of the water has evaporated.
- Add the oyster sauce and season the filling to taste.
- Remove the filling from the heat and let it cool.
- Once cooled, add the egg and mix it well to combine (this will help bind the filling).

ASSEMBLE THE ROLLS:

- Working one at a time: wet both sides of the rice paper wrapper (running it under running faucet works great) then lay it flat on a cutting board. The wrapper will need 30-60 seconds to soften for rolling, but wrappers can be finicky so be ready to move quickly!
- Spoon a few tablespoons of the filling mixture in the middle of the wrapper leaving an inch on both edges to close the side edges over.
- Fold the wrapper in half over the filling, lightly pressing around it to prevent air bubbles.

- Fold in the sides of the wrapper and roll the rest of the log to the far edge of the wrapper.
- Continue rolling as many lazy rolls as you'd like or until you run out of filling. The cooked filling freezes well for later use.

FRY THE ROLLS:

- Add the rolls to an air fryer, spacing to ensure they don't touch.
- Spray the rolls with a neutral cooking oil and air fry them at 375° F for 10 minutes, flipping halfway.
- Increase the temperature to 400° F and fry for another 3-5 minutes until the rolls are golden and crispy (with an internal temperature of 165° F).
- Serve and enjoy, or:
 - Use a lettuce leaf as a boat to nestle fresh crunchy veggies, herbs, the lazy eggroll, some chilis and green onions.
 - Splash a little rice wine vinegar on top or dip in a sweet chili sauce and enjoy!



NOTES:

- Any veggies here can easily be substituted. Just use whatever you have in the fridge!

MAKE THE MOST OF YOUR CILANTRO:

"When using cilantro, use the leaves AND the stems. Slice the stems thinly and mix them along with the sliced leaves. Never chop cilantro like parsley or the flavor dissipates. The stems have a lot of flavor and can be used universally throughout the kitchen," according to community member, Adam Roy.



STRAWBERRY, SPINACH, ARUGULA SALAD

From the Kitchen of: Connor Dailey, Energy Coordinator, OSI



Preparation Time: 20 minutes | **Cook Time:** 15 minutes | **Yield:** 4 small bowls
Common Allergens: Milk (Optional)

This salad is a perfect blend of spicy, sweet, tangy, and salty! According to Connor, “it has a lot going on, but that’s what makes it a salad I could eat over and over!”

INGREDIENTS:

FOR THE SALAD:

- 1 cup quinoa
- 5 ounces spinach, arugula, or a mix of both
- 8 ounces fresh strawberries, hulled and sliced, about 1/8 inch thick
- 1 jalapeno pepper, thinly sliced (optional)
- 1/2 medium shallot
- 1/2 cup radishes, thinly sliced or 1/16 inch thick (a mix of regular and watermelon radishes is preferred, if you have them!)
- 1/4 cup goat cheese (omit for dairy-free version)
- pumpkin seeds, roasted and salted to taste

FOR THE DRESSING:

- 1/2 medium shallot, diced
- 1 large clove of garlic, pressed or finely minced
- 1/2 cup olive oil
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon champagne vinegar (or additional tablespoon of balsamic)
- 1 Tablespoon dijon mustard
- 1 Tablespoon honey or maple syrup
- Juice from a half lemon
- Salt and pepper, to taste

INSTRUCTIONS:

- Cook 1 cup of quinoa according to package instructions. Once cooked, empty the quinoa into a bowl with a lid and cool it in the fridge until the quinoa is no warmer than room temperature. You can also make the quinoa a day in advance and cool it in the refrigerator in a covered container overnight.
- While the quinoa cooks, make the dressing. Dice 1/2 of the shallot and press the garlic into a small food processor or small bowl along with a pinch of salt and pepper. Add the oil, balsamic vinegar, champagne vinegar, mustard, and honey.
- Run the processor until the dressing is uniform or mix it in the small bowl. Taste the dressing and add the lemon juice, salt, and pepper to your preference.
- Chill the dressing for at least 30 minutes to allow the flavors to meld a little.
- Once the dressing and quinoa are chilled, begin to assemble the salad by adding the arugula and/or spinach, sliced strawberries, sliced jalapeños, and diced shallot to the bowl.
- Dress the salad to your taste either in the mixing bowl or in the individual serving dishes. Top each salad serving with 1/4 cup quinoa, radish slices, pumpkin seeds, and goat cheese crumbles (if using).

NO SCRAP LEFT BEHIND:

Strawberry tops can be added to teas, shrubs, or made into simple syrup. Garlic and shallot scraps can be added to stocks.



SPANAKOPITA (GREEK SPINACH PIE)

From the Kitchen of: Genevieve Rattray, Sustainability & Innovations Manager, OSI

Preparation Time: 45 minutes | **Cook Time:** 45 minutes | **Yield:** 8-10 pieces
Common Allergens: Milk, Wheat, Egg

"I grew up in a city with my grandparents and cousins nearby. We celebrated everything together, from birthdays, holidays and weddings to Sunday service at our Greek Orthodox church and local Greek festivals. Like most Greek families, it was my Yiayia who was at the center of the culinary scene, curating every aspect of holiday meals. One dish that was guaranteed to take center stage at every gathering was her spanakopita.

This dish elevates seasonal ingredients coming together for a flavorful Greek classic and is my way of honoring my grandmother by sharing flavors from my childhood with my own daughter," says Genevieve.

INSTRUCTIONS:

MAKE THE FILLING:

- For fresh spinach, in a large pan, wilt the spinach, work in batches if necessary. Drain the excess water and roughly chop the spinach. For frozen spinach, defrost the spinach and squeeze out all the excess moisture.
- Sauté the onions and garlic until they are translucent and slightly fragrant.
- Chop the herbs, then transfer the spinach, sautéed onions and garlic, and chopped herbs into a large bowl.
- Add the feta cheese, black pepper, and eggs. Do not add any salt as the Feta will provide salt.
- Mix the filling well. Set it aside.

ASSEMBLE THE PIE:

- Preheat the oven to 375° F.
- Pour 1 cup of olive oil in a bowl. More may be needed.
- Dip your pastry brush in the olive oil and brush a 9 x 13-inch baking pan with olive oil.
- Pick up one leaf of phyllo and lay it in the pan. Lightly brush the phyllo with oil. Repeat layering the phyllo, oiling each individual leaf. Layer about half of the leaves.
- Pour the filling on top of the phyllo leaves in the pan. Evenly distribute it across the pan.
- Start making the top crust by adding a leaf of phyllo, brushing it with olive oil and adding another on top. Repeat the process for the rest of the leaves, and make sure to oil the top piece of phyllo.
- Bake the pie until top is brown, about 45 minutes to an hour. Start checking for color after 30 minutes.

INGREDIENTS:

- 64 ounces fresh or frozen spinach (or other greens)
- 1 medium yellow onion
- 4 cloves fresh garlic
- 2 bunches fresh flat-leaf parsley
- 1 bunch fresh dill
- 1 bunch fresh mint
- 1 3/4 pounds feta
- Black pepper, to taste
- 8 eggs
- 1 cup olive oil
- 1 (1-pound) box phyllo dough, room temperature





JENNIFER DAVIS

Living from the Land and Connecting to Community

From Local to Wild Foods

Jen Davis' journey into the world of local food began in 2008, driven by a growing concern about what was in the food she was feeding her family. After her partner took on a new full-time job, Jen found herself taking on more household duties, including grocery shopping. As she read food labels, she was troubled by long, unfamiliar ingredient lists and realized that she didn't fully understand what she was eating. This sparked a desire to learn more, which led her to books like *The Omnivore's Dilemma*, and *Animal, Vegetable, Miracle*. Through these readings, Jen and her partner became deeply concerned about the **impact of their food choices on their health, community, and the environment**. They decided to overhaul their diets, first opting for organic food and eventually committing to eat only what they could grow themselves or source locally.

"We wanted to try a different way of doing things and to **honor the cycles of nature**," says Jen, adding, "It was a radical decision and neither of us fully realized what we were getting into." However, the reality of their commitment became especially challenging during the winter months, as local food availability dwindled. This difficulty led Jen to the farmers market community, where she sought advice from vendors, like David Klingenberg of The Brinery, who inspired her to start canning, freezing, and fermenting foods to preserve them throughout the year.

Initially, Jen thought her commitment to local food meant that she had to be entirely self-sufficient. "I had started out thinking that I needed to do everything myself, but I realized that I wasn't sure it was truly possible," she shares. "In the United States, we tend to think our food choices are an individual act, but I've learned **there's something deeply human about relying on your community for food**." Over time, Jen's sense of self-sufficiency evolved into a deeper connection with the local community, which became integral to maintaining her commitment to sustainable practices.

The shift also deepened Jen's connection to the local environment. Her focus on local, seasonal foods led her to notice **wild, edible plants and animals in the area**, and she soon began foraging. "I was working on a farm and pulling weeds, but then I'd go to the market and buy salad greens. That's where my love of local, seasonal foods, turned into harvesting wild foods," she says.

Hunting, Food Sovereignty, and Sustainability

After Jen began foraging, she was inspired by other food enthusiasts to take her interest in wild foods even further by learning to hunt. She started with squirrels, learning safety rules and practices, and as her skills grew, started hunting larger animals, such as turkeys. Through her foraging and hunting experiences, Jen met others who shared her desire for greater autonomy over their food sources while

also working to preserve the natural ecosystems that supported them.

Having not been raised in a family of hunters, and long identifying as an environmentalist, Jen came to the sport with some misconceptions about hunting, seeing it as primarily an ego-driven pursuit. However, she soon realized that for many hunters, hunting was not about domination of nature, but about a **deep, respectful relationship between people, their community, and the environment**. For others, Jen notes, hunting is a means of preserving their cultural heritage and defining their own food systems, an important way to access healthy and sustainable foods on their own terms and honor longstanding traditions and spiritual practices. "Ecological health and food sovereignty are very important to most hunters," she said, "**they share the same goals of sustainability, just in a different language.**"

This newfound understanding of hunting helped Jen to see the impact of environmental changes in a new way. When the Huron River, where she often fished for food, became contaminated with PFAS chemicals, dangerous pollutants often referred to as "forever chemicals" for their persistence in the environment, the loss hit her harder than it might have before. "**Having that intimate connection with the landscape made me think differently about sustainability.** People always say that 'you are what you eat,' and it seems simple, but it's really powerful."

Today, Jen is a Hunting & Shooting R3 Coordinator with the National Wild Turkey Federation, an organization dedicated to the conservation of the wild turkey and preservation of hunting heritage. As part of her role, she introduces others to hunting and advocates for conservation policies that preserve natural habitats for turkeys and other species. She says, "it may not seem like our mission fits naturally with themes of sustainability and local foods, but to us, it's inseparable. Most of our foods grow outdoors, and **sustainability is about keeping this beautiful rock functioning in a way that allows us to live, enjoy it, and nurture ourselves from it.**"

In her conversations with others about eating more sustainably, Jen encourages people to "**pick a thing, one goal, and work slowly toward that goal,**" adding, "I had unrealistic expectations when I first started. It's impossible to revolutionize your life overnight." From her personal experiences with food, she has learned that it's important to be guided by your values, but it's just as important to be open to sharing, learning from others, and allowing those values to grow and evolve over time.

To learn more about Jen's work and the connection between conservation, hunting, and sustainable food systems, visit www.nwtf.org.



CSA / PRODUCE BOX STEW

From the Kitchen of: Jennifer Davis, National Wild Turkey Federation

Preparation Time: 15 minutes | Cook Time: 15 minutes | Yield: Feeds 2 people

This springtime stew recipe is a flexible way to use early-spring, or stored winter vegetables and “get comfortable with the seasonal veggies that show up around the calendar,” according to Jennifer.

“It was the third year of Artemis Squirrel Camp, an all-women hunting camp in Michigan, and we had waited until the end of the season to hold camp. It was March and very cold, and the squirrels proved to be smarter than us. They were all tucked up in their nests and not coming out at all, which meant that we were relying on the provisions we had each brought home for our supper. There were only three of us at camp that year, and we had scrounged up the ‘extra’ veggies from our weekly CSA, produce box, and garden cold storage, along with a small amount of leftover venison roast,” shares Jennifer.

“If you are familiar with the story of “Stone Soup,” you will know that community is just what you need to make a fine stew for a cold day,” she continued. “We gathered together what we had in our respective coolers and stoked up the camp stove, poured in some water and began to add what we had. Our hearty stew came together with turnips, potatoes, radishes, onions, carrots, celery root, thyme, bergamot, rosemary, venison, salt and pepper, but you can add what you have and make it your own.”

INGREDIENTS:

- About 8 cups of seasonal vegetables chopped into large, bite-sized chunks. Such as:
 - 1 1/2 cups celery root
 - 1 1/2 cups turnips
 - 1 1/2 cups watermelon radishes
 - 2 cups yellow potatoes
 - 1 1/2 cups carrots
 - 1 large onion
 - 2 cloves garlic
- A handful of seasonal herbs, fresh or dried. Such as:
 - 1 teaspoon thyme
 - 1 teaspoon bergamot
 - 1/2 teaspoon rosemary
- Salt and pepper, to taste
- 1 cup of leftover pre-cooked meat cut into bite-sized pieces, if desired
- 4 cups water or homemade stock or broth of choice, more to cover as needed

The women of Artemis Squirrel Camp.



INSTRUCTIONS:

- Wash and chop all of the vegetables. If adding garlic, crush and mince it to release the flavor.
- In a large stock pot over medium-high heat, add all of the vegetables. Add the dried and crushed or chopped herbs.
- Add enough water to cover the veggies and cook on a rapid simmer until the toughest veggie is fork tender, adding water if needed.
- Add in the cooked meat, if desired, and heat through.
- Remove the stew from the heat and serve it with the bread of your choice!



A MEAT LOVER'S GUIDE TO EATING A MORE PLANT-RICH DIET

Tips from community member Randy Schwartz

Eating sustainably doesn't mean you have to give up your favorite foods! When trying to reduce the carbon footprint of your diet, consider gradually lessening the amount of higher-carbon foods, like meat and dairy, that you eat over time.

Community member, Randy Schwartz, suggests incorporating small amounts, or "morsels" of meat into dishes that feature a variety of plant-based ingredients. "If meat or fish cease to be the center of attention, and instead becomes one of many elements that provide texture and flavor," Randy says, "then (1) the dish tends to be more succulent and delicious; (2) you're headed towards a one-dish meal, which means less time spent cleaning up afterward; and (3) you're doing your part to reduce the global prioritization of animal based-foods."

Some of Randy's suggested ways to do this include:

- Using ground beef not to make hamburgers, but instead as an ingredient in a casserole, such as lasagna or shepherds pie
- Incorporating chopped meat or seafood into pasta sauces, stews, soups, or chowders
- Using morsels of cooked chicken, pork, or beef in Asian-style soups or stir fries, alongside other ingredients such as broccoli, peas, bean sprouts, radish, mushrooms, ginger, or onion.

If you cook your protein ahead of time and pre-cut it into morsels, you'll also save time on meal preparation! Using leftover pre-cooked meat (as in this stew recipe) is a great way to make sure none of your animal-based ingredients are going to waste.

YONG TAU FOO (STUFFED TOFU WITH SHRIMP)

From the Kitchen of: Michael Si and Shuqin Liu, Community Members

Preparation Time: 15 minutes | **Cook Time:** 15 minutes | **Yield:** Feeds 2 people

Common Allergens: Shellfish, Soy, Sesame (Optional)

"A classic Hakka-style delicacy, Stuffed Tofu with Shrimp is a wholesome and flavorful dish packed with protein-rich ingredients. Succulent shrimp paste nestled in silky, delicate tofu absorbs the rich umami of oyster and soy sauces, creating a perfect harmony of texture and taste. This dish is not only delicious, but also nutritious, making it a satisfying choice for any meal," shares Michael, who learned this dish from their mother, Shuqin Liu.

"Stuffed tofu has deep roots in Chinese culinary history and is a signature dish of the Hakka people, who migrated from northern to southern China between the 4th and 13th centuries due to unrest, invasions, and war. As a dish born from migration, it carries with it the resilience and adaptability of those who made new homes across different regions.

As someone born in China who has lived in four countries across three continents, I find myself constantly seeking the familiar tastes of home, no matter where I am.

This dish, lovingly prepared by my mother throughout my childhood, remains a cherished comfort. Each bite brings back memories of warmth, fulfillment, and the unmistakable joy of home-cooked flavors."



MICHAEL'S SUSTAINABILITY TIP:

"Purchase U.S. wild-caught or farmed shrimps as they are managed and responsibly harvested* under U.S. regulations."

INGREDIENTS:

FOR THE FILLING:

- 5 ounces shrimp, minced to a paste
- 1/2 teaspoon salt
- 1/2 teaspoon cornstarch
- 1/2 Tablespoon olive oil
- 2 Tablespoons green onion, chopped
- Optional: 1/4 teaspoon white pepper powder

FOR THE SAUCE:

- 2 Tablespoons soy sauce
- 2 Tablespoons oyster sauce
- 1 teaspoon cornstarch

FOR THE TOFU:

- 1 (14-ounce) pack firm or medium-firm tofu
- 2 Tablespoons olive oil
- 1/4 cup water, for steaming

OPTIONAL GARNISHES:

- Chopped green onion, diced carrots, peas, and corn
- Sesame oil (for extra depth)

*According to the National Oceanic and Atmospheric Administration. For more information, visit www.FishWatch.gov

INSTRUCTIONS:

PREPARE THE FILLING:

- In a bowl, mix the shrimp paste with salt, cornstarch, olive oil, green onion, and, if available, a sprinkle of white pepper powder until well combined.
- To enhance the flavor, marinate the shrimp filling for 10 minutes before stuffing.

PREPARE THE SAUCE:

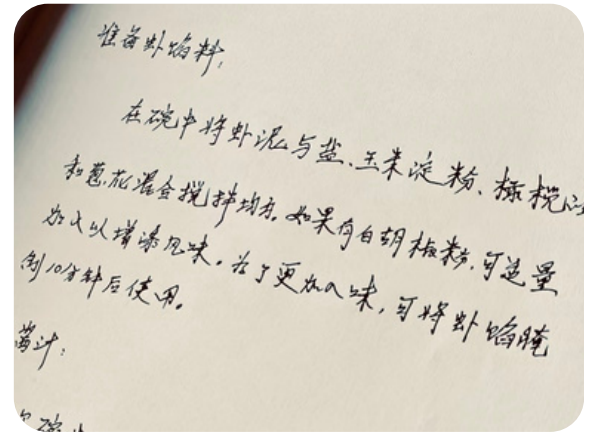
- In a separate bowl, mix the soy sauce, oyster sauce, and cornstarch. Set this aside.
- Slice the tofu into ~2 1/2 x 2 x -inch blocks (that is, 8 equal-size blocks from a 14-ounce pack). Using a small spoon, carefully scoop out about a 1/2-inch deep pocket in each block, leaving about 1/2-inch-thick sidewalls. (Save the scooped-out tofu for soup or other dishes.)

STUFF THE TOFU:

- Fill each tofu pocket with the shrimp mixture, pressing gently to secure the filling. Slightly overfill up to about a 1/2-inch above the tofu surface.
- Add diced vegetables (such as green onion or diced chili peppers) on top if desired.

COOK THE TOFU:

- Heat 2 Tablespoons olive oil in a nonstick skillet over medium-high heat.
- Place the stuffed tofu shrimp-side up and pan-fry until the bottoms are golden brown.
- Reduce the heat to medium. If the skillet is dry, add 1/4 cup water, then cover with a lid.
- Steam until the shrimp turns white-pink and is fully cooked.



Handwritten recipe card

COOK THE SAUCE:

- Transfer the cooked tofu to a serving plate.
- Pour the prepared sauce into the skillet with any remaining liquid.
- Cook and stir the sauce over medium heat until it has thickened.

SERVE:

- Drizzle the sauce and, if desired, a touch of sesame oil over the stuffed tofu.
- Garnish the tofu with chopped green onions for extra flavor and serve them hot.

ALL'S WELL BREAD

From the Kitchen of: Phil Zaret, Community Member

Preparation Time: 1 hour 35 minutes | Cook Time: 55 minutes | Yield: One loaf, ~20 slices

Common Allergens: Wheat

"This is a recipe for an almost failure-proof, high-quality, homemade, standard sized loaf of bread," says Phil. "Making bread is a series of many hurdles, any one of which can spell failure. That's why, if you follow this method scrupulously, you will become the 'perfect' bread baker."

Phil developed this recipe over the course of their 50-year bread baking tenure. "I began baking bread over 50 years ago, when the choice of breads in Ann Arbor was very limited. This situation has improved greatly over the years, but I still like my own bread best because I know what's in it and I can make it exactly to my tastes. Friends and relations are especially partial to my bread, which is very satisfying to me, the home baker," Phil recounts.

Phil says that this recipe for a "perfect" bread recipe has helped reduce baking-related waste. Because the loaf is "fail-proof," Phil never has to toss an inedible, failed homemade loaf.

SPECIAL EQUIPMENT:

- Food processor
- Pullman 4 x 4 x 9-inch bread pan
- Large tall-sided pan (such as a lasagna pan)



INGREDIENTS:

- 1 cup whole wheat flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 packet (2 1/4 ounces) instant yeast
- 1 Tablespoon oil
- 1 1/4 cups (10 ounces) warm water
- 2 -2 1/2 cups bread flour

INSTRUCTIONS:

- Into the bowl of a food processor with a dough blade, add the whole wheat flour, salt, sugar, and yeast. Process for several seconds. Next, add the oil and process again. Add the water and process again.
- Add 2 cups of bread flour to the processor, and mix using the processor's "dough" button. The processor will stall if the mixture is too thick. If it stalls, stop. Add another $\frac{1}{4}$ cup of bread flour. Process until a dough ball starts circling the bowl. If it still stalls, add more flour one tablespoon at a time until the dough ball forms. Once the dough ball forms, stop the processor and dump the dough ball onto a flat surface.
- Knead the dough by hand. If the dough is super sticky and clingy, add a little more flour. If the dough is only slightly sticky, do not add flour. Slightly sticky dough will rise nicely and give a fine texture to the loaf.
- Knead by "turns," 10 to 15 times at most. First, fold the mess of dough in on itself until it forms a single neat mass. Flatten the dough, pushing down with fingers and/or the heel of your hands. Fold the dough over on itself and turn it a quarter turn. Flatten. Repeat the process until the dough is resistant but springy.
- Roll the dough out with your hands into a fat, flat, football shape the length of your bread pan. If there is a seam, have it at the bottom.

- Spray a Pullman 4 x 4 x 9-inch bread pan with oil. Press the “football” of dough firmly into the pan, trying to squeeze it into the four corners. Keep going until it looks neat, flat, and uniform.
- Spray the top of the loaf lightly with oil. Cover tightly with plastic wrap. Place the loaf pan in a large, tall-sided pan. A lasagna pan is perfect.
- Meanwhile, fill a tea kettle or medium-sized sauce pan with water and bring it to a boil on the stove.
- Fill the lasagna pan with about one inch of hot water from the tap. When the water on the stove comes to a boil, pour it into the lasagna pan. Lay a cookie sheet over the bread and lasagna pans to hold in heat. Check the loaf in a half hour to an hour, to see how it has risen. The dough should push up on the plastic wrap if it’s risen properly.
- When the loaf has risen to push on the plastic wrap, remove the plastic wrap and transfer the loaf pan to two or three cookie sheets stacked on top of each other to prevent the bottom of your loaf pan from burning or sticking, and to make for even baking.
- With the back of your hand, slap the top of the dough loaf once or twice, until it deflates. Don’t worry, it will rise again. If you do not slap it down, it will rise too high and collapse in the oven.
- Put the loaf on its cookie sheets on the middle rack of your cold oven. Do not preheat.
- Set the oven temperature at 350° F, and set a timer for 55 minutes.
- When the loaf is done, dump it onto a cooling rack. Set it upright and let it cool for 3 full hours before slicing.



HOW TO STORE BREAD:

Fresh bread is best within a day or two of baking.

If you want to keep a loaf around for longer, try **slicing it**, then wrapping it tightly in plastic wrap and again in foil or freezer paper. Freeze.

Defrost the bread at room temperature in the wrapping, then remove the wrapping and warm it in a 300° F oven for 10 minutes, until the crust is crisp.

HOW TO REVIVE STALE BREAD:

For bread that is slightly dried out, try flicking a few drops of water on the crust, wrapping it in foil, then heating the bread in a 300° F oven for 5-10 minutes. If your bread is hard, soak the bread in cold water, then proceed with wrapping and warming.

You should NEVER eat moldy bread. Even just a speck of mold is a sign of spoilage.



BLØM MEAD + CIDER

Craft Mead + Cider, Brewed Sustainably in Ann Arbor

The Origin of Bløm Mead + Cider

Lauren Bloom was living in Chicago and working for an education nonprofit when she felt a calling to weave local food advocacy into her daily life. Outside of her working hours, she began volunteering and joined the board of Slow Food Chicago, a nonprofit dedicated to rebuilding sustainable and equitable food systems worldwide. At the time, Lauren's husband, Matt, had recently opened a craft brewery. Not long after, Matt discovered he had a gluten allergy, putting an end to his career in craft beer.

Faced with this new reality, Lauren and Matt put their heads together to figure out how they could combine Matt's love of brewing with Lauren's passion for local food. "We thought, **'Why can't we put these two things together?'**" says Lauren. The desire to start a business in gluten-free fermentation led them to the obvious answer of cider, which is naturally gluten-free, and later mead (a type of wine made by fermenting honey, water, and yeast). The pair picked up their lives, relocated to Ann Arbor, and opened Bløm Mead + Cider in 2018.

Building a Sustainable Business

Today, Bløm is a thriving business located in the heart of downtown Ann Arbor. They specialize in session-style mead and ciders crafted with

Michigan-grown ingredients. **"A main tenet of our business is sourcing from local farmers, growers, and producers,"** says Lauren. Whether it be from the Upper Peninsula, Traverse City, or right here in Ann Arbor, all ingredients used in their mead comes from the Great Lakes State. **"Supporting Michigan producers gives us and our customers a shared sense of interest and pride.** It's inspiring," Lauren says. By partnering with small farms and businesses in Michigan, Bløm is able to give back to a variety of communities all across the state.

The decision to source from Michigan farms, says Lauren, was motivated by the Bløm founders' desire to build their business around sustainability from the ground up, rather than try to incorporate it later on. "We have tried to make our business as sustainable as possible," says Lauren, "pretty much everything has been thought through and pushed to our capabilities. What's left is due to financial or system level constraints." She reflects that sustainability at **Bløm is "an extension of how we live our personal lives."** Other sustainability efforts include composting, recycling, energy-efficient equipment, and choosing reusable, instead of disposable, supplies.

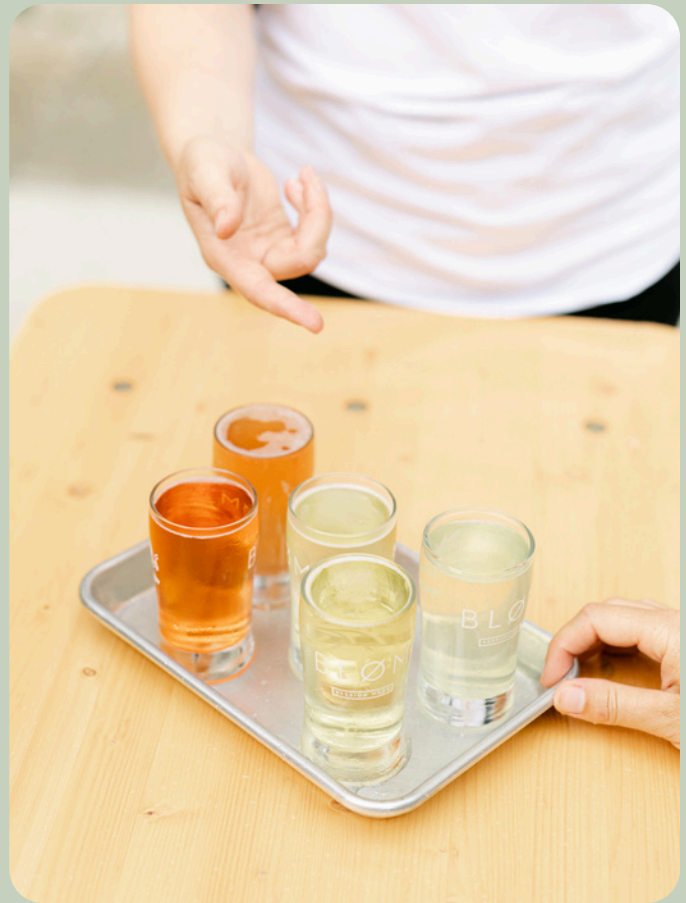
Also at the heart of their business is a desire to give back to their community and create a welcoming

space where people from all walks of life come to relax, connect, and feel safe. In addition to their library of board games for patrons to play, Bløm also hosts regular events. Whether it be board game nights, trivia, or an evening just for caregivers, Lauren says that it “continually feels like an honor” to be a space where people can gather and connect. Bløm also makes it a priority to showcase other small businesses and organizations, seizing many opportunities for collaborations, pop-ups, workshops, and public events. One such collaboration is their participation in the **Ann Arbor Sustainable Food Business Coalition**, where they join other small business owners in advocating for sustainability, equity, and resilience in the food system.

Yet, running a sustainable business that is financially feasible hasn’t always been easy, with several experiments ending as failures. For example, in the early days of Bløm, Lauren and Matt tried to grow their own apple trees, as it can be hard to find cider-specific apples in Michigan. After multiple deer invasions, many trees lost, and zero apples harvested, they decided on doing business with orchards in Michigan that grow cider-specific apples. “That aspect of our business was far better left to someone who had that expertise,” Lauren says.

From Business to Personal Sustainability

For individuals just getting started in sustainability, Lauren offers the simple advice of **starting small**. As in her business, Lauren’s personal approach to sustainability is rooted in doing her best and not being afraid of imperfection. **“Start with the ways in your life that you can change that don’t detract from, and even increase, your quality of life,”** Lauren says. She points out that no one is “doing sustainability perfectly,” and that “if there’s something that brings you joy and sustains you personally, even if it’s small, that’s great.” According to Lauren, cooking with family and friends is a great way to make sustainable food choices fun, rather than overwhelming.



Another way that individuals can support a more sustainable food system, says Lauren, is by supporting small businesses who value sustainability. “The money that our customers spend here helps us continue to support Michigan farmers and growers and keep our business alive. It doesn’t matter if sustainability isn’t their primary motivation, **their support still helps us continue this work,**” she says, adding, “So, if you have some money to spend, come in and sip mead, cider, or a non-alcoholic beverage. Come for an event, spend time with friends, play a board game, or just help us spread the word. That’s what keeps us going.”

To learn more about Bløm Mead + Cider, and to view their calendar of upcoming events, visit www.drinkblom.com.



RHUBARB APEROL SPRITZ

From the Kitchen of: Lauren Bloom, Co-Owner, Bløm Mead & Cider

Preparation Time: 2 minutes | Yield: 1 glass

"This is about as easy as it gets! Bright, dry, minerally, tart and refreshing. And best of all, it only requires two ingredients. Our Rhubarb Mead is made with Michigan rhubarb and honey," says Lauren.

"Our Rhubarb Mead is the very first session mead we tried homebrewing when decided to open a meadery. We bought a few dozen pounds of rhubarb at the farmers market and started chopping. It took us many tries to figure out the best way to juice rhubarb, but are we glad we stuck with it!"

INGREDIENTS:

- 2 parts (such as 4 ounces or 1/2 cup) Bløm Rhubarb Mead
- 1 part (such as 2 ounces or 1/4 cup) Aperol
- Orange Slice, for garnish

INSTRUCTIONS:

- Place some ice cubes in a Collins glass, tumbler, or wine glass.
- Pour 2 parts of Bløm Rhubarb Mead over ice.
- Add 1 part Aperol.
- Add an orange slice to garnish.



Photo courtesy of Bløm Mead + Cider

RHUBARB CHOCOLATE CHIP CAKE

From the Kitchen of: Julie Roth, Energy Manager, OSI

Preparation Time: 10 minutes | **Cook Time:** 45 minutes | **Yield:** 12 slices

Common Allergens: Milk, Egg, Wheat, Tree Nuts

This rhubarb chocolate chip cake is a delicious cake combining the tangy flavors of rhubarb and decadent chocolate. Recipe contributor, Julie loves to make this recipe with the rhubarb that grows behind their house each year. Julie says, "This is the only thing that I bake, because I do not bake! That's how good this is!"

INSTRUCTIONS:

- Preheat the oven to 350° F.
- In a large mixing bowl, cream together the brown sugar and butter. Once the sugar and butter are smooth and combined, add the egg and vanilla.
- In a separate bowl, combine the flour, baking soda, and salt.
- Next, add the flour mixture to the creamed mixture, alternating with buttermilk, and beating with each addition.
- Stir in the rhubarb and chocolate chips.
- Pour the batter into a greased 9 x 12-inch baking dish.
- In a medium bowl, combine the topping ingredients, then sprinkle the toppings over the batter.
- Bake the cake in the preheated oven for 45 minutes, until a toothpick inserted into the center comes out clean with a few tender crumbs attached.
- Let the cake cool and enjoy!



INGREDIENTS:

FOR THE CAKE:

- 1 cup brown sugar (can add up to an additional ½ cup depending on sweetness desired)
- ½ cup butter
- 1 egg
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup buttermilk or sour cream
- 1 ¾ cups chopped rhubarb
- ½ cup chocolate chips

FOR THE TOPPING:

- ½ cup chopped nuts
- ½ cup chocolate chips
- ½ cup brown sugar
- 1 teaspoon cinnamon

ALL ABOUT RHUBARB:

Rhubarb is a perennial vegetable that is traditionally "in season" in Michigan between April and May. It has a sour taste, and is often used in pies and jams.

You can freeze rhubarb for up to a year, or turn it into a delicious jam or compote to use on top of granola, yogurt, ice cream, or baked goods.

Fresh rhubarb keeps for about a week in the refrigerator.



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VEGAN RASPBERRY ALMOND MUFFINS

From the Kitchen of: Tori Vasko, Registered Dietitian, Owner, Easy Chickpeasy

Preparation Time: 15 minutes | **Cook Time:** 33 minutes | **Yield:** 12 Muffins

Common Allergens: Tree Nuts, Soy (Optional)

"These tart and sweet muffins are delicious as a decadent breakfast or a mid-afternoon treat. Despite these muffins being vegan and gluten free, they are super simple to make, with all the ingredients combined in just one bowl," says Tori.

INGREDIENTS:

- 1 3/4 cups (210 grams) gluten-free measure for measure flour, or all-purpose flour
- 1 3/4 cups (168 grams) almond flour
- 1 cup (200 grams) sugar
- 3 1/2 teaspoons baking powder
- 1/4 teaspoons salt
- 2/3 cup unsweetened soy milk, or preferred plant-based milk
- 1/2 cup avocado oil, or preferred neutral/baking oil
- 1 Tablespoon lemon juice
- 1 Tablespoon lemon zest (zest of about 1 lemon)
- 1 teaspoon almond extract
- 1 1/2 cups (~6 ounces) raspberries, fresh or frozen, 6-8 reserved for topping
- 3 Tablespoons sliced almonds

INSTRUCTIONS:

- Preheat the oven to 425°F (220°C) and line a muffin tin.
- In a large mixing bowl, add the flours, sugar, baking powder, and salt. Use a long-stem fork or whisk to stir the dry ingredients until they are well combined.
- Add the oil, milk, almond extract, lemon juice and zest, to the bowl and stir again until a thick batter forms.
- Add the raspberries, reserving a small handful for topping, and stir them into the batter until they are evenly distributed, allowing the berries to break up into pieces.
- Scoop about $\frac{1}{3}$ of a cup of batter into each of the lined muffin cups. The batter should nearly fill each muffin cup.
- Top each muffin with a few pieces of raspberries and several almond slices.
- Bake the muffins at 425°F for 7 minutes, then decrease the temperature to 350°F for 25-27 minutes or until the muffin tops are golden brown and a toothpick inserted into the center of a muffin comes out clean (may need to bake an additional 5-10 minutes for frozen raspberries).
- When the muffins have finished baking, remove them from the oven and allow them to cool for at least 20 minutes before removing them from the muffin pan to enjoy.
- Store leftover muffins in a bag or under a tea towel for 1-3 days, or in an airtight container in the freezer for up to 3 months.

NOTES:

- These super tender muffins require muffin liners, even if you are using a nonstick muffin tin. You can use home-compostable parchment paper for muffin liners!
- "King Arthur measure for measure gluten free flour is my go-to gluten free flour for baking," shares Tori, who tests a gluten free version of all her recipes on [easychickpeasy.com](https://www.easychickpeasy.com).



BREAKFAST PIZZA

From the Kitchen of: Jennie Rokakis, Community Member

Preparation Time: 15-20 minutes | **Cook Time:** 15-20 minutes | **Yield:** 4 servings
Common Allergens: Wheat (Optional), Milk

"This fruit-forward pizza is perfect for brunch and can be customized to take advantage of whatever is in season. Goat cheese adds an earthy tang that pairs well with sweet, local fruit."

INSTRUCTIONS:

- Preheat the oven to 420° F.
- Line a medium-to-large sheet tray with parchment paper.
- Add the olive oil to the parchment paper and spread it thinly and evenly over the parchment.
- Stretch out the pizza dough on the lined sheet tray. Bake the crust for about 7 minutes. It should start to brown, but not yet be completely cooked.
- While the crust is baking, mix together the sugar and water in a small saucepot. Bring the mixture to a simmer over low heat, then add the rosemary sprig. Turn off the heat and stir. Let the rosemary infuse into a "simple syrup" while you finish the pizza.*
- After about 7 minutes, take the partially baked crust out of the oven and sprinkle the goat cheese over the top.
- Add the diced peaches and blueberries evenly on top of the goat cheese.
- Put the pizza back into the oven and allow it resume baking until the crust is fully baked per package instructions, or until the crust is firm and golden-brown.
- Remove the pizza from the oven and drizzle some of the rosemary simple syrup over the pizza to taste. Store any remaining syrup in the fridge.
- Slice, serve, and enjoy! This is great with some walnuts on the side.



INGREDIENTS:

- 1/2 Tablespoon olive oil
- 1 (12–16 ounce) prepared, ready-to-bake pizza dough, store-bought or homemade, or sub gluten-free dough.
- 1/4 cup sugar
- 1/4 cup water
- 1 sprig rosemary
- 1 (4 ounce) package of plain goat cheese, such as Zingerman's City Goat cheese
- 2 ripe peaches, diced
- 1/2 cup blueberries

SWITCH IT UP:

This recipe can be made with any local, in-season fruit!

Try one of these variations by replacing the fruit and rosemary syrup with:

- Strawberries, basil, and balsamic vinaigrette
- Blueberries, cinnamon, and sugar
- Sweet cherries and blueberries

NOTES:

You may not need all of the rosemary simple syrup in this recipe. To use up the rest of the rosemary syrup, try it as a topping for ice cream, or stirred into a latte or tea.





LINDSAY-JEAN HARD

Reducing Food Waste through Scrappy Cooking

Peels, Stalks, and Stems, Oh My!

Have you ever found yourself faced with a big pile of peels, stems, stalks, and other scraps after preparing a delicious meal in the kitchen? All too often, food scraps find their way into our trashcans. But what if we could change the way that we see food scraps, **transforming them from waste into celebrated ingredients**? That's what local food writer and cookbook author Lindsay-Jean (LJ) Hard is on a mission to do.

In her cookbook **Cooking with Scraps**, LJ walks the reader through delicious recipes featuring the all-too-often discarded parts of food, showing her audience just how delicious these items can be. LJ first became interested in food waste while working as a writer and editor for Food52, a food and lifestyle website based in New York. She had long had a passion for food: "Even as far back as third grade, I was interested in food and cooking. In school we wrote books, and mine was called Beets not Sweets!" she says. To tie her love of food and sustainability together, LJ began writing a column focused on sharing recipes that featured underutilized produce parts. The column took off and, soon after, LJ was approached to write a cookbook on the topic, which led to the birth of **Cooking with Scraps**.

Shortly after its release, LJ took on a marketing position with Zingerman's Bakehouse, where she helped to broaden their approach to waste reduction. "Zingerman's has always been really

focused on reducing waste, but I brought a lens about reducing food waste, to have them incorporate those things on a much larger scale, like **using the whole banana, including the peels, in the banana bread.**" The Oh So A-Peel-ing Banana Bread recipe in this cookbook is just one of LJ's many contributions at Zingerman's.

LJ is passionate about using her position to communicate not only the importance of reducing food waste, but also the ways that **everyday people can take small actions that add up to a large impact**, whether that's cooking with scraps or participating in community sustainability initiatives. According to LJ, sustainability is "to live and work in harmony with our environment and do everything that we can to use resources well both now and for future generations." She helps people incorporate that concept of sustainability in their own lives through events focused on food waste reduction, and is also a member of Planet Zing, Zingerman's committee on sustainability.

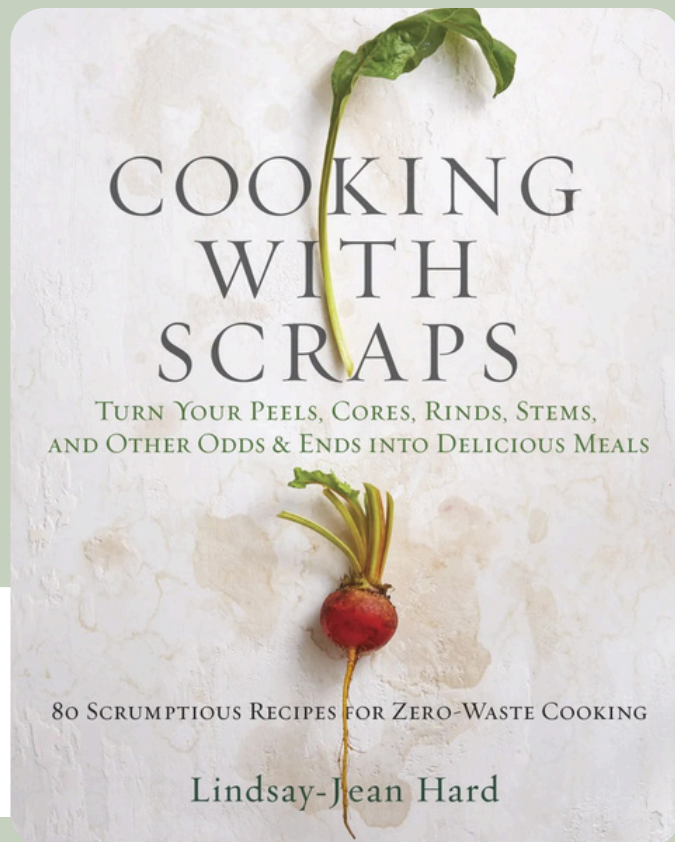
Reflections on Food Waste

According to LJ, it's important to know where and why food waste happens. "It's easy for us to compartmentalize when we see a beautiful stack of apples at the grocery store – **we don't have to think about why we only see beautiful, happy apples.** It's important for us to think about the full cycle of where and why food waste is happening throughout its journey from the farm to us," she says.



(Left) Lindsay-Jean Hard in her kitchen. Photography credits to Cydni Elledge.

(Right) The cover of Lindsay-Jean's cookbook "Cooking with Scraps".



What happens after we throw away food is similarly invisible. **"We've gotten to a place where we don't have to think about what happens when we waste,** because we're so separated from the process. We need to take the time to consider what the impacts of our habits are." One of those impacts, for example, is the fact that **it takes 25 years for a single head of lettuce to decompose in the landfill!**

Changing our habits doesn't have to be difficult: "You don't have to go all in at once," she says, "if you want to make a difference, start with one thing and try something new, like keeping your bread ends in the freezer and saving those for croutons. Be kind with yourself along your journey.

We don't need to be perfect, we just need to be doing a little bit better." Other insights that LJ shares in her cookbook include turning carrot greens into pesto, using the liquid from canned beans as an egg replacement, or chopping up the stems of broccoli and cauliflower to poach and spread on toast!

For more tips and tricks, find Lindsay-Jean's book, *Cooking with Scraps*, at your local bookstore or online retailer. Or, get started on your food waste journey by cooking some of the delicious recipes shared by members of your community in this cookbook!



OH SO A-PEEL-ING BANANA BREAD

From the Kitchen of: Zingerman's Bakehouse

Preparation Time: 20 minutes | **Inactive Time:** 12 hours | **Cook Time:** 60 minutes | **Yield:** 1 loaf
Common Allergens: Egg, Milk, Wheat

"This is our standard banana bread recipe at the Bakehouse. It's tasty just as is, but it's also ready for imaginative variations. Mix in chunks of chocolate, add macadamia nuts, or swirl in some peanut butter, to name a few ideas. The possibilities are endless."

"Making food at the bakery can generate a surprising amount of waste. In the last decade we've worked increasingly hard to reduce the amount. Lindsay-Jean Hard has been our leader in this area. Through her encouragement and ingenuity, we've greatly reduced our waste at the bakery. This banana bread recipe uses the banana peel and the fruit—yes, a little shocking, but trust us and please give it a try. We promise you that you'll like the result, and so will our Earth because there will be less unnecessary waste."

INGREDIENTS:

- 1–2 (290g) very ripe, organic bananas, with peel
- 3/4 cup plus 3 Tablespoons (205 g) granulated sugar
- 2 large eggs, room temperature
- 1 1/2 teaspoons vanilla extract
- 1/2 cup (110 g) unsalted butter, melted
- 1 1/2 cups (210 g) all-purpose flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon fine sea salt
- 1 cup plus 2 Tablespoons (200 g) semisweet chocolate chunks (optional)

INSTRUCTIONS:

PREPARE THE BANANAS:

- Let the bananas ripen at room temperature until mottled with black spots.
- Leave the peel on. Wash the ripened banana well, tip to ends, removing the very tough spots, and freeze them, ideally overnight, but at least for 2 to 3 hours.
- Defrost the frozen banana in a small bowl in the refrigerator until they have fully thawed before proceeding with the recipe. Note that as the bananas freeze and defrost, they will turn black. They do not need to be black prior to freezing.

MAKE THE BREAD:

- Preheat the oven to 350°F (180°C).
- Into the bowl of a food processor, place the thawed banana(s) (and the liquid it released). Purée the banana until a smooth paste forms. You may see tiny dark specks of the peel. This is fine.
- In a medium mixing bowl, add the puréed banana, sugar, eggs, vanilla extract, and melted butter, mixing with a wooden spoon until well combined. If using a stand mixer, use the paddle attachment and mix on low speed for two minutes.



- In a separate bowl, whisk together the flour, baking soda, and salt. Add the dry ingredients to the banana mixture in two stages, mixing until the batter is completely uniform throughout, without lumps or pockets of dry ingredients. If using a stand mixer, use the paddle attachment on low speed.
- If you are using chocolate chunks or other additions, fold them in now.
- Pour the batter into a 9 x 5-inch (23 x 13-cm) loaf pan, either non-stick or one coated with non-stick cooking spray.
- Bake the banana bread for 55-60 minutes. The banana bread is done when a tester or toothpick inserted into the center comes out clean and the loaf is a nice golden-brown color. Let stand in the pan for 15 minutes and then turn it out onto a rack to cool before cutting it into slices and enjoying.

HOMEMADE YOGURT

From the Kitchen of: Michael Simon, Community Member



Cook Time: 40 minutes | **Cooling Time:** 10 minutes | **Fermentation Time:** 24 hours | **Yield:** 6 bowls
Common Allergens: Milk

According to Michael, this homemade yogurt tastes better than store-bought! Michael began making this recipe during the COVID-19 pandemic for a delicious, healthy alternative. Michael feels that if everyone started making yogurt at home, we could cut down on plastic waste.

INSTRUCTIONS:

- Wash all cooking implements well before getting started. The pot, fermentation vessel, and utensils should be clean when you start.
- In a pot, simmer the milk on low heat for around 30 minutes. For a thicker yogurt, simmer for longer. Simmer the milk either covered or uncovered, but be sure to watch carefully to avoid the milk boiling.
- Once the milk has simmered for 30-40 minutes, let it cool to around 110° F. For safety, do not let the mixture cool below 110° F. Temperature is key to ensuring that the milk ferments properly and safely.
- Mix 1 cup of the cooled milk with the starter yogurt.
- Into a container with a firm-fitting lid, such as a large glass jar or ceramic vessel, add the yogurt-milk mixture and the remaining milk. Do this step quickly to avoid losing too much heat.
- Close the lid, cover the jar or container with 3 towels, and place it in a relatively warm place in the kitchen.
- After about 24 hours, open it up to reveal your yogurt! At this point, inspect the yogurt for any signs of improper fermentation. If the yogurt is smelly, discolored, or curdled, discard the mixture and do not consume it.
- Store the yogurt in an airtight container in the refrigerator for up to 1 week.

INGREDIENTS:

- 2 Tablespoons plain yogurt – to use as a “starter.” This can be from a prior batch of yogurt or a quality store-bought plain yogurt, such as Greek yogurt
- 1 quart pasteurized milk (whole, 2%, or skim)



ARGUS FARM STOP

Growing the Local Food Economy

The Origin of Argus Farm Stop

Years ago, Argus Farm Stop co-founders, Kathy Sample and Bill Brinkerhoff, were walking through a small city in Northeast Ohio when they stumbled upon a local business that stopped them in their tracks. Farm-fresh produce, pastured eggs, grass-fed beef, sourdough breads, and Lake Erie fish were among the bounty that greeted Kathy and Bill on their first visit to Local Roots, a year-round local food marketplace in Wooster, Ohio. Kathy and Bill noticed that Local Roots had the **distinct, community-oriented feeling of a local farmers market, yet was open every day of the year**, instead of just one or two days a week. The concept piqued the interest of the two longtime local foodies from Ann Arbor.

By that time, Kathy and Bill were local food supporters with years of shopping at farmers markets and participating in Community Supported Agriculture (CSA) programs under their belts. They were concerned that **local food systems across the country were at risk of disappearing**, with over 90% of local farms having shuttered since 1950. However, as two professionals raising a family and working corporate jobs, Kathy and Bill found that they struggled to regularly get to the weekly farmers market. Faced with the reality of a busy lifestyle, yet trying to live out the value of knowing their farmers, they found themselves wondering if there was a way to combine the convenience of a grocery store with the fresh, locally grown offerings and farmer autonomy offered by traditional farmers markets.

Inspired by what they saw at Local Roots, Kathy and Bill opened **Argus Farm Stop**, a year-round, **"everyday farmers market"** where consumers can find locally grown products available for sale directly from local farmers. They envisioned **a convenient neighborhood market** where residents could "stop" in for a farm-fresh grocery haul, as well as some conversation and community. Argus Farm Stop first opened its doors in August 2014 in an old gas station at 325 W Liberty Road in Ann Arbor. Since then, they've added a market and cafe on Packard Road, as well as subscriptions and online shopping.

The Farm Stop Model & Sustainability

Today, Argus Farm Stop is both a business and a **vibrant community of growers and eaters** joined together in the shared mission of **growing the local agricultural economy** and supporting small, local farms to succeed. Argus Farm Stop aims to bridge the gap between farm and plate, building connections between farmers and consumers, and generating positive outcomes for the local food economy and the environment.

At Argus Farm Stop, farmers own their own products, set their own prices, and receive 70% of every sale. To date, the business has paid out over \$20 million dollars to more than 200 local farmers and producers. "When you shop at a place like Argus Farm Stop, the gap between the dollar is so short compared to other stores. You know exactly who your

money is going to, and you quickly come to understand what it takes to produce that food,” says Marketing Manager, Alex Blume. In 2024, the average farmer selling at Argus Farm Stop made \$35,000, with several surpassing \$150,000 – remarkable compared to traditional grocery retailers, where **the average farmer makes just 15 cents on the dollar**, according to the USDA Economic Research Survey of 2022.

That money, Alex shares, allows farmers to grow in ways that make sense for their business, and for the planet. Argus Farm Stop offers products from a diverse range of farmers growing with a variety of agricultural practices, many of which nurture the soil, capture carbon from the atmosphere, and build healthier agroecosystems. Argus Farm Stop shoppers gain insight into these practices, **empowering them to make informed choices aligned with their values**. Educating customers about the benefits of supporting local foods is also a core tenet of Argus Farm Stop, shares Kathy Sample, stating, “once you know your farmer, you tend to think more carefully about what they’re producing and how they’re producing it.”

For example, Argus Farm Stop offers locally raised, grass-fed meat and dairy, which differ vastly in sustainability and quality from conventionally grown animal products. Argus Farm Stop shares information

with customers about the environmental benefits of putting less meat on your plate, while also uplifting the critical role local meat producers play in providing sustainable alternatives to conventionally grown and environmentally destructive products.

The team at Argus Farm Stop hope to help their shoppers understand that **cooking with local foods is an investment in their community and the natural environment**, as well as in their own individual health and wellbeing. Alex says that “eating local food can feel like magic,” and encourages residents to start experimenting with home cooking and new ingredients to help build their confidence using local foods. “Before I worked at Argus, I wouldn’t have known the difference between tatsoi and broccoli rabe, but now I understand that each of these foods have unique and remarkable qualities – and they taste delicious,” he says.

Argus Farm Stop further emphasizes sustainability in their business by composting organic waste, reducing plastic use, and constantly striving to improve their environmental impact. As Kathy explains, **“Sustainability means trying our best to do the right thing wherever possible.”** She continues, “there are many ways we fall short of perfect, but we always have our eyes on doing better for the planet, our farmers, and the customers.”

For more information, visit www.argusfarmstop.com or stop by an Argus Farm Stop location near you.



SMASHED POTATOES WITH SALSA VERDE

From the Kitchen of: Bill Brinkerhoff, Co-Founder, Argus Farm Stop

Preparation Time: 20 minutes | Cook Time: 40 minutes | Yield: 8 small plates

"These crispy potatoes pair perfectly with the tangy, herby sauce. This plant-based recipe is adapted from The Agrarian Kitchen, a restaurant in Tasmania, Australia. Nearly all of the ingredients can be purchased from local farmers and found at Argus Farm Stop," says Bill.

INGREDIENTS:

- 4 pounds potatoes, washed, but not peeled
- 1 cup flat leaf parsley, finely chopped
- 1/2 cup basil, finely chopped
- 1/4 cup dill, finely chopped
- 1/2 cup olive oil, plus more as needed to coat potatoes
- 2 cloves garlic, peeled
- 2 tbsp Dijon mustard
- 1 ounce red wine vinegar
- 3 Tablespoons capers

MAKE HERB BOMBS:

"While nothing can beat a fresh herb, when it comes to preventing food waste, the freezer is your friend!

Try blitzing your fresh herbs, such as basil, dill, parsley, and scallions, in the food processor with olive oil, then freeze the mixture in an ice cube tray. You now have delicious bombs of herby flavor that last for months and can easily be added to any future meal, including sauces, stir fry, soup, and pesto," says community member Azella Markgraf.

INSTRUCTIONS:

- Preheat the oven to 400° F.
- In a large saucepan over medium-high heat, add the potatoes and a pinch of salt, then cover them with cold water.
- Bring the potatoes to a boil, then simmer them until they are tender when poked with a fork, then drain and set them aside to cool.
- To make the salsa verde, in a medium-sized bowl, add the finely chopped herbs and 3 ounces of olive oil.
- Using a mortar and pestle or food processor, crush the garlic clove with a pinch of salt until it is smooth, then add it to the bowl with the herbs and oil.
- Stir in the mustard and vinegar, and enough oil to make the salsa verde quite runny. Season it with freshly ground black pepper and set it aside.
- Place the boiled potatoes onto an oiled baking sheet and use a jar or flat-bottomed glass to press each potato to flatten them slightly.
- Drizzle each potato with olive oil, season them with flaky salt, and place them into the oven, roasting until the potatoes are crispy on the edges, about 30 minutes.
- Heat some olive oil in a small frying pan, then drain the capers and add them to the hot oil, frying until they are crisp. Remove the capers using a slotted spoon, placing them onto a plate lined with a paper towel.
- To serve, arrange the potatoes over a platter, drizzle them with the salsa verde, and sprinkle them with the fried capers.



BARLEY, CUCUMBER, AVOCADO SALAD

From the Kitchen of: Randy Schwartz, Member, Culinary Historians of Ann Arbor

Preparation Time: 20 minutes | **Cooling Time:** 1 hour | **Cook Time:** 20 minutes | **Yield:** 4 bowls

Common Allergens: Gluten, Tree Nuts (Optional)

According to Randy, “The contrast of flavors and textures in this salad is delightful. The toasted barley or bulgur is grainy and nutty; the ripe avocado is soft and rich; and the raw cucumber and onion lend their crunchiness to every forkful. Finally, the dressing is both tangy (from lemon or vinegar) and sweet (from honey or date syrup).”

Randy shares that this dish is “emblematic of Ann Arbor’s cosmopolitan character.” He likes to purchase his pearled-barley kernels from Hamel’s Euro Market (a Russian-American grocery store) or from the Galleria Asian Market. Randy purchases his bulgur wheat and date syrup (called Dibs Al-Tamr in Arabic) from any of the Arab grocery stores in town. Randy says that “the mixture of diverse cultures in Ann Arbor is as striking as the mixture of tastes in this dish!”

INSTRUCTIONS:

- In a dry saucepan on medium-high heat, toast the grains, moving them around in the pan periodically, until fragrant and darkened in color.
- In the same saucepan used to toast the grains, add 3 cups of water and simmer the toasted grains for about 20 minutes until softened. When the grains have softened, but are still a bit chewy, remove them from the heat and drain.
- Refrigerate the cooked grains for at least 1 hour.
- While the grains are cooling, assemble the dressing by whisking together the oil, lemon juice, honey or date syrup, salt, and black pepper. Refrigerate to chill.
- Optionally, toast almonds while the grains and dressing are cooling. Heat a dry frying pan over medium-high heat. Once hot, add the slivered almonds and toast them until they are golden brown and crispy. Set aside.
- Once cool, remove the cooked grains and dressing from the refrigerator, and transfer them to a large bowl along with the diced onion and cucumber. Mix well with a large spoon.
- Remove the pit and peel from each avocado. On a plate or cutting board, slice the avocado into a small dice, trying not to mush the pieces. Transfer the diced avocado to the large bowl and gently mix the salad with the large spoon until just combined.
- If using almonds, sprinkle them on top of the salad.
- Serve and enjoy! This salad can be kept refrigerated in an air-tight container for 24 – 48 hours. After that, the avocado gets mushy and discolors.

INGREDIENTS:

- 1 1/2 cups pearl barley kernels, or groats (or large-size bulgur wheat)
- 6 Tablespoons olive oil
- 2 Tablespoons lemon juice, fresh-squeezed or store-bought (and/or white vinegar)
- 4 teaspoons honey (or date syrup)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 Tablespoons slivered almonds (optional)
- 1/2 medium onion, peeled and diced
- 1 cucumber, approximately 8 inches long, diced into 1/4 inch pieces
- 2 small ripe avocados

TOFU SUMMER ROLLS WITH PEANUT SAUCE

From the Kitchen of: Elodie Landry, Community Member

Preparation Time: 30 minutes | **Cook Time:** 4-8 minutes | **Yield:** 4 rolls

Common Allergens: Peanuts, Soy, Sesame

This recipe makes a fresh, crisp summer roll with an umami-filled sauce. Elodie loves to make these with their sister for lunches in the summer.

INGREDIENTS:

FOR THE PEANUT SAUCE:

- 1/3 cup peanut butter
- 2 Tablespoons rice vinegar
- 2 Tablespoons reduced-sodium soy sauce
- 2 Tablespoons honey
- 1 Tablespoons toasted sesame oil
- 3 cloves of garlic, minced
- 2 Tablespoons water

FOR THE SUMMER ROLLS

- 1 (14-ounce) package of rice noodles, cooked
- 4 rice paper wrappers
- 1 block of tofu, cut into 8 equally sized sticks
- 1 cucumber, cut into 4 sticks
- 1 carrot, cut into 4 sticks
- 1 cup shredded cabbage
- 1 avocado, sliced

NOTES:

If you have leftover tofu and peanut sauce, you can freeze them in individually portioned containers for future use!

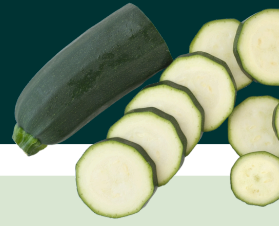
INSTRUCTIONS:

- Make the peanut sauce by combining all sauce ingredients in a medium-sized bowl.
- Cook the rice noodles according to the package instructions. Once cooked, drain the water into a pan that fits the rice wrappers.
- Submerge one rice wrapper into the drained water until soft.
- Place the rice wrapper on a wet plate and fill it with some rice noodles and $\frac{1}{4}$ of the tofu, sliced vegetables, avocado, and some peanut sauce.
- Wrap the rice paper around the filling, tucking in the ends and folding the wrapper over the tucked ends to seal the wrap.
- Repeat steps 3-5 to make the remaining 3 wraps.



ROASTED ZUCCHINI PESTO PASTA

From the Kitchen of: Allison Wei, Community Member



Preparation Time: 15 minutes | **Cook Time:** 15 minutes | **Yield:** 2-3 bowls

Common Allergens: Wheat (Optional), Milk

This pasta, inspired by Meghan Markle's zucchini pasta, is impossibly creamy and hearty, yet wholesome. Zucchini gets roasted until it is falling apart, which forms the base of the sauce. Pesto and lemon are added for brightness. Combined with chickpeas for protein, this is the "perfect all-in-one recipe," according to Allison.

Growing up, Allison had what they call a "bit of a zucchini obsession." In middle school, they would eat a few zucchini every day! Allison says that they are no longer a "zucchini fanatic," but still love this summer vegetable!

INSTRUCTIONS:

- Preheat the oven to 425° F. Cut the zucchini lengthwise into thin planks. Drizzle the planks with oil and rub them with garlic powder, spice rub, salt, and pepper. Bake them on a sheet tray for 15 minutes until golden brown and slightly mushy.
- While the zucchini roasts, bring a pot of salted water to a boil. Follow the package instructions, but undercook by 2-3 minutes, so the pasta isn't entirely soft yet. The pasta will finish cooking in the sauce. Reserve about a cup of pasta water for the sauce before straining.
- When the zucchini has 5 minutes or less left in the oven, start on the pasta sauce. In a large pan, add oil, garlic, and chickpeas. Sauté the chickpeas for 4 minutes on medium heat until they are tender.
- Add all the roasted zucchini to the pan and cook for 2 minutes, stirring to combine. The zucchini should fall apart into a thick, creamy sauce.
- Now, add the pesto, pasta, cheese, grape tomatoes, lemon juice, and red pepper flakes (if using). Stir the pasta to coat it. To loosen up the sauce, add some of the reserved pasta water a little at a time until the sauce smoothly and evenly coats the pasta.
- Finish the pasta with salt & pepper to taste before serving.

"Last summer, I found a giant zucchini the size of my arm at the farmers market. This is why I love the farmers market! The sheer diversity of options brings me joy!" shares Allison.

INGREDIENTS:

FOR THE ZUCCHINI:

- 2 medium zucchini (or 1 giant zucchini, enough to fill a 9 x 13-inch sheet tray)
- 1 Tablespoon oil
- 2 teaspoons garlic powder
- 1 Tablespoon spice rub, such as Lawry's seasoning salt (or 1 teaspoon each of onion powder, Italian seasoning, and paprika)
- Salt and pepper, to taste

FOR THE PASTA:

- 2 cups of small pasta
- 1 Tablespoon oil
- 3 cloves garlic
- 1/2 (14-ounce) can of chickpeas
- Heaping 1/4 cup of pesto (store-bought or homemade)
- 1/4 cup goat cheese (or any cheese of choice)
- 1/4 cup grape tomatoes, halved
- Juice of 1 lemon
- 1 teaspoon red pepper flakes (optional)

BBQ TOFU

From the Kitchen of: Lissa Spitz, Program Manager, Ann Arbor-Washtenaw 2030 District

Preparation Time: 30 minutes | Cook Time: 25 minutes | Yield: 3 servings

Common Allergens: Soy

This delicious and easy-to-prepare dish is a plant-based twist on the classic summer BBQ! Baked or grilled tofu is the perfect vessel for the dish's signature, homemade smoky barbecue sauce. Recipe contributor, Lissa, first had this dish at an A²ZERO sponsored event, and it has since become a well-loved family classic.

INGREDIENTS:

FOR THE TOFU:

- 16 ounces extra-firm tofu
- 2 Tablespoons olive oil
- 1 Tablespoon soy sauce
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 cup homemade barbecue sauce

FOR THE SAUCE:

- 1 cup ketchup
- 2 Tablespoons soy sauce
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon mustard
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon hot sauce, or to taste

OPTIONAL TOPPINGS:

- green onions to taste, sliced
- sesame seeds to taste

NOTE:

According to Lissa, this recipe is best when made with extra firm tofu from the Ann Arbor-based brand, Rosewood.

INSTRUCTIONS:

- Preheat the oven to 400° F.
- In a small saucepan over low-to-medium heat, whisk the barbecue sauce ingredients together. Bring the sauce to a light simmer for 15 minutes, stirring occasionally.
- Pat the tofu dry, then cut or tear it into bite-sized (approximately 1-inch) chunks.
- Toss the tofu chunks with the olive oil, soy sauce, paprika, garlic, salt, and pepper.
- Place the tofu on a lightly greased baking sheet in a single layer.
- Bake the tofu for 25 minutes, until crisp on the edges.
- Toss the baked tofu with ½ cup of the barbecue sauce. Then, return it to the baking sheet, and bake for 5 more minutes.
- Remove the tofu from the oven and optionally garnish it with green onions and sesame seeds!

ALL ABOUT TOFU:

Tofu is a protein-rich food made from soy, water, and a coagulant, like acid, salt, or enzymes.

Although soy is associated with environmental problems like deforestation, erosion, and fertilizer runoff, most of the environmental impacts of soy are related to the production of soybeans for animal feed.

Soybeans produced for human foods, like tofu, make up only 7% of all soy produced globally!



"MAKE IT UP AS YOU GO" PASTA SALAD

From the Kitchen of: Renee Ringholz, Community Member

Preparation Time: 20-30 minutes | **Cook Time:** 15 minutes | **Yield:** 4 bowls

Common Allergens: Wheat (Optional), Milk (Optional)

This flexible pasta salad features "the best of summer with fresh herbs and vegetables," and is recipe contributor, Renee's "go-to" for hosting backyard "garden relaxing" gatherings with friends during the summer months. Renee invites their friends to bring something from their own vegetable gardens to contribute to the pasta salad!

This recipe is easily adaptable and easy to make. Mix and match the ingredients based on what you have on hand or what's in season! You can even make the "salad" portion ahead of time and grill the vegetables just before you are ready to serve and eat the dish.



INSTRUCTIONS:

- Cook the pasta according to package directions, minus 1-2 minutes of cooking time for al dente pasta.
- While the pasta is cooking, briskly mix the lemon juice, olive oil and mustard together in a small bowl. When the pasta has reached al dente, drain it, and place it in a large mixing bowl. Add the dressing and beans while the pasta is still warm. Stir the mixture well.
- Add the salt and pepper to taste and let the dressed pasta cool fully.
- Roughly chop the herbs, chop the desired vegetables into bite-sized pieces, and prepare the vegetables as desired.
- Grill some of the vegetables, such as asparagus, zucchini, and peppers or alternatively sauté or roast them in a pan until tender when poked with a fork. Other vegetables, such as tomatoes or cucumbers, can be added raw.
- Once the pasta has cooled add the chopped herbs, prepped vegetables, and cheese.
- Serve and enjoy!

INGREDIENTS:

- 1 pound rotini pasta (or shells, farfalle, or fusilli)
- 1-2 lemons, juiced (around $\frac{1}{4}$ cup)
- $\frac{1}{4}$ cup extra virgin olive oil, more to taste
- 1 Tablespoon Dijon mustard
- salt and pepper, to taste
- 1 bundle (about 1 cup chopped) of fresh herbs, such as parsley, dill, and basil
- Seasonal vegetables, cooked or raw (peppers, asparagus, zucchini, green beans, cucumber, eggplant, celery, green onion, red onion, beets, etc.)
- 4 ounces crumbled feta or goat cheese (or non-dairy cheese of choice)
- 1 can (or $1\frac{1}{2}$ cups cooked) white beans, such as garbanzo, cannellini, or northern, drained and rinsed



C'MON BETTY

We “can” prevent food waste!

When Caitlin Burr, founder and sole operator of local condiment company, C'Mon Betty, started a home garden in 2020 during the COVID-19 pandemic, she ran into a bit of a pickle: she had too much produce on her hands! To keep it from going bad, Caitlin taught herself how to can food by taking classes through Michigan State University Extension. **By preserving her harvest, Caitlin found that she could more easily share the abundance of her garden** with friends, family, and neighbors.

Over time, Caitlin's passion for food preservation grew stronger, and she decided to turn her hobby into a business, which she named after a phrase her mother often used - “C'mon Betty!” An artisanal canning company making unique, locally sourced condiments, C'Mon Betty's mission is to **recover surplus and “ugly” produce from local farms and markets and give it a new life**: “Instead of ending up in a landfill, it comes to us, and we make delicious, shelf-stable condiments,” says Caitlin.

Fighting Climate Change, One Jar at a Time

In the United States, **around 40% of all food produced ends up as waste**. After being thrown away, most of that wasted food ends up in landfills, where it decomposes and releases methane, a

harmful greenhouse gas that is 80 times more potent than carbon dioxide. Not to mention, **when food is wasted, so too are all of the resources – energy, fertilizers, pesticides, fuel, money, and labor – that went into producing that food**. According to the United Nations, wasted food is responsible for around 8% of global greenhouse gas emissions, making it a major cause of climate change.

Recognizing this, Caitlin opened C'Mon Betty with a goal of providing a **creative and delicious solution to what she calls the “food waste opportunity.”** However, even before starting her business, Caitlin was dedicated to reducing waste. After moving to Ann Arbor in 2018, she began volunteering with local organizations such as SCRAP Creative Reuse and ZeroWaste.org as a way to connect with her community and resources to reduce her personal carbon footprint. However, she says, “I really felt like I wasn't doing enough. Food waste is a humongous contributor to greenhouse gases. Knowing how much surplus produce is out there, [C'Mon Betty] felt like the perfect marriage of my love for food preservation and sustainability.”

C'mon Betty is dedicated to a mission of **“upcycling fresh produce, supporting local farmers, and**

enhancing a local circular economy.” By purchasing leftover produce from farmers markets, Caitlin is able to keep food out of the landfill and turn it into something delicious, while still providing a fair price to the farmer. Additionally, C’Mon Betty aims to be **entirely zero waste**, using only fully reusable or recyclable jars, labels, and liners to package their products, and composting any food scraps they do produce. In the near future, C’Mon Betty customers will also be able to return used jars to be cleaned, sanitized, and reused!

Even in a place like Ann Arbor, where the community is so dedicated to sustainability, Caitlin acknowledges that actually achieving a zero-waste operation has been a difficult step. In addition to needing to master the basics of business entrepreneurship, Caitlin navigated confusing systems that at times made her commitment to sustainability challenging. For example, she says, “finding 100% recyclable labels took over a year of us going back and forth and fine tuning everything.” However, despite the obstacles, Caitlin said, **“It was important to me to follow through on my values, even if it can be more time-consuming and expensive.”**

Taking Action to Reduce Food Waste at Home

Caitlin hopes that C’Mon Betty will inspire and encourage others to take action, while also contributing to a more sustainable local economy. She says, **“most people don’t realize how much they’re wasting, both in terms of money and in produce.”** According to the EPA, the average family of four could save up to \$56 per week (\$3,000 per year!) on food they throw away!

Luckily, Caitlin shares, there are many resources in Ann Arbor to support those interested in reducing their own waste. **“We are so lucky to live in Ann Arbor because the community is really supportive of sustainability efforts,”** she says. For example, she highlights that the City of Ann Arbor offers residential curbside compost collection, including food scraps, and suggests composting as a great first step towards waste reduction. Additionally, Caitlin recommends checking out local businesses, like the vendors at the Ann Arbor Farmers Market, By the Pound, or Bring Your Own Container (BYOC) that offer zero waste packaging options.



To learn more about C’Mon Betty’s efforts to reduce food waste, or to purchase their products, visit www.cmonbetty.com.



Caitlin in her home garden.

WATERMELON TABASCO SAUCE

From the Kitchen of: Caitlin Burr, Owner, C'Mon Betty

Preparation Time: 30 minutes | Fermentation Time: 4 weeks | Yield: 1 quart

This homemade sauce is a “sweeter sauce with a slight hint of heat and a nice tang of vinegar,” according to Catilin. Caitlin says that making hot sauce is one of her favorite ways to use up fruits and veggies from the garden at the end of the growing season.

Caitlin loves to grow her own food in her home garden, a hobby and skill that she started building after moving to Ann Arbor. Since she began growing her own food, food preservation has become both a personal passion and professional endeavor, with her recent launch of C'Mon Betty!

Caitlin says this recipe was her favorite of her hot sauce batches made in 2024, when she grew watermelon and pepper seeds from the Ann Arbor Seed Sampler program!

INGREDIENTS:

- 1 watermelon (642.5 grams)
- 1-2 radishes (23 grams)
- Tabasco pepper (3 grams)
- Canning salt (21.8 grams, 3% weight of other ingredients)
- 5% acidity vinegar – Enough to fill the vessel with 1 inch of space from the top

SPECIAL EQUIPMENT:

- Kitchen scale
- Jar (or other type of fermentation vessel)
- Compostable parchment paper
- Fermentation lid (preferred)
- Fermentation weight (preferred)



INSTRUCTIONS:

- Gather and wash the watermelon, radishes, and pepper.
- Place a large bowl on a kitchen scale and make sure it reads zero.
- Cut and weigh all of the watermelon, radish, and pepper (they can be weighed separately or all combined in the bowl as long as their total weight is calculated using a consistent unit).
- From the total weight of the watermelon, radishes, and peppers, calculate 3% of that weight. This is the weight of how much salt you will need to add in the bottom of the fermentation vessel.
- Add the salt to the bottom of the fermentation vessel.
- Add the watermelon, radishes, and peppers to the vessel.
- Pour the vinegar over the salt, watermelon, radishes, and peppers, leaving 1 inch below the vessel rim. The vinegar should completely cover the watermelon, radishes, and pepper, with no pieces sticking out from the vinegar.



- Cut a small piece of parchment paper and place it inside the jar to ensure that fruit and vegetables don't float to the top of the jar.
- Seal the vessel using a fermentation lid (or a mason jar ring and balloon).
- Set the vessel in a cool dark place for up to 4 weeks. Check on the jar at least weekly to ensure that fruit has not gone above the vinegar and started to mold. If any mold occurs, throw away the recipe. If you are using the balloon method, "burp" the recipe daily by allowing the gas to escape and replacing the balloon and ring.
- Once the 4-week fermentation process has ended, pour the contents of the vessel into a blender, and blend it until it reaches a smooth consistency.
- Transfer the hot sauce to a bottle of choice and enjoy!



NOTES:

- This recipe is a basic fermented hot sauce recipe. As long as your salt content is 3% of the weight of your vegetables and fruit, you can substitute any fruit or vegetables you'd like to fill whatever sized jar you like.
- If your recipe comes out a little chunky after blending, you can add more vinegar and blend it again for a smoother sauce. Caitlin also recommends experimenting with flavored vinegars as long as they are 5% acidity.

WATERMELON RADISH:

Have you ever seen a watermelon radish? These vibrant pink and green radishes are slightly sweeter than other radish varieties and have an appearance similar to a watermelon!

Although any variety of radish can be used in this recipe, you can try adding watermelon radishes to complement the watermelon fruit!



Caitlin in the kitchen!



Hot sauces fermenting at C'Mon Betty HQ.

PINEAPPLE SODA (TEPACHE)

From the Kitchen of: Adam Roy, Professor of Culinary Management, Michigan State University

Preparation Time: 30 minutes | Cook Time: 25 minutes | Yield: 3 servings

"This probiotic beverage is excellent as-is or perfect for a base used in cocktails or mocktails," says Adam. Tepache is a natural pineapple soda that is "effervescent, twangy, and full of flavor." Originally from Mexico, tepache is a great way to turn the skin and core of pineapples into a delicious beverage. Adam loves this recipe because "the cost is unbelievably low, and the effort used to make it is very reasonable for the quality of the final result."

INGREDIENTS:

- 1 whole pineapple, ripened at room temperature until sweet and the peels are golden in color
- 1 cup brown sugar, or piloncillo (if available)
- 1 gallon spring water (or tap water)
- 1/2 teaspoon Sichuan peppercorns
- 1 teaspoon black peppercorns
- 1/2 cinnamon stick
- 1 star anise
- 1 Thai bird chili pepper or any spicy chili pepper, dried

SPECIAL EQUIPMENT:

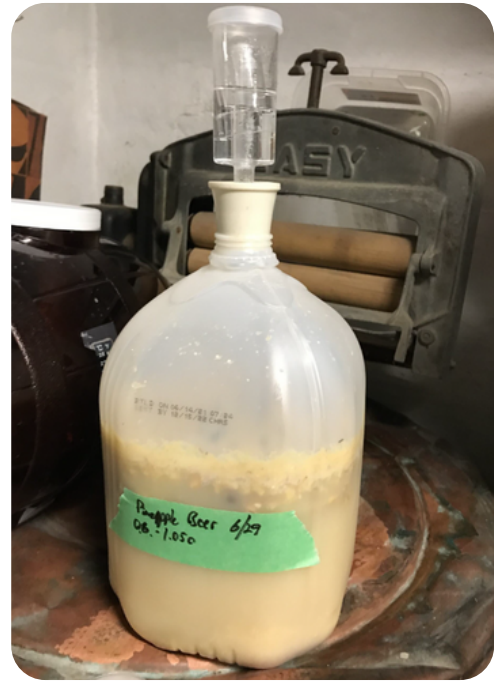
- 1 (1-2 gallon) glass or ceramic container
- 1 piece of cheesecloth
- 1 funnel or strainer to fit the top of the container
- Blender
- 16 (8-ounce) beer bottles with caps and capper or 2 2-liter soda bottles
- 1 empty water bottle with a tight closing cap



INSTRUCTIONS:

- Peel the pineapple, reserving the peels. Quarter the pineapple and cut the core out at an angle.
- Reserve the pineapple "meat" for enjoyment anytime.
- Bring the brown sugar and some water to a boil or heat them in the microwave until the sugar is dissolved. Cool the sugar syrup to room temperature.
- Place the peels skin-side-up on a cutting board. At a very sharp angle, slice the meat close to the peel and put in the blender with each quartered core chopped up. Reserve all the peels.
- Blend the pineapple cores and trimmed pineapple meat from the peels with some spring water until they are smooth.

- Put the sugar syrup, blended pineapple, peppercorns, cinnamon stick, anise, chili pepper, and the rest of the spring water mixture in a glass or ceramic container with a cover to ferment at room temperature for 5-7 days. Milder temperatures work best. When you see white bubbles, the ferment is healthy.
- Taste the mixture every day with a clean spoon. It should sour slightly and have a caramel-pineapple flavor. After 5-6 days, your ferment should be done. If the mixture develops a foul smell or taste, or unusual color, discard the soda.
- When it is sour enough for your taste, filter the mixture through a fine cheesecloth into another container.
- To carbonate, pour the mixture into beer bottles or soda bottles. Cap them tightly.
- Before capping all of the mixture, add a bit of the mixture into the clear plastic water bottle (tester bottle), then squeeze and cap so the bottle is deflated. Keep it at room temperature for 2-5 days until the “tester bottle” is firm to the touch.
- Put all the bottles in the refrigerator for 24 hours. When you are ready to open, do so very carefully over a sink, in case the bottles have pressurized.
- Pour and enjoy the “best soda you will ever have!”



ALL ABOUT PINEAPPLES:

Pineapples are a sweet and acidic fruit that are native to the Amazon rainforest and have been enjoyed by the people of South and Central America for thousands of years.

When choosing a pineapple from the store, look for a pineapple that has a sweet smell and a slightly soft texture, but with no visible signs of mold. Leaves should be green, not brown.

Industrial pineapple production has been associated with environmental concerns, like soil erosion, deforestation, and pesticide contamination, as well as poor labor conditions.

BASED ON VIBES PICKLES

From the Kitchen of: Willow Krupin, Member, Ann Arbor Climate Corps

Preparation Time: 30 minutes | Cook Time: 10 minutes | Cooling Time: 24 hours

Yield: 4 (16-ounce) jars

"These pickles can be whatever you want them to be!" says Willow, "The recipe serves more as a suggestion than a rulebook and is easily customizable based on your tastes."



"During stressful periods of my life, I find comfort in cooking and baking. In high school and during the pandemic, I baked obsessively. But my senior year of college, I lived in an apartment without a full kitchen, so my cooking options were limited. There, I discovered pickling," writes Willow. "I don't like pickles, despite my best efforts, but one of the things I am confident that I do well is pickle making. It's repetitive with enough experimentation that it remains interesting," she adds.

"I love giving pickles as gifts so that others can appreciate my efforts. I have friends who love spice, so I add extra red pepper. I know people who love garlic, so I use an extra head. These pickles can be made with the audience in mind. No two jars are exactly the same."

INGREDIENTS:

- 1 1/4 cups vinegar
- 3 Tablespoons kosher salt
- 2 Tablespoons sugar
- 2 cups cold water
- 5-10 cucumbers, cut into rounds or spears, depending on preference (Any variety of cucumber works but may need to adjust quantity based on size of the cucumber)
- 6 heads of garlic, or to taste (or pre-minced jarred or garlic powder)
- 2 Tablespoons coriander seeds
- 1 teaspoon mustard seeds
- 3-4 Tablespoons dill, more if desired (sprigs or dried)
- red pepper flakes to taste

INSTRUCTIONS:

- Combine the vinegar, salt, and sugar in a non-reactive (ceramic, glass, or stainless steel) saucepan. Bring to a boil.
- Whisk until the salt and sugar are dissolved, then transfer the mixture into glass or metal bowl.
- Add cold water to the mixture and refrigerate it until ready to use.
- In a separate bowl, combine the seasonings.
- Evenly distribute the cucumbers into jars and do the same with the seasoning blend. Pour the vinegar mixture over the cucumbers until they are completely submerged. If the pickles aren't fully covered, add a bit more cold water. Or, if there is a lot of cucumber left exposed, make an additional half recipe of vinegar mixture to cover the remaining cucumbers.
- Rest the pickles in the fridge for 24 hours before enjoying.

MAKING REFRIGERATOR PICKLES AT HOME

A guide to preserving the harvest and creating delicious, safe homemade pickles!

Making refrigerator pickles is a great way to use up fresh summer produce! Pickles are delicious for snacking, as an addition to sandwiches or wraps, or as a topping for many different meals. Refrigerator pickles are easy to make, and allow for a lot of room for creativity - and they require no special equipment!

GETTING STARTED:

Always start by cleaning and sanitizing your utensils, cutting board, and jars. Make sure your containers are heat-resistant and have tightly fitting lids.

Next, select your mix of vegetables! Although cucumbers are a classic choice, you can also use different vegetables, such as asparagus, radishes, turnips, peppers, or cauliflower. Be sure to thoroughly wash all produce in clean water before using.

For seasonings, try a combination of fresh and dried herbs and spices - up to two tablespoons per jar. Some popular pickling seasonings include bay leaves, celery seed, dill, mustard seed, jalapeno pepper, garlic, and horseradish.

HOW TO GROW CUCUMBERS:

Cucumbers are warm season vegetables that are simple to grow! Slicing varieties are great for eating fresh, while pickling varieties are best made into pickles. Learn more by scanning the QR code to access the Michigan State University Extension growing guide.



MAKING THE PICKLES:

Once your ingredients are washed, cut, and prepped, pack them in your container of choice. You can use Willow's recipe for a sour brine, or opt for a sweeter brine by adding up to 1 ½ cups of sugar.

Fill your jars with brine within ½ inch from the top, then cover and refrigerate for 24-48 hours.



STORAGE:

Refrigerator pickles are not shelf stable. They can be safely stored in an airtight container in the fridge for up to two weeks. If the pickles become soft, slimy, or develop a disagreeable odor, discard them.

Information from [Michigan State University Extension](#)



THE LUNCH ROOM

Connecting the Community through Delicious Food

In 2010, longtime community organizer, Phillis Engelbert was taking a break for “creative unemployment,” after experiencing burnout and deciding it was time to explore other ways of structuring her life. During this time, Phillis - together with friend, neighbor, and future business partner Joel Panozzo - began hosting large, “epic” dinner parties for friends. Because Phillis had been vegan since 2007, she would frequently experiment with plant-based meals. Over time, these parties grew in frequency and popularity, eventually outgrowing her home and leading Phillis and Joel to organize pop-up meals throughout Ann Arbor. This was the start of their food journey, which would ultimately lead to the wildly popular Detroit Street Filling Station in Kerrytown.

After a year of pop-up meals, Phillis and Joel were invited to open a food cart as part of the inaugural class of vendors at Mark’s Carts, a beloved food cart courtyard on Ashley Street. At the last minute, just a few minutes before the application to Mark’s Carts closed, the two decided to take the plunge and go into business together. Thanks to the support of a crowdfunding campaign, their food cart became a reality, experiencing wild success in the first two years. Later, in 2013, they decided to open their first brick-and-mortar location in the Kerrytown market, called The Lunch Room.

“The Lunch Room had a place in people’s hearts,” says Phillis. “This tiny spot was always packed and practically bursting at the seams. The Lunch Room

had a New York City feel, with all the hustle and bustle. We put on art exhibits; we created ambitious installations. **It was wonderful and chaotic**, but it was unsustainable.” In order to make more space for the cooks and bakers, Phillis and Joel would eventually open a second location, The Lunch Room Bakery & Cafe, in Huron Towers and, in 2017, another concept on Detroit Street, The Detroit Street Filling Station. Joel departed the business at the end of 2019.

In those early years, The Lunch Room and Detroit Street Filling Station were bustling, **with a steady flow of business and a vibrant community feel**. That was, says Phillis, until COVID-19 arrived in 2020 and, “changed a lot of things.” The switch to carry-out and delivery only, as opposed to in-person dining, made the original Lunch Room concept, which relies on in-person orders placed at the counter of their small cafe, obsolete, and she decided to downsize in 2020 to just two locations.

Today, Phillis is the owner of the Lunch Room Bakery and Cafe, Detroit Street Filling Station, and the North Star Lounge, collectively known as the Lunch Room LLC. More than just a restaurant or a business, Phillis describes The Lunch Room, LLC as being more of a “community organization,” sharing, **“this is a place where people can heal from whatever life experiences they’ve faced**. We prioritize inclusivity, sustainability, community building, and, of course, it all has to start with good food.”

Sustainability

According to Phillis, the word sustainability has “many meanings” to the Lunch Room team. “An idea we try to live by is to **tread lightly and do as little harm as possible**,” she says. “There are limitations,” she explains, “surviving as a restaurant requires a lot of resources – from energy to water, deliveries, napkins, gloves, and carryout supplies – and sometimes the more sustainable options are outside of our price range. We have to balance the sustainability of our business, as well as our food quality and safety, with our goals of sustainability.”

Despite these challenges, the restaurant’s commitment to sustainability is evident in a number of initiatives across the business, from the kitchen to carryout orders, and the food itself. All of the Lunch Room businesses offer an **entirely plant-based menu**, which features a number of low carbon footprint and locally sourced options. The impact of the business’ waste stream is also a focus, and teams opt for reusable, compostable, and otherwise eco-friendly products whenever possible. Customers at Detroit Street Filling Station are also encouraged to bring in their own to-go container for a discount, and a new initiative incentivizes the use of reusable bags through a monthly gift-card drawing.

Perhaps more importantly, The Lunch Room aims to **enrich the community of Ann Arbor** as a primary tenet of their business. “Food is what makes people happy,” says Phillis, “It’s never been my intention just to sell food and make money. **Selling food is a vehicle to bring people together.**” Through a number of public events, art, live music, and live plants, Detroit Street Filling Station seeks to cultivate a welcoming ambience that **draws people out of isolation and into a connected community**.

This same ethic extends beyond the Lunch Room’s customers, to the business’ staff as well. Since 2014, The Lunch Room has worked to provide good jobs to individuals in the community in recovery from substance use disorder, who now make up over half of their staff. **Sustaining their staff, she says, is just as important as sustaining the earth.** The Lunchroom provides a living wage, a fitness allowance, health and dental insurance, and free bus passes to their employees - rare benefits in the hospitality industry.

Phillis cites how the restaurant environment emphasizes accountability, comradery, and shared learning, while pulling people out of the isolation. **“This place is an example of the power of connection and how people can bring each other along,”** she says.

The Lunch Room continues to be a centerpiece of the food scene in Ann Arbor, serving up delicious plant-based food, and demonstrating the impact it can have on the community. For individuals wishing to reciprocate that impact back to The Lunch Room, Phillis says an easy way to support them is to dine in, as opposed to carry out. “We have moved from remote work to a remote life, and eating in our restaurant, enjoying the ambience we’ve created, meeting people in this place... it’s good for you.”

The Lunch Room continues to push the boundaries of the food service industry. Through fostering community and sustainability, they show the world just how impactful a restaurant can be.



To learn more about The Lunch Room, Detroit Street Filling Station, and The North Star Lounge, visit www.thelunchrooma2.com.

POWERUP BOWL

From the Kitchen of: The Lunch Room, LLC

Preparation Time: 20 minutes | Cook Time: 5 minutes | Yield: 4 bowls

Common Allergens: Sesame, Soy

The PowerUp Bowl is one of the most popular lunch dishes at Detroit Street Filling Station! Packed with hearty vegetable goodness, this bowl features a delicious, creamy “Bad Axe” dressing, alongside filling rice and tofu. This recipe is just one of many shared on The Lunch Room’s website. You can find more delicious vegan recipes at thelunchrooma2.com/recipes.

INGREDIENTS:

FOR THE MARINATED TOFU:

- 1/2 cup sunflower or canola oil
- 1/2 cup sesame oil
- 1/2 cup rice vinegar
- 1/4 cup tamari
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced
- 1 teaspoon sriracha
- 1 pound firm tofu

FOR THE “BAD AXE” DRESSING:

- 1/2 cup vegan mayonnaise
- 1/4 cup spicy Dijon mustard
- 1/4 cup maple syrup
- 1/4 teaspoon red pepper flakes

FOR THE SPICE MIX:

- 2 teaspoon granulated garlic
- 2 teaspoons sea salt
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon ground ginger
- 1 teaspoon paprika
- 1 teaspoon nutritional yeast
- 1 teaspoon sugar
- 1/2 teaspoon ground coriander
- 1/2 teaspoon onion powder
- dash of cayenne

INGREDIENTS:

FOR THE POWERUP BOWL:

- 4 cups brown rice, cooked
- 1-2 Tablespoons of neutral oil, for sautéing
- 1 red onion, cut into small strips
- 1 bell pepper, cut into small strips
- 1 batch marinated tofu
- 1 bunch kale, cleaned and ripped from the stem in bite-sized pieces
- 1 avocado, sliced
- 1 cup walnuts, toasted
- 1 cup “Bad Axe” dressing
- 1/4 cup spice mix

INSTRUCTIONS:

- Combine all of the ingredients for the tofu marinade. Cut about 1 pound of tofu into small cubes & marinate them in the refrigerator overnight.
- In a separate container, combine all ingredients for the “Bad Axe” dressing.
- In a separate container, combine the ingredients for the spice mix.
- Cook the rice according to package instructions, until it is to your desired texture for eating. This step can be done ahead, if desired.
- Heat a sauté pan with small amount of cooking oil.
- Place the red onions, red bell peppers, & marinated tofu in the pan. Sprinkle on spice mix & stir.
- Put a lid on the pan and cook it over medium-high heat for 3 minutes, stirring frequently.
- Then, add the kale and drizzle in a little bit of water.

- Place the lid on again & let it cook for 2 more minutes.
- Place 1 cup of cooked rice into each serving bowl.
- Divide the contents of the pan between the bowls, on top of the rice.
- Drizzle “Bad Axe” dressing over the top of each bowl.
- Top each bowl with $\frac{1}{4}$ of the sliced avocado and a handful of toasted walnuts.

PHILLIS’ KEYS TO CREATING SIMPLE PLANT-BASED MEALS:

Phillis, owner of The Lunch Room, LLC, says that a well-stocked pantry and a bit of forward thinking are the keys to crafting simple vegan meals. “Get creative!” she says, adding, “stock your pantry with a variety of grains, nuts, legumes, pastas, oils, vinegars, and spices, then you’ll be off to a start.” Buying whole foods in bulk, she says, will help you avoid unnecessary packaging and ensure you always have ingredients for a delicious meal!

Phillis suggested preparing different components of recipes ahead and “mix and matching” throughout the week to put together big, bountiful bowls of plant foods. “Throw in hot foods with cold foods, add a grain, a protein, and a green! That’s dinner!”



Buffalo Cauliflower from **Detroit Street Filling Station** in Kerrytown.

HIBISCUS QUESADILLA (QUESABISCUS)

From the Kitchen of: Sarah Boylan, Warehouse Manager, Arbor Teas

Preparation Time: 10 minutes | Cook Time: 10 minutes | Yield: 4 quesadillas
Common Allergens: Milk



According to Sarah, “this delicious flower-powered quesadilla is sure to please vegetarians and omnivores alike! Hibiscus calyxes are gaining popularity as a meat-substitute and work a special magic in this recipe. The rehydrated organic hibiscus adds a gentle chewy texture, lush color and unique flavor to this quick and tasty meal.”

The Arbor Teas team has several vegetarians on staff and were excited to try this recipe when they came across it in a New York Times article.

INSTRUCTIONS:

- Bring 2 cups of water to a boil in a medium saucepan. Add hibiscus, and simmer for about 2 minutes. Strain, reserving liquid for hibiscus tea.
- Roughly chop the steeped and strained hibiscus (optional).
- In a large skillet, heat 2 Tablespoons of oil over medium heat. Add the sliced jalapeno and onion, and sauté, stirring occasionally, until the onions begin to brown, about 6 minutes.
- Add the hibiscus and sauté until the mixture is shiny and most of the water has evaporated, about 2 minutes.
- Season the vegetable mixture to taste with salt and pepper and set aside. Wipe out the skillet.
- Divide the cheese among the corn tortillas, sprinkling to cover $\frac{1}{2}$ of each. Spoon the hibiscus mixture on top of the cheese, followed by the cilantro.
- Fold the tortillas in half over the filling and press down firmly.
- Heat the remaining 1 Tablespoon of oil in the skillet over medium heat. Once heated, place 2 prepared quesadillas into the pan, and cook until the cheese has melted and the tortilla is lightly browned underneath, about 2 minutes.
- Carefully flip the quesadillas and cook them until the other side is browned. Repeat with the remaining quesadillas.
- Serve the quesadillas immediately, with salsa (optional).

INGREDIENTS:

- 1/4 cup organic hibiscus
- 3 Tablespoons neutral oil, such as canola or avocado oil
- 1 medium jalapeño, halved and seeded, and thinly sliced
- 1 yellow onion, thinly sliced
- Salt and pepper, to taste
- 1 cup cheese, such as queso fresco, feta, or monterey jack, crumbled or grated
- 8 (six-inch) corn tortillas
- 1 handful fresh cilantro, roughly chopped
- Fresh salsa (optional)

IT'S POP NOT SODA!

From the Kitchen of: Brandon Johnson, Chef, Make Food Not Waste

Cook Time: 15 minutes | **Yield:** 2 ½ cups of syrup, to be added to carbonated water to taste

"Have you ever found yourself with leftover berries that you just can't finish? Instead of letting them go to waste, why not turn them into something delicious – like pop? That's right, I said pop! Being a Detroit boy, I prefer pop over soda any day," says Chef Brandon Johnson.

"During the summer, there's a mulberry tree located on the side of my home. I never knew what they were, so I just assumed they were poisonous. My oh-so-curious niece decided one day that she was going to try them. Mind you, she was only four at the time. In a panic, I quickly used my doctorate from Google University, only to find out that they're completely harmless! In fact, they're really good for you.

"So, we started bonding over mulberries, eating them together whenever we could. Besides mulberries, there's nothing we bond over more than a good old cold pop. I just know a cold pop hates to see us coming! Looking for a healthier alternative to standard pop – and not wanting my sister to kill me for loading my niece up on pop that's filled with dyes and excessive amounts of sugar – led to the creation of mulberry soda. It's a recipe that my niece and I absolutely adore, making our summers just a little more sweet together."

INSTRUCTIONS:

- Into a small, heavy-bottom saucepan, add the mulberries, sugar, and water. Stir and heat the mixture on high until it comes to a boil.
- Once the mixture boils, reduce the heat to medium-high. Carefully use a wooden spoon to mash and stir in the berries, cooking for 8-10 minutes or until the syrup is bright in color and thick like syrup. Add the lemon juice to the mixture.
- Strain the syrup through a fine mesh sieve into a bowl. Save the leftover berries from the straining process to use as a delicious topping on ice cream or overnight oats.
- To serve, take some chilled carbonated water and add the syrup to your taste. Stir the mixture and enjoy!
- "The most important rule! IT'S POP NOT SODA!"

DID YOU KNOW?

Mulberries have a short shelf life. They ripen quickly on the tree and spoil even faster once harvested, typically lasting only 2-3 days.

This rapid spoilage contributes to natural food waste!

INGREDIENTS:

- 2 cups mulberries
- 2 cups sugar
- 1 1/2 cups water
- 1 1/2 teaspoon lemon juice
- 8 ounces carbonated water





THE HUNGRY LOCAVORE

Foodie adventures through Southeast Michigan

The Hungry Locavore is a family owned and operated business with a mission to support sustainable food systems by **connecting their customers to the most fresh, local, and wholesome food they can find** via a weekly box of seasonal vegetables and prepared dishes from local farms and kitchens. Established in 2023 by Ryan Poe, who describes the business as a **"hyper-local food project,"** The Hungry Locavore provides customers a streamlined way to support dozens of local food and farm businesses with just a single purchase.

Each week, The Hungry Locavore offers a rotating menu of locally sourced food products, designed to showcase a diversity of farms and flavors. As the seasons change, so do the weekly menus, which are often themed around a different global cuisine or **"foodie adventure,"** as Ryan likes to say. To create the weekly boxes, Ryan sources items from a network of **over 140 food producers** across Southeast Michigan, introducing his customers to new products and businesses in each box they buy.

Making local food **fun, approachable, and flexible** is at the heart of the Hungry Locavore project. Unlike traditional Community Supported Agriculture programs, which often require season or year-long commitments, Hungry Locavore customers purchase one box at a time after previewing the weekly menu. "I created the Hungry Locavore to provide a gateway to eating good, local food," says Ryan.

"If one of the menus doesn't work for you, you can sit that week out." The opt-in model, he says, helps customers engage with local food systems "at-will," making it more accessible to a broader audience.

In addition to the food itself, the Hungry Locavore's food boxes are accompanied by an educational newsletter that tells the stories of the food inside. "In the newsletter, **I take the customer on a passenger-side adventure, a tour of local farms,** and basically walk them through every aspect of the production process," he says. With an inside look into the people, places, and practices behind the products, Ryan aims to provide a **"glass window into the food system"** that helps eaters better understand where their food comes from, how it was grown, and why supporting local and sustainable producers matters.

As a farmer himself, Ryan hopes that the Hungry Locavore can remove what he sees as one of the top barriers to achieving a more sustainable food system – a lack of transparency. "What you don't see when you're buying food at a grocery store is all of the hidden costs to the workers, the soil, waterways, and your body. They make food seem cheap, but it isn't really. There's so much that goes into growing food. So, **what I can do is show my customers a vision for a more regenerative and forward-thinking food system** – one that prioritizes fair wages, clean water, good soil, and healthy communities."

Along the way, Ryan encourages more farmers in the area to transition towards organic and regenerative growing practices, while also making his own operations more sustainable by moving away from single-use plastic packaging. “A big advantage that I have is that I’m visiting so many farms, so **I have the ability to connect [growers] to each other, like a butterfly pollinating hundreds of flowers**, to share information about how we can shift our practices to better coexist with the environment we have and avoid causing more damage,” he says.

The Hungry Locavore aims to be not just a business, but **a catalyst for a more collaborative, circular, and sustainable food economy**. “Less than a hundred years ago in the Midwest, most farmers cooperated and worked together, people grew different crops, they leaned into each other, and going to a grocery store was kind of an off-site adventure,” says Ryan, continuing, “somehow over the years we’ve gotten away from that. What I try to do with the Hungry Locavore is to connect farmers and chefs to each other and encourage them to work together, all while providing the customers an entryway to eating good, delicious food.”

To learn more about the Hungry Locavore, and for a list of current pickup locations, visit their website, www.thehungrylocavore.com.



Ryan and his daughters stand behind a table, sharing information about The Hungry Locavore at a public event in Ann Arbor.





TOMATILLO SALSA VERDE

From the Kitchen of: Ryan Poe, Owner, The Hungry Locavore

Preparation Time: 20 minutes | Cook Time: 15-20 minutes | Yield: 3-5 cups

This is a great summer salsa that is quick, easy, and tasty! Ryan grew up making this recipe with his grandma in the height of the summer with fresh produce out of her garden. Ryan's grandmother was a professional chef and gardener. Years later, Ryan now grows both purple and green tomatillo varieties in his own garden just so he can make this quick and easy salsa.

This salsa is great with tortilla chips or topped onto tacos or burritos. Ryan loves Mexican food, and this salsa is a staple in Latin American cuisine, serving as a base ingredient for many dishes you might find in that part of the world.

Ryan says, "in Michigan, we can source all ingredients apart from citrus from local farms or CSA boxes. At the Hungry Locavore, we feature these ingredients several times each summer in our Mexican themed box menus and its always a huge hit for folks that make it."

INGREDIENTS:

- 1 1/2 pounds fresh tomatillos
- 2 hot peppers, jalapeño or serrano work best (omit for mild salsa)
- 1/2 cup white onion, diced
- 3 large garlic cloves, peeled
- 1/2 cup cilantro leaves, plucked from stems
- 1 Tablespoon fresh lime juice (or lemon juice)
- Salt and Pepper, to taste

Tomatillos are a fruit native to Mexico, where people have grown since as early as 900 BCE!

Tomatillos are tangy, citrusy, and slightly sweet. They are available locally between July and September, and are best stored in a paper bag in the fridge for up to 3 weeks.

INSTRUCTIONS:

- Set the oven to broil.
- Place foil on a baking sheet.
- Remove the husk from the tomatillos, then wash them and cut them in half, placing them face-down on the foil in the baking tray.
- If using, cut the hot peppers in half, remove the seeds and stem, then place them on the foil with the tomatillos and garlic cloves
- Place the baking sheet in the oven on broil for 15-20 minutes, until the vegetables have become golden and browned, or slightly charred (this brings out the flavor in the vegetables).
- When done broiling, dump the broiled vegetables, juice and all, into a blender and then add the fresh chopped onion, cilantro leaves, and lime juice.
- In the blender, "pulse" the salsa to your desired texture. This salsa is best slightly chunky.
- Taste the salsa and add a pinch of salt and pepper, if desired.
- Eat the salsa fresh out of the blender as a warm salsa or chill it in the refrigerator before serving for a thicker consistency. Enjoy!

SHIRLEY'S VEGETABLE SOUP

From the Kitchen of: Barbara Goodsit, Community Member



Preparation Time: 20 minutes | **Cook Time:** 1-2 hours | **Yield:** 10+ (12-ounce) bowls

Common Allergens: Milk

Who says soup isn't a summertime food? This soup features ingredients available in Michigan in late summer and, according to Barbara, whose mother invented this recipe in the 1950s "it's so delicious, it deserves to be remembered and made for many years to come."

"I want to honor my mother's memory and the love she gave to our family. This is a plant-based soup made of humble ingredients that is one of the most delicious soups that I have ever had. Although I did not grow up in a vegetarian family, this soup fits into a vegan diet. It brings back happy memories of home and love for me," says Barbara.

INSTRUCTIONS:

- In a large stock pot over medium heat, add the carrots, celery, potatoes, and onion.
- Add vegetable broth to cover.
- Bring the soup to a boil, then add the butter beans, stewed tomatoes, sugar, and margarine.
- Stir the soup occasionally, adding more water as it cooks down.
- Simmer the soup for at least 1 hour, preferably more.

NOTES:

- If desired, use dry lima beans in place of butter beans and soak them overnight before cooking.
- "My mother added some refrigerated beans at the very end of cooking. I tend to put all the beans in at the start of cooking," says Barbara.

INGREDIENTS:

- 2 cups carrots, sliced
- 2 cups celery, sliced
- 4 small red potatoes, peeled and diced
- 1 medium sweet vidalia onion, peeled and diced
- 2 (16-ounce) cans vegetarian butter beans
- 1 (28-ounce) can stewed tomatoes
- Salt and pepper, to taste
- Vegetable broth, to cover (or water, plus bullion cubes or vegetable broth paste)
- 3 Tablespoons sugar
- 1/2 stick margarine (or less, if desired)

TRYING TO EAT MORE VEGGIES?

The VegMichigan team suggests adding vegetables to dishes you already enjoy! They say, "sometimes that can mean throwing some chopped spinach (fresh or frozen) into a soup or stew near the end or adding cooked carrots to a pureed sauce."

"Incorporating more plants into your diet can be an adventure," they say. "Try new recipes, ingredients, and techniques. Have fun!"



HERBY SUNBURST TOMATOES

From the Kitchen of: Azella Markgraf, Sustainable Food Coordinator, OSI

Preparation Time: 15 minutes | Cook Time: 15 minutes | Yield: 4 servings, as a side

These bright and herby “sunburst” tomatoes are a simple, delicious way to use up an abundance of late summer tomatoes. Azella calls the dish “sunburst” tomatoes because the sweet, acidic flavor relies on sungold cherry tomatoes, stewed until the tomatoes “burst and become jammy.” The resulting dish is plant-based, versatile, and can be served on pasta, a hearty piece of buttered sourdough toast, or with eggs for breakfast, as pictured above.

INGREDIENTS:

- 2 garlic cloves, sliced
- 2 pints sungold tomatoes (or other cherry tomato), halved
- 1/2 cup fresh dill, chopped
- 1/4 cup fresh basil leaves, torn into small pieces
- 1/2 teaspoon red pepper flakes
- salt and pepper, to taste
- 2 Tablespoons olive oil

FOR SERVING:

- 2 slices of sourdough toast
- 2 Tablespoons softened butter, or plant-based butter



“My favorite way to enjoy sungolds is fresh off the vines from my garden!”

INSTRUCTIONS:

- In a medium pan over medium heat, heat the olive oil.
- Once the oil is hot and slightly smoking, add the garlic slices. Sprinkle the garlic with a pinch of salt, then let the garlic slices fry until they are golden brown (around 2 minutes). Watch carefully so the garlic does not burn.
- Remove the garlic slices from the oil and set aside for later.
- Into the pan with the olive oil, add the sungold tomatoes. Add a pinch of salt, black pepper, and the red pepper flakes.
- Let the tomatoes cook for a few minutes until they start to break down. After 2-3 minutes, feel free to give the tomatoes a little squish with your cooking utensil to help them along.
- Once the tomatoes have started to “burst,” add in the basil and continue to cook until the tomato liquid has cooked off and is slightly thicker. This should take around 5 minutes.
- Once the tomatoes are a somewhat thick, jam-like texture, remove them from the heat and stir in the chopped dill. Set the tomatoes aside until you are ready to serve them.
- If desired, toast two slices of crusty sourdough bread. Take the crispy garlic slices and smash them into the softened butter to create a crispy garlic butter. Spread the butter on the toasted bread.
- Serve the tomatoes alongside your slices of toast, dip, and enjoy!

This recipe was originally published as “Sungold Tomatoes & Crispy Garlic” by Justine Doiron at justinesnacks.com.

BEST EVER VEGAN CAESAR SALAD

From the Kitchen of: Tina Town, Community Member

Preparation Time: 40 minutes | **Cook Time:** 15 minutes | **Yield:** 6 servings
Common Allergens: Wheat, Soy, Tree Nuts

This easy-to-make, plant-based Caesar salad is an excellent way to impress your friends (vegans and non-vegans alike), according to recipe author, Tina! With some added vegan protein, this can be a whole meal or a side dish as-is. It was a favorite dish at Tina's recent Christmas holiday celebration, where the guests kept coming back for more! "Flavor all day!"

INSTRUCTIONS:

MAKE THE CROUTONS:

- Chop the bagel into desired crouton-sized cubes.
- In a medium bowl, toss the cubes of bagel in olive oil to coat, and sprinkle them generously with kosher salt.
- Spread the bagel pieces evenly onto a small baking sheet, and toast them in a toaster oven, or a regular oven at 375° F for about 15 minutes, or until crispy.

MAKE THE SALAD DRESSING:

- In a blender or food processor, purée the oil, tofu, lemon zest, lemon juice, mustard, capers, and nutritional yeast until smooth and creamy.
- Season the dressing with salt and pepper to taste.

ASSEMBLE THE SALAD:

- Toss the chopped romaine with the dressing. Top the dressed salad with the almonds, parmesan, and a generous amount of croutons.

NOTES:

- You can add seasoning to the croutons for flavor, such as garlic powder, onion powder, or Italian seasoning.
- Try adding vegan "chixn" strips to the salad for extra protein. Tina suggests Gardein, Darin, or Abbott's brand.



INGREDIENTS:

FOR THE CROUTONS:

- 1 bagel of choice (i.e. everything, sesame, or plain)
- 1 Tablespoon olive oil
- Kosher salt and pepper, to taste

FOR THE DRESSING:

- 1/4 cup olive oil
- 1/4 cup soft silken tofu
- 1/2 teaspoon lemon zest
- 2 Tablespoons fresh lemon juice
- 2 teaspoons dijon mustard
- 2 teaspoons capers, drained
- 2 teaspoons nutritional yeast
- Salt and pepper, to taste

FOR THE SALAD:

- 2 hearts of romaine lettuce, chopped
- 3/4 cup sliced almonds, toasted for extra flavor
- Vegan parmesan, to taste (such as Violife shaved parmesan)



TACO DIP

From the Kitchen of: Kimmy Van DeWege, MPH, Registered Dietitian

Preparation Time: 20 minutes | Cook Time: 15 minutes | Yield: 10 servings
Common Allergens: Milk (Optional)

"Whether it's game-day or your fresh garden tomatoes are overflowing, this recipe is for you! With options for a plant-based twist on an appetizer staple, this recipe combines fresh toppings with a plant-protein base, sure to keep the conversation not only on the game, but on the food! Enjoy with your favorite chips and veggies," says Kimmy.

"My mom made a version of this recipe growing up! It is still one of my absolute favorites that I always request. It's the best when you eat it fresh, and the plant-based meat is still a little warm with all the cool toppings! You can also play around with adding other veggies like peppers and olives, make it your own and get creative! That's the fun of cooking and I hope you enjoy the process of making this too!"



INGREDIENTS:

- 1 pound plant-based ground meat, such as Beyond, Impossible, or Gardein
- 8 ounces enchilada sauce, divided
- 8 ounces cream cheese (or plant-based cream cheese)
- 1/2 cup dairy free sour cream (or plain Greek yogurt)
- 1 1/2 teaspoons chili powder
- 1/2 (15 ounce) can black beans, rinsed and drained
- 2 cups diced tomatoes
- 3 cups shredded lettuce
- 1/2 cup green onions, chopped
- 2 avocados, cut into small chunks
- Handful of cilantro for topping
- Sea salt and pepper, to taste
- Cheese, for topping (optional)

INSTRUCTIONS:

- Cook the plant-based meat per package instructions.
- Add 6 ounces of the enchilada sauce to the meat in a saucepan. Let it cool.
- In a stand mixer, beat the cream cheese, sour cream, chili powder, and remaining 2 ounces of enchilada sauce.
- Spread cream cheese mixture into the base of a 9 x 13-inch serving dish.
- Add the meat and sauce mixture as the next layer above the cream cheese mixture.
- Add the remaining toppings as layers one at a time (black beans, tomatoes, lettuce, green onions, avocados, cilantro, salt and pepper, and optional cheese).

REGROW YOUR GREEN ONIONS:

"When using green onions, AKA scallions, the white bulb end with the roots can be placed into organic potting soil and new leaves will grow, as long as the ends have enough light and moisture. Leaves can be harvested once they reach the desired length," according to community member Michele Yanga.



TOMATO RICE

From the Kitchen of: Thirupura, Community Member

Preparation Time: 10 minutes | Cook Time: 40 minutes | Yield: 4 servings

This recipe is a lightly spiced cooked rice, mixed with tomato sauce. This is Thirupura's mother's recipe from South India. This dish is from Tamil Nadu, South India. According to Thirupura, Tomato Rice is a traditional cultural dish that is a famous simple recipe made by mothers for kids' lunch and picnics in South India.

INSTRUCTIONS:

- Cook 2 cups of your favorite rice using a ratio of 1 cup rice to 2 cups water. It should not be mushy or soggy.
- Into a frying pan, pour 2-3 Tablespoons of cooking oil. Once it is warm, add the onion and sauté it with a pinch of salt. Add the curry leaves.
- Once the onion is lightly browned, add the tomatoes and sauté them for a few minutes, seasoning with chili powder, turmeric powder, and salt to taste.
- Sauté for some time, reducing the heat if needed to prevent the oil from smoking. Once the oil separates, turn off the heat and garnish with chopped cilantro.
- Mix the cooked rice with this tomato sauce. Now your yummy tomato rice is ready!

INGREDIENTS:

- 1 cup dry rice of choice
- 1 onion, finely chopped
- 2-3 tomatoes, finely chopped
- 2-3 Tablespoons cooking oil
- 1 sprig of curry leaves (optional)
- 1 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- Salt, to taste
- 1 bunch cilantro, finely chopped

USING UP COOKING LIQUIDS

"Any time you have a liquid left over from boiling or steaming vegetables or other foods, don't just throw it out!" says community member, Randy Schwartz, "Take advantage of its good flavors and healthful nutrients by eating some or all of it as part of a dish. For example, after boiling greens, carrots, or peas as a vegetable side dish, spoon some of the just-used boiling water into your bowl of vegetables and add the toppings that you normally use, such as oil, salt, pepper, or other spices."

"Using a spoon, you may well want to eat the tasty broth first, even before the veggies! This was traditionally called "sass" (sauce) by New Englanders and was highly praised. In the South, it was often called "potlikker" (pot liquor) and would be eaten in much the same way, or otherwise used for dunking pieces of corn bread or corn pones. Aside from giving your body extra nutrients, this practice is also healthful because it increases the amount of moisture that you consume, which is a routine deficiency of the modern industrial diet."



CHOCOLATE & RASPBERRY JAM COOKIES

From the Kitchen of: Macey Kunkle, Alumna, Ann Arbor Climate Corps

Preparation Time: 2 hours | Cook Time: 9-11 minutes | Yield: 24 cookies

Common Allergens: Wheat, Milk (Optional), Egg (Optional)



INGREDIENTS:

FOR THE JAM:

- 6 ounces raspberries
- 1/3 cup sugar
- 1 Tablespoon lemon juice
- Splash of rose water, to enhance the raspberry flavor

FOR THE COOKIES:

- 1 1/2 cups all-purpose flour
- 1/2 cup cocoa powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 3/4 cup unsalted butter, softened (or vegan unsalted butter)
- 3/4 cup light brown sugar, packed
- 1/4 cup white sugar
- 2 room temperature egg yolks (or 2 "flax eggs", 2 Tbsp of ground flax seed with 6 Tbsp water, let it sit for a few minutes to thicken before use)
- 1 1/2 teaspoons vanilla extract

These are tasty chocolate thumbprint cookies with a homemade raspberry jam on top. Macey loves this dish because it changed their mind about raspberries, which they didn't like before trying this recipe! The jam pairs well with the chocolate, making this dessert a favorite for Macey and Macey's best friend.

INSTRUCTIONS:

MAKE THE RASPBERRY JAM:

- In a medium pot, combine the raspberries, sugar, and lemon juice, stirring to break up the berries and create a juice. A potato masher is helpful here!
- Heat the mixture over medium-high heat until it comes to a boil, stirring occasionally. Reduce the heat to medium, then continue to cook the jam for about 10 minutes.
- Add a splash of rose water to taste.
- Store the jam in a clean container in the refrigerator, if desired, or use in the thumbprint cookies!

MAKE THE COOKIE DOUGH:

- Line 2 baking sheets with parchment paper and set them aside.
- To a medium-sized bowl, add the flour, cocoa powder, salt, and baking powder. Whisk to combine the ingredients, then set the mixture aside.
- To a large bowl, add the butter, brown sugar, and white sugar, then cream them together with an electric mixer until the mixture starts to develop a fluffy texture, roughly 2 minutes.
- Add the egg yolks (or flax eggs) and vanilla extract to the butter/sugar mixture, and mix again with the electric mixer until the mixture is pale in color with a fluffy texture.
- Add the dry ingredients to the creamed wet ingredients and use a rubber spatula to fold them together until they are well-combined into a cookie dough.

- Scoop the dough and roll each scoop into 1 Tablespoon-sized balls, then place each dough ball onto the baking sheets.
- Use a $\frac{1}{4}$ teaspoon to press down into the center of each dough ball to create an indent.
- Chill the prepared dough for at least 1 hour in the refrigerator.

ASSEMBLE THE COOKIES:

- Preheat the oven to 350° F.
- Arrange the prepared dough about 1 inch apart on the baking sheets.
- Spoon the jam into each indent of the prepared dough.
- Bake for 9-11 minutes, until one or two of the cookies feel set when tapping the edge. Do not overbake!
- Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a cooling rack until they have completely cooled.



MATCHA GREEN TEA ICE CREAM

From the Kitchen of: Sarah Boylan, Warehouse Manager, Arbor Teas

Preparation Time: 2 minutes | **Cooling Time:** 6-12 hours | **Yield:** 8 cups
Common Allergens: Milk



"It's so easy being green!" According to the Arbor Teas team, this "three ingredient no-churn recipe is incredibly simple to whip up and delivers a perfect pairing of the unique bitterness of our Organic Matcha Green Tea (Cooking Grade) with the sweetness of condensed milk. Delectably creamy, mildly earthy, and satisfyingly sweet, matcha ice cream makes a simple and sophisticated dessert."

INSTRUCTIONS:

- Place a loaf pan (or similar container) into the freezer to chill for at least 10 minutes prior to preparing the ice cream.
- Whip the heavy cream with a hand mixer or stand mixer with a whisk attachment on medium-high speed until soft peaks form (about 2 minutes), then gently whisk in the condensed milk until combined.
- Transfer the whipped mixture into the chilled loaf pan (or similar container) and smooth the top.
- Cover the pan with plastic wrap or a lid and freeze it for 6 hours or overnight.
- Remove the ice cream from the freezer and let it soften for 5-7 minutes before serving.

INGREDIENTS:

- 1 1/4 cups heavy cream
- 2/3 cup condensed milk ($\frac{1}{2}$ of a 14-ounce can)
- 2 Tablespoons organic matcha green tea (cooking grade)

Matcha is a finely ground green tea powder that has an herbaceous flavor and bright green color.



SECTION III: AUTUMN



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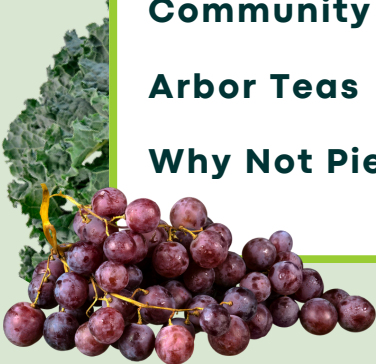
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TRINITY HEALTH FOOD IS MEDICINE

Growing Health through Food and Community

Most of us know that eating more fresh fruits and vegetables and staying active helps maintain our health. But putting that knowledge into action can be tough. Many people face real barriers, such as lack of access to affordable groceries, limited time, or financial constraints, that make healthy habits feel out of reach.

Meanwhile, diet-related chronic diseases are on the rise. According to the United States Center for Disease Control (CDC), 6 in 10 Americans have at least one chronic disease, and 4 in 10 have two or more. Poor nutrition and physical inactivity are major risk factors for conditions like type 2 diabetes, heart disease, stroke, certain cancers, and depression – many of which are preventable with the right support systems in place.

One strategy to build these support systems is the growing field of Lifestyle Medicine. Through a focus on the six core pillars of nutrition, exercise, stress management, sleep, avoiding risky substances, and supportive interpersonal relationships, Lifestyle Medicine **reduces chronic disease risk and supports healthier, more equitable communities**. While all six pillars promote health, nutrition is particularly important for chronic disease management.

That's where Trinity Health's Food is Medicine program comes in. A collaboration between Trinity Health Lifestyle Medicine and The Farm at Trinity Health, the program **"addresses nutrition and food insecurity while improving health and racial equity throughout Michigan."**

About the Program

The Food is Medicine program provides access

to nutritious food and education to members of the Ann Arbor and Ypsilanti communities, **helping patients form lifelong healthy habits**. The cornerstone of the program is the Farm Share, a weekly or biweekly box of local, nutrient-dense produce sourced from over 20 farms. Modeled after community supported agriculture (CSA) programs, the Farm Share includes recipes, cooking demonstrations, and a number of seasonal events at the Farm. Additional offerings include free, dietitian-led cooking classes like **Cooking with Plants**, and volunteer opportunities that foster physical activity and connection to food sources.

"The Farm is a wonderful space to put all six pillars of Lifestyle Medicine into action," says Kelly Wilson, Lifestyle and Culinary Medicine Program Coordinator. **"Whole foods enhance health, sunlight regulates circadian rhythm, gardening is great exercise, and food connects people... All of those things are happening here."**

Farm Programs Manager Jae Gerhart adds, "We think of sustainability very holistically. **It's not just the environmental, but also how it connects to the individual**. Whole food, plant-forward diets help prevent chronic disease and reduce climate impact. That's especially important in communities like Ypsilanti with high rates of chronic illness, which climate change further exacerbates."

Trinity Health's farm uses no-till, regenerative agriculture, which, according to Jae, is labor-intensive but supports soil and human health. Volunteers, including hospital patients, help grow the food, benefiting physically and emotionally through the work. "Food builds relationships," says Jae.

"And those relationships are foundational to community sustainability."

Transformative Impacts

Kelly says the Lifestyle Medicine program has changed lives. Over the course of 12 weeks, patients show improved blood pressure, reduced waist circumference, increased fruit and vegetable intake, and increased physical activity, saving an estimated \$500 - \$1000 per year, per chronic condition.

Jae shares one powerful story to demonstrate the impact of The Farm at Trinity Health: a woman referred to the Farm Share after liver failure and a terminal diagnosis. Unable to work, she received dietitian and social worker support, plus a Farm Share. Her health improved, she began volunteering, and eventually got off the transplant list. "She told us she was able to reduce her medications and replace them with good food," Jae Says. **"Now she's completely healthy and credits the Farm for saving her life."**

"This is just one powerful example of what we're trying to do together through the Food is Medicine program," says Kelly. "Providing food, lifestyle education, and community... **this approach truly transforms lives.** Imagine the impact if everyone had access to those same resources!"

Eating Healthfully and Sustainably

For those who want to integrate more sustainable and healthful practices into their lives, Kelly says "Start small! People often think they need to change everything all at once, but research shows that **big changes often don't stick.**" One approachable first step is joining Cooking with Plants, Trinity Health's free virtual cooking class. Held monthly, it covers the basics of plant-forward meals and is designed for beginners.



You can also connect directly with where your food comes from. "Come volunteer at the Farm," Jae encourages. "We host workdays where anyone can pitch in. If you're not local, look for other farms in your area that accept volunteers." Getting your hands in the soil is not only physical activity, but can strengthen your connection to the food you eat. If you don't have access to a garden, "plant a seed wherever you can – on your windowsill, your balcony, [or] a pot outside," Jae says.

To learn more about Trinity Health Food is Medicine, visit trinityhealthmichigan.org/services/trinity-health-food-medicine.



BEET, GINGER, & CARROT SLAW

From the Kitchen of: Trinity Health Ann Arbor Lifestyle Medicine

Preparation Time: 15 minutes | Yield: 4-6 portions

This slaw combines “the sweetness of carrots and ginger with the zing of apple cider vinegar” for a delicious, easy way to enjoy fresh beets. It requires no cooking and comes together in just 15 minutes!

Fresh beets, carrots, and green onions grow well in Michigan’s climate and these veggies are available fresh from local farms in the autumn months. The recipe’s authors suggest you consider “growing your own or checking out localdifference.org to learn about when these ingredients are in season and what farms, farmers markets, or stores carry them.”

Skeptical of beets? The team at Trinity Health Ann Arbor says that “this dish has converted many beet-averse eaters into beet lovers” in their free Cooking with Plants class. They share, “we’ve loved seeing how many people who thought they hated beets have been converted to beet aficionados after trying this recipe. Kids included!”



INGREDIENTS:

- 2 medium red beets, washed, peeled, and shredded
- 1 large carrot, washed, peeled, and shredded
- 1 (1-inch) piece of ginger, peeled and minced
- 2-3 green onions, trimmed and thinly sliced
- 3-4 Tablespoons apple cider vinegar
- 1-2 Tablespoons fresh orange juice
- 1/4 cup unsalted sunflower seeds

INSTRUCTIONS:

- Add all of the ingredients to a medium bowl.
- Stir the slaw until it is well-combined.
- Eat as-is, or use it as a topping for a veggie burger, grain bowl, or salad.
- Store leftovers in the fridge for up to 5 days.



DID YOU KNOW?

Beets are typically harvested mid-summer through late fall, but can be stored through the winter for year-round local eating!

CRISPY TOFU

From the Kitchen of: Stefan Arambasich, Community Member

Preparation Time: 30 minutes | **Cook Time:** 1.5 hours | **Yield:** 10 (12-ounce) bowls

Common Allergens: Soy

This crispy tofu is easy to make and adds a delicious protein to your meal! According to Stefan, “the crispy outside coupled with the warm center make it reminiscent of chicken nuggets.” The recipe is simple, oil-free, vegan, and can be made gluten-free with liquid aminos in place of soy sauce.

INSTRUCTIONS:

- Preheat the oven (or air fryer) to 425° F. For a regular oven, use the air fry or convection feature if the oven has it.
- Open the tofu and drain the excess water the tofu came in. (No need to press the block – you actually want the liquid for a chewy inside).
- Cube the tofu by repeatedly cutting the block in half until you have 32 roughly equal-sized pieces.
- In a medium-large mixing bowl, pour in the tamari or soy sauce. Add in the cubed tofu and use a silicone spatula to gently toss until the tofu cubes are evenly coated.
- Sprinkle the nutritional yeast over the cubes, gently mixing until the cubes are evenly coated.
- Distribute the cubes on a baking sheet lined with a silicone mat, making sure there's space between the cubes.
- Carefully place the baking sheet on the middle rack of the oven, baking for 30-45 minutes, until the tofu is crispy!

INGREDIENTS:

- 1 (14-ounce) package of extra-firm tofu, drained
- 1 Tablespoon tamari, soy sauce, or liquid aminos
- 1/4 cup nutritional yeast
- Salt and pepper, to taste

STEFAN'S SUSTAINABILITY TIP:

Stefan suggests making your own tofu or buying tofu in bulk!



THERE IS PROTEIN IN PLANTS!

“Beans, lentils, tofu, and other meat alternatives are high in protein, and it turns out we don't need much protein in a healthy diet – just 0.3 grams of protein per pound of body weight. Some plant foods that are surprisingly high in protein include quinoa and sweet peas,” according to VegMichigan.



PICKLE SOUP (RASSOLNIK)

From the Kitchen of: Izzy Salomon, A²ZERO Ambassador, Community Member

Preparation Time: 15 minutes | Cook Time: 45 minutes | Yield: 6-8 bowls

Pickle soup (Rassolnik) is an Eastern European dish that, according to Izzy, “sounds wacky but might just make it into your soup rotation.” This is a lighter soup that can still be a “great comfort food, and takes well to plant-based, local ingredients.”

INGREDIENTS:

- 2 Tablespoons olive oil
- 2 carrots, chopped
- 2 ribs of celery, chopped
- 1 medium onion, chopped
- 8 cups water
- 4-5 yellow potatoes, cubed into bite-sized pieces
- 4 pickles, preferably lacto-fermented, chopped into 1/4 inch pieces
- 1/2 cup wild rice or barley
- 1 Tablespoon dill
- 1/4 cup pickled radish (optional)
- 1/2 cup pickle brine
- Salt and pepper, to taste

INSTRUCTIONS:

- In a large stock pot, heat the olive oil over medium heat.
- Once the pan has heated, add the carrots, celery, and onion and sauté for around 5 minutes.
- Add the water and bring to a boil.
- Once boiling, add the potatoes, pickles, wild rice, dill, and radishes (if using), then reduce the heat and simmer for 30 minutes.
- Add the pickle brine and season the soup with salt and pepper to taste.
- Make sure the potatoes and rice are fully cooked, then turn off the heat and enjoy the soup warm.

NOTES:

- Be sure to use wild rice, and not another type of rice! Other types of rice may absorb too much liquid and become mushy!

MANOOMIN | WILD RICE IN MICHIGAN

Wild rice is an ancient grain that has been harvested by Indigenous peoples for thousands of years in the Great Lakes region. Wild Rice, also known as **manoomin** and **mnomen**, meaning “the good berry”, is a sacred food of the Anishinaabe (Odawa, Ojibwe, and Potawatomi) peoples.

Wild rice populations in Michigan are under threat due to climate change, colonization, and environmental degradation. Efforts are underway to restore this ancient grain and ensure its survival. More information can be found on the Great Lakes Indian Fish & Wildlife Commission website:

<https://glifwc.org/stewardship/ganawenindiwag-manoomin-anishinaabeg>



ASIAN QUINOA KALE SALAD

From the Kitchen of: Deanna Tregoning, Community Member

Preparation Time: 30 - 60 minutes | **Cook Time:** 30 minutes | **Yield:** 6 servings
Common Allergens: Sesame, Soy

This salad is delicious, high in protein, and can be made using a variety of vegetables easily found at a local farmers market. Deanna has been making this recipe for many years, since taking a whole foods cooking class in college. She reflects that she is very thankful to have learned the skill of using whole foods in cooking all those years ago.

INSTRUCTIONS:

- Preheat the oven to 425° F.
- First, make the dressing. Add all of the dressing ingredients to a small jar with a lid, then shake to mix. Set aside.

MAKE THE TOFU:

- In a medium-sized, oven-proof pan over medium heat, add the sesame oil and tamari, then heat for around 1 minute.
- Add the garlic and ginger, then cook for another 1-2 minutes.
- Add the tofu, mixing to coat well, then place in the oven.
- Bake for 30 minutes, stirring once halfway through.

MAKE THE QUINOA:

- Add the quinoa and 1 1/2 cups of water to a medium pot.
- Bring to a boil, then reduce the heat and let simmer with the lid on for about 15 minutes, or until all the water has absorbed and the quinoa is your desired texture.

ASSEMBLE THE SALAD:

- Add the kale and hot quinoa to a large bowl, then stir.
- Cover the bowl so that the steam from the quinoa cooks the kale slightly.
- Add half of the dressing, then stir again. Keep the dressed kale and quinoa covered until the tofu is done baking.
- Once the tofu is browned, add the hot tofu and stir to combine. Keep the mixture covered so the kale continues to cook, another 5 minutes or so.
- Allow the salad to cool at room temperature or in the fridge.
- Once cool, add the carrot, apple, green onion, and remaining dressing. Toss well.
- Garnish with sesame seeds, then serve and enjoy.

INGREDIENTS:

FOR THE DRESSING:

- 2 Tablespoons sesame oil
- 3 Tablespoons low-sodium tamari
- 3 Tablespoons balsamic vinegar
- 1 Tablespoon maple syrup
- 1 Tablespoon sambal oelek chili paste (optional)

FOR THE TOFU:

- 1 (16 ounce) block firm or extra-firm tofu, cut into small cubes
- 2 Tablespoons tamari
- 1 Tablespoon sesame oil
- 2-3 garlic cloves, minced
- 1-inch piece of ginger root, minced

FOR THE SALAD:

- 1 cup quinoa, rinsed and drained
- 1 bunch kale, finely chopped
- 1 medium/large carrot, shredded
- 1 small apple, sliced into matchsticks
- 2 green onions, chopped
- 2-3 Tablespoons toasted sesame seeds



BERBERE CAULIFLOWER

From the Kitchen of: Echelon Kitchen & Bar

Preparation Time: 30 minutes | Cook Time: 30 minutes | Yield: 10 small plates
Common Allergens: Tree Nuts, Sesame

"Charring cauliflower is an incredible way of bringing out sweet, nutty, and earthy notes in the vegetable. At Echelon Kitchen and Bar, we dress our cauliflower in a smokey-spicy Ethiopian herb and chili mix called berbere. Spicy, nutty, fatty, acidic, and herbaceous flavors are all balanced in this vegan dish that has a myriad of textural contrasts," says Joseph VanWagner, Executive Chef at Echelon Kitchen & Bar in downtown Ann Arbor.

"This dish is one of many on our menu that celebrates local flavors with locally produced ingredients. All of the produce in this dish is purchased at Argus Farm Stop; the catalyst for many of our menu items. In the restaurant, we make every single component, including the 'store bought' ones for this recipe, with Michigan-produced ingredients," he adds.

Chef Joseph learned this dish while pouring through cookbooks focused on the Maghreb, North, and East Africa. He says "the spice is rich with traditions of culinary influence from all over the world."



INGREDIENTS:

FOR THE CAULIFLOWER:

- 1 large head of cauliflower
- 2 Tablespoons neutral oil such as canola
- 1 1/2 Tablespoons salt
- 1 teaspoon berbere spice, store-bought
- 3/4 cup slivered almonds, toasted
- 1/2 cup golden raisins
- Juice from 1/2 of a lemon

FOR THE PURÉE:

- 3/4 cup almonds
- 1 head of cauliflower
- 2 cups almond milk
- 2 Tablespoons tahini
- 2 Tablespoons sugar
- 1 Tablespoon olive oil
- 2 teaspoons salt

FOR THE TOPPING:

- 1/2 cup giardiniera, store-bought
- 1/4 cup cilantro, chopped
- kosher salt, to taste

"Echelon Kitchen and Bar is a wood-fired, vegetable-forward restaurant in the heart of Ann Arbor, Michigan. Designed to be a love letter to the incredible agricultural landscape of Michigan, we source the majority of our food, wine, and even plateware from local artisans. We see Echelon kitchen and Bar as our opportunity to become better chefs, hospitality professionals, and stewards to our community," shares Joseph.



INSTRUCTIONS:

PREPARE THE CAULIFLOWER:

- Heat the oven to 375° F.
- Cut the cauliflower into bite-sized pieces and toss it in the neutral oil, salt, and berbere spice.
- Spread the cauliflower out in one even layer on a baking sheet, being sure to include all of the oil and berbere.
- Roast the cauliflower until it begins to caramelize to a dark golden-brown color; roughly 12 minutes. If the cauliflower isn't reaching the desired caramelization, give it a few minutes longer until the edges are crispy and slightly charred.
- Remove the cauliflower from the oven and toss it with the toasted slivered almonds and golden raisins.

MAKE THE CAULIFLOWER PURÉE:

- Heat the oven to 375° F.
- Toast the almonds on a baking sheet in the oven until dark golden brown; roughly 6 minutes.
- Put the toasted almonds and the remaining ingredients into a sauce pot and cook over low heat until the cauliflower is completely soft (you should be able to mash it with a spoon).
- Add the cauliflower mixture to a high-powered food blender or food processor and process until it becomes a very smooth purée.

ASSEMBLE:

- Spread a thin layer of cauliflower purée at the bottom of each serving vessel or a platter. A standard salad bowl works well for this recipe.
- Working in small batches, place the roasted cauliflower, almond, and raisin mixture in the center of the purée, building a high pile of the roasted vegetables.
- Top the cauliflower with a small spoon ($\frac{3}{4}$ Tablespoon) of the chopped giardiniera and garnish with a few whole cilantro leaves and a pinch of kosher salt.

NO SCRAP LEFT BEHIND:

Fight food waste by using every part of the vegetable.

For this dish, Chef Joseph suggests using the cauliflower stems in the purée, while florets can be used for roasting! Even the giardiniera brine can be used to season the roasted vegetables before serving.

FOOD GATHERERS COMMUNITY KITCHEN

Alleviating Hunger in Washtenaw County

The story of Food Gatherers begins with a deli, a van, and a mission to feed people in need. A few days before Thanksgiving in 1988, a group of volunteers from beloved Ann Arbor restaurant, Zingerman's Deli, set out to **collect wholesome food that would otherwise be discarded and redistribute it to local organizations** serving free, hot meals in Ann Arbor and Ypsilanti. 50 pounds of food later, Food Gatherers was born, becoming the first food rescue program in Michigan, and among the first six in the country.

Today, Food Gatherers is an independent 501(c)3 nonprofit with a mission to **alleviate hunger and address its causes in our community**. As the local food bank and food rescue program, the organization is Washtenaw County's largest anti-hunger organization, working with a network of community partners to distribute millions of pounds of food annually to residents experiencing food insecurity, while simultaneously preventing good food from going to waste. In addition to food bank services, Food Gatherers operates the **Food Gatherers Community Kitchen**, which focuses on providing delicious, nutritious meals to any resident in need.

Food Rescue in the Community Kitchen

At the Food Gatherers Community Kitchen, a team of staff and volunteers, led by Kitchen Manager Scott Roubeck, and coordinators Amy Diehl and Chris Roberts, transform large quantities of



"rescued" food into delicious, homestyle lunches, dinners, and desserts. Serving around 100 diners at each meal, **the team uses donated ingredients to create meals that satisfy their guests' preferences**, while also emphasizing food safety and nutrition.

For the Community Kitchen staff, preparing every meal requires quick and creative thinking. "Most of the ingredients that we use in the kitchen are donated by local farms, grocery stores, and businesses," says Chris, adding "We have an inventory of basic staples, but for fresh ingredients, we rarely know what our truck will be delivering before it arrives. **Opening the boxes is like Christmas morning meets an episode of the show Chopped!**" For example, one delivery brought the Kitchen team dozens of pounds of lamb, while another contained over \$1,000 worth of lobster.

For Scott, running the kitchen is both demanding and rewarding. **"We find ways to use things that others were going to throw out.** But our guests also trust us to feed them good, safe food. That is our number one priority. Our diners are very adventurous, and it's our responsibility to develop recipes that are easy to replicate for volunteers, can feed a hundred people, and most importantly, **that people want to eat,**" he says. Usually, the team has just two hours from the time a rescue is dropped off until they provide a "fabulous meal," according to Amy.

Pulling off such a task is only possible thanks to Amy, Scott, and Chris' combined passion for serving others, dedication to the Food Gatherers' mission,



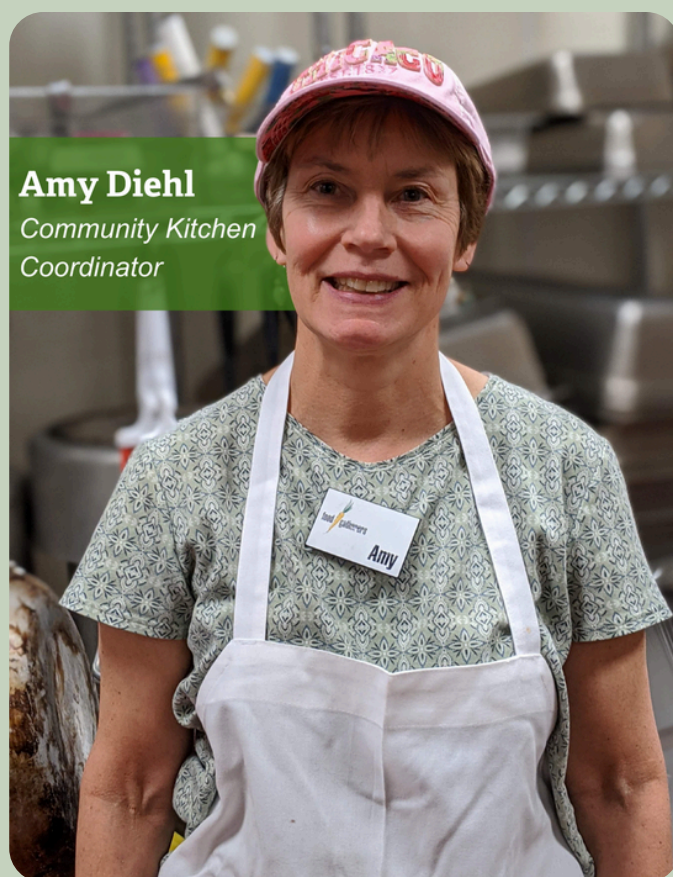
and competence in food preparation. Executive Director Eileen Spring says, **“The kitchen is managed by talented people who have expertise in making good food.”** Between Amy, Scott, and Chris, the Community Kitchen team has decades of combined food service and volunteer experience, which they put to use everyday in feeding their guests.

Bridging the Gap Between Anti-Hunger and Sustainability

Although Food Gatherers is, first and foremost, an anti-hunger organization, sustainability is inherent in their mission. “Our organizations’ very existence is a reflection that we have an unsustainable food system. We were created because the system overproduces food, yet still so many go hungry. We connect people with low access to healthy food with those who have an abundance. **It’s important for us to work within the spaces of our broken food system to try and make some goodness out of excess,**” explains Eileen, who sees Food Gatherers’ primary responsibility as “making sure that all people, regardless of their circumstances, have access to healthy food.”

Preventing food from becoming waste is one of the many benefits of working towards that goal, yet, ultimately, is secondary to the goal of providing safe, nourishing food that people want to eat. “If you’re struggling to feed yourself and your family, you’re often also going to be struggling in other areas of your life. **Our priority is to provide a dignified dining experience** that helps to ease that,” says Scott. Being selective about which donated foods to accept, according to Eileen, is part of how Food Gatherers protect the health and dignity of their clientele. “We have to be overly cautious,” she explained, because even the most generous and well-intentioned donations could cause illness.

In practice, rescuing food and protecting food safety requires a lot of time, energy, and resources. According to Chris, “Occasionally we get donated food that is past its prime. When that happens, we spend a long time separating out what’s spoiled.” This is no easy task, explains Eileen: **“No one wants to sort through bins of moldy vegetables.** But we try to be thoughtful environmental stewards, so we sort through the food we receive to make sure that what ends up in our kitchen or another agency is good, and compost anything that’s too far gone.”



In addition to fighting hunger and preventing food waste, Food Gatherers has undertaken a number of other sustainability initiatives, including installing solar panels on their warehouse and working to improve the energy efficiency of their buildings.

To learn more about Food Gatherers, or to learn more about how you can contribute to anti-hunger efforts in our community, visit foodgatherers.org. If you, or someone you know, is experiencing food insecurity, Food Gatherers’ Find Food tool contains a full list of free meal programs and food pantries in Washtenaw County, and the Food Gatherers Community Kitchen provides free meals for everyone in the community, no questions asked.



FOOD GATHERERS CHICKEN STEW

From the Kitchen of: Scott Roubek, Kitchen Manager, Food Gatherers Community Kitchen

Preparation Time: 45 minutes | Cook Time: 4 hours | Yield: 130 (12-ounce) bowls

Common Allergens: Milk, Wheat

INGREDIENTS:

FOR THE GRAVY:

- 3 gallons low sodium chicken broth
- 3 cups butter
- 3 cups flour

FOR THE POTATOES:

- 30 pounds potatoes, pasta, rice, dumplings, or biscuits

FOR THE STEW:

- 2-2 1/2 cups olive oil
- 4 pounds medium onions, diced, divided
- 2 pounds celery, finely chopped
- 20 cloves garlic, finely chopped
- 2 Tablespoons turmeric
- 40 pounds chicken or turkey, cubed, or substitute white or navy beans (1, 15 oz can, drained and rinsed, per pound of chicken), or up to 10 pounds of cubed ham plus 30 pounds of other protein
- 2 Tablespoons salt, or to taste
- 2 Tablespoons black pepper
- 10-12 pounds mixed vegetables, such as carrots, parsnips, broccoli, cauliflower, mushrooms, red peppers, turnips, rutabaga, or corn, cut into 1-inch pieces
- 5 pounds fresh or frozen green beans, cut into 1-inch pieces
- 5 pounds frozen peas
- 1 1/2 cups fresh herbs, such as dill, parsley, sage, rosemary, or thyme, or substituted with 1/2 cup dried herbs

"This dish is a comfort food crowd pleaser! It is hearty, satisfying, and full of flavor. It's one of our meal guests' favorite dinners and we often hear, 'It's just like my mom used to make!'" says Scott.

Scott adds, "Food brings people together. Good, delicious, and healthy food is a conversation starter that fosters the opportunity to build connections. Many of those we serve dine with us on a regular basis and when joining us for meals, develop friendships, create support systems, and there is a strong sense of community and belonging among our meal guests."

To stay true to the type of cooking done by the Community Kitchen staff, we have included this recipe as it would be made in the Food Gatherers Community Kitchen, which serves around 100 guests at each mealtime. If you're daring, try this for a large family gathering!

INSTRUCTIONS:

MAKE THE GRAVY:

- In a large pan over high heat, warm the stock until it is hot.
- In a separate large pan, melt 3 cups of butter over medium heat.
- Slowly incorporate 3 cups of flour into the melted butter, stirring constantly until the mixture is golden in color.
- Slowly whisk the hot broth or stock 4 cups at a time into the flour/butter mixture until the gravy thickens, and the flour is fully incorporated. Cover the gravy and set aside.

MAKE THE POTATOES

- Scrub, peel and cube the potatoes into a 1/2 inch dice.
- Boil or steam the potatoes until they are nearly cooked through. Drain the potatoes and set them aside.

COOK THE STEW:

- Heat 2 cups of olive oil over medium heat and sauté 1/2 of the onions and the celery until the onions are just translucent.
- Add the mushrooms (if using) and sauté until they begin to soften.
- Add the garlic and turmeric and cook for 1 minute, making sure the garlic does not burn.
- Add the chicken, salt, and pepper and, if using, the dried herbs. Sauté for 5 minutes.
- Add the carrots and, if using, any other root vegetables until they are nearly cooked through.
- Add additional vegetables (except the peas) and cook for 5 minutes.
- Drain the cooked meat and vegetables and reserve any accumulated liquid for another use.
- Add in the cooked potatoes and gravy and continue to cook the potatoes and vegetables until a fork can easily slide into the vegetable and potato pieces with little resistance.
- Add the frozen peas and the remaining onions and cook for 3-4 minutes.
- Add any fresh herbs.
- Add salt and pepper to taste.

NOTES:

- Unless labeled low sodium, canned gravy and gravy mixes are high in sodium, so use minimal salt during the cooking process and salt to taste just before serving when using a store-bought product.
- To maintain food safety, chicken and chicken gravy must be cooked to 165° F.
- To substitute rice or pasta instead of potatoes, 2 ounces of dry product equals one serving. Cook separately and you can serve the stew over the rice/pasta or add it to the stew when adding in the green beans and peas.

MAKE DINNER PARTY PLANNING EASIER

Cooking for a large group can be tricky! Knowing how much food will keep your dinner guests satisfied without leaving waste is often a guessing game. **Overpreparing food is one of the top causes of food waste in households.**

The Guestimator tool, created by the Natural Resources Defense Council, is a digital calculator that helps you take the guesswork out of portion planning and “right-size” your party prep. Just plug in the number of guests you expect and the type of dishes you plan to serve. The Guestimator will tell you how much food to make!

Try it out: savethefood.com/guestimator



SWEET N' SMOKY CARROT DIP

From the Kitchen of: Azella Markgraf, Sustainability Coordinator, OSI

Preparation Time: 20 minutes | **Cook Time:** 1 hour | **Yield:** 6 servings
Common Allergens: Tree Nuts

This sweet, smoky, savory, and garlicky dip is the ideal companion to a loaf of crusty sourdough bread or a fluffy homemade pita! It is inspired by a dish originally created by Ochre Bakery in Detroit, which has since closed. This is Azella's favorite way to eat carrots because of the delicious flavors and because it produces virtually no food waste!

Azella suggests making this dish with fresh carrots from a local farm or your home garden and serving it with some cut vegetables of choice, warmed pita, and a side of carrot top pesto.

INGREDIENTS:

FOR THE DIP:

- 1/2 cup unsalted / lightly salted pistachios, almonds, walnuts, or other nut of choice
- 2 pounds carrots (Ideally farm-fresh carrots for the sweetest flavor!)
- 1 red bell pepper
- 1/4 cup + 2 Tablespoons olive oil
- 2 1/2 teaspoons salt, more to taste
- 4 cloves garlic
- 1/2 (14-ounce) can of white beans, such as cannellini or great northern
- 3 Tablespoons fresh lemon juice
- 1 teaspoon ground black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon crushed red pepper flakes

FOR THE TOPPING:

- Fresh cilantro, to taste
- Drizzle of pomegranate molasses, to taste (optional)
- Drizzle of high-quality olive oil
- Za'atar seasoning or crushed pistachios, to taste (optional)

INSTRUCTIONS:

- Preheat the oven to 350° F.
- Spread the almonds (or other nut) on a baking sheet, then toast them in the oven until they have slightly darkened in color and start to smell nutty, about 8-10 minutes.
- If the carrots have green tops, remove them and set them aside for another dish (like carrot top pesto), then scrub the carrot root clean. Cut the carrots into 1-inch chunks. Leave the peels on to reduce food waste.
- Cut the red bell pepper into 8 pieces, then carefully removing the seeds and stem to avoid wasting any of the pepper flesh.
- On a baking sheet, toss the carrots and bell pepper with 2 Tablespoons of olive oil and a pinch of salt, then spread them out evenly. Roast them in the oven for 1 hour, removing the peppers after 30 minutes. Leave the carrots to roast until they are very tender and brown. The carrots should be very soft and cooked through, leaving no toughness in the cores.
- While the carrots are roasting, add the toasted nuts, 1/4 cup olive oil, 1/2 teaspoon of salt, garlic cloves, beans, lemon juice, smoked paprika, black pepper, and red pepper flakes into a high-powered food processor or blender and pulse until smooth.
- Once roasted, add the carrots and peppers to the mixture and process again until they are mostly smooth.
- Taste the dip and adjust the seasonings according to your taste. If you're not using pomegranate molasses, you might want more olive oil here!
- For a smoother spread, add more olive oil, or a splash of water, and process again. Continue to process until the mixture is quite smooth, like the texture of store-bought hummus.

- Transfer the dip to a serving dish. Using a spoon, make a well in the top of the dip, then drizzle in a high-quality olive oil and pomegranate molasses (if using). Top with fresh cilantro or parsley (or carrot top pesto), za'atar seasoning or pistachio dukkah, and a pinch of flaky sea salt.

NOTES:

- "I buy pomegranate molasses from El Harissa Market Cafe or another local Middle Eastern or North African grocer," says Azella, who adds, "My favorite Za'atar in town is from the business Taste of Petra, who is a vendor at the Ann Arbor Farmers Market."
- Depending on the natural sweetness of the carrots, you may want to add a teaspoon of maple syrup to boost the flavor of the dish.



CARROT TOP PESTO

From the Kitchen of: Azella Markgraf, Sustainability Coordinator, OSI

Preparation Time: 5 minutes | Yield: 6 servings

Common Allergens: Tree Nuts

Carrot tops are often discarded, but are surprisingly delicious! They can be used in many recipes - from soups, to pestos like this one! According to Azella, "we can all reduce food waste at home by learning about the many delicious parts of vegetables that we so often toss in the trash!"

INSTRUCTIONS:

- Rinse carrot tops in cold water, removing any that are brown or slimy.
- Add all ingredients (except the water) to a food processor or small blender and process until the mixture is a chunky paste.
- Add water, one tablespoon at a time, until the mixture is creamy and smooth.
- Taste the pesto and adjust flavors as needed, adding more salt and pepper, olive oil for richer flavor, lemon for brightness, or basil if the pesto is too thin.
- Serve and enjoy!

INGREDIENTS:

- 1 cup carrot tops (around 1 bunch)
- 1 1/2 cups fresh basil leaves, tough stems removed
- 1/3 cup unsalted walnuts, pistachios, or sunflower seeds
- 2 Tablespoons lemon juice
- 3 cloves of garlic
- Salt and pepper, to taste
- 1/4 cup olive oil
- Water, as needed to loosen the pesto

"Sauces, such as pesto, usually lose their appealing bright green color in just a couple of hours standing or being frozen. To avoid this, the herbs should be blanched in boiling water for just a few seconds before being ground into the sauce. This has no effect on flavor, but ensures much improved color!" shares community member Peter Hinman.

A-TO-Z VEGETABLE SOUP

From the Kitchen of: Cathy Carter, Community Member

Preparation Time: 20 minutes | Cook Time: 55 minutes | Yield: 4 quarts, or 10 (12-ounce) bowls

Common Allergens: Soy

INGREDIENTS:

- 3 Tablespoons olive oil
- 1 cup yellow onion, diced, and/or leeks (rinsed, halved, and thinly sliced)
- 1 cup celery, diced
- 1 teaspoon garlic, minced
- 2 teaspoons turmeric
- 1 Tablespoon paprika
- 1 Tablespoon soy sauce
- 1/2 teaspoon cinnamon
- 1 bay leaf (optional)
- 1/4 teaspoon cayenne
- Salt & pepper, to taste
- 2 cups grain of choice, such as couscous, barley, or quinoa
- 14-24 ounces of canned or boxed tomatoes (or 2 cups fresh tomatoes, chopped)
- 1 (12-ounce) can of tomato juice
- 2 quarts stock or broth of choice
- 4-5 cups mixed vegetables, such as carrots (peeled and sliced into coins), sweet potatoes or winter squash (1/2 inch cubes), green or yellow beans (bite-sized pieces), bell pepper (1/2 inch cubes), green peas (shelled), cabbage, zucchini (1/2 inch cubes), and/or corn kernels
- 2 cans drained chickpeas
- 1/2 cup shelled edamame (optional)
- 2 cups greens of choice, such as kale, spinach, and/or chard

This warmly spiced soup is reminiscent of canned “alphabet” soup that Cathy was fond of in her youth. According to Cathy, the ingredients are “adaptable to your tastes” and what you have on hand. Cathy says that this recipe is excellent for eating over ten different varieties of plants – from acorn squash to zucchini!

Cathy has been making this soup for over twenty years as a lunch, usually with a piece of cheesy toast or homemade chicken meatballs. She originally learned this recipe from a wellness-centered community cookbook created by employees of the old Parke-Davis / Pfizer facility in Ann Arbor and has adapted it over the years to include greens and grains to make the recipe heartier.

INSTRUCTIONS:

- In a large stock pot, warm olive oil over medium heat.
- Sauté the onion and/or leeks, celery, and garlic until soft but not brown.
- Add the turmeric, paprika, tamari/soy sauce, cinnamon, cayenne, and bay leaf (if using). Sauté for a few more minutes until fragrant.
- Cook the grains according to package directions, or until tender.
- Add the tomatoes, tomato juice, and stock and bring to a simmer.
- Add vegetables and simmer, uncovered, for around 20 minutes or until vegetables can be pierced easily with a fork.
- Add the chickpeas, edamame (if using), and greens. Simmer, covered, for around 10 more minutes.
- Turn off heat and add the cooked grains. Let sit, covered, for another 10 minutes to cool.

SOFT PRETZELS

From the Kitchen of: Sarra Bridges and Justin Burgess, Community Members

Preparation Time: 45 minutes | **Rest Time:** 60 minutes | **Cook Time:** 35 minutes | **Yield:** 12 pretzels

Common Allergens: Wheat

These pretzels are crunchy and salty on the outside and soft and fluffy on the inside. Sarra and Justin love making these pretzels to share with friends and family, and frequently make a double batch so they have plenty to share and some left over too!

Justin grew up baking bread with his great aunt, and later taught Sarra how to make these pretzels, which come from a cookbook that was passed down through his family. Twelve years later, Sarra and Justin still enjoy making pretzels together!

INSTRUCTIONS:

MAKE THE DOUGH:

- In a medium-sized mixing bowl, mix the yeast and warm water. Let rest for 5 minutes, until the yeast is foamy and creamy.
- Add 1 1/2 cups of flour, along with the oil and sugar. Mix with a wooden spoon for 3 minutes to make a smooth batter.
- Stir in the remaining flour. The mixture should become a soft dough.
- Turn the dough out onto a clean, floured work surface. Then, knead the dough until it becomes smooth.
- Place the dough into a large, oiled mixing bowl, then cover and let rise in a warm place until it has doubled in size (around 1 hour).

INGREDIENTS:

- 1 package active dry yeast
- 1 cup warm water (about 110°F)
- 2 1/2 - 3 cups all-purpose flour
- 2 Tablespoons oil
- 1 Tablespoon sugar
- 6 Tablespoons baking soda
- 6 cups water
- Coarse salt

SHAPE AND COOK THE PRETZELS:

- Preheat oven to 425°F.
- Punch the dough down, so it deflates, then turn it out onto a clean, floured work surface, and cut it into 12 pieces.
- Form each piece of dough into a ball, then roll it into a rope. Twist your rope into any fun shape!
- Onto a greased baking sheet, place the formed pretzels and let rise, uncovered, until they become puffy (around 25 minutes).
- In a large pot over high heat, add 6 cups of water and baking soda, and bring to a boil.
- Add the pretzels to the boiling water, a few at a time, and boil them for 10 seconds. Flip the pretzels, then boil for another 10 seconds on the other side. Return them to the baking sheet and sprinkle with coarse salt.
- Bake in the preheated oven for 12-15 minutes, or until golden brown.





COMMUNITY FARM OF ANN ARBOR

Four Decades of Community Supported Agriculture

Nestled just a few miles beyond the bustling streets of Ann Arbor, where the hum of urban life fades into the rhythm of nature, lies the Community Farm of Ann Arbor (CFAA). CFAA is a 12-acre gem where, amidst rows of crops and honeybee hives, community members gather to nurture not only the land, but a shared love of good food and deep neighborly bonds.

Founded in 1988, CFAA is one of Michigan's pioneering organic and biodynamic farms, as well as **one of the first Community Supported Agriculture (CSA) initiatives in the country**. This non-profit, member-run cooperative farm is dedicated to cultivating nutrient dense and sustainably grown produce while caring for the land, people, and animals that make up their farm community.

Seeding Community & Starting a Movement

The story of CFAA begins in 1987, when a panel at the Ann Arbor District Library discussed "the plight of the small farmer" and the struggles they faced amidst the rise of factory farms. During this session, Trauger Gogh of the Temple-Wilton Community Farm in New Hampshire presented an innovative farming model: **Community Supported Agriculture**. This model involves farm members contributing financially at the start of the growing season, in exchange for a weekly share of the harvest. The idea of a CSA farm resonated with many in attendance, inspiring several attendees to bring this model to Ann Arbor.

Following this pivotal meeting, twelve Ann Arbor families came together to establish the Community Farm of Ann Arbor. They broke ground in 1988 on borrowed land off Whitmore Lake Road, where they implemented biodynamic farming techniques. By the end of the first year, CFAA had over 150 members, marking its place as Michigan's first CSA farm.

Almost 40 years later, CFAA has navigated changes in leadership and location, including a move to Chelsea in 1996. Despite these challenges, **the farm's core values of collaboration and interdependence have remained steadfast**. The organization has also expanded to include educational programs, helping train local farmers on how to run their own CSA programs. Karen Chalmer, a founding member of the Community Farm, says that today "there is a thriving CSA environment in Ann Arbor," a dream that once seemed distant.

"Beyond Organic": Biodynamic Farming

Today, visitors to CFAA are greeted by pollinator gardens, the hum of honeybees, vibrant murals, and a variety of animals that call the farm home. Two historic, pre-Civil War era barns, nicknamed Miriam and Wilfred, serve as reminders of the farm's rich past, while a **multigenerational community of farmers** carry forward the tradition of biodynamic farming. Biodynamic farming, rooted in the teachings of Austrian scientist and philosopher Rudolf Steiner, views the farm as a single living organism with interconnected elements.

According to CFAA farmer Kacee Jones, “I eat the vegetables we grow, and I can taste that **the soil, the microbes, the plants, the animals, and the farmers are all in harmony. It’s a radical interdependence.**” Biodynamics, Chalmer emphasizes, seeks to “work with life, instead of against it.”

CFAA embraces biodynamics to the fullest, which is why Linda Teaman, current President of CFAA, describes biodynamic practices as “**beyond organic.**” This approach to farming emphasizes the importance of cultivating a healthy farm ecosystem, encouraging biodiversity to ensure soil and plant health. Chalmer notes, “When there are worms on the kale, we send a crew of people out to pick them off, we don’t just sprinkle something onto the kale to keep the worms away.” CFAA also integrates solar power into their operations, thanks to Terry Richards, which included converting an Allis Chalmers Model G tractor to run on solar battery power, as well as compost and “organic contributions” from animals to maintain farm sustainability.

Cultivating More Than Crops

While CFAA is committed to sustainable farming practices, it’s equally focused on cultivating community. Lucia Ruedenberg, a CFAA member who owns the house on the farm, describes the farm as a place that “**grows community around the task of farming.**” It fosters a deep sense of interconnectedness among the members, farmers, and the land. Each week, members come together to assemble their produce shares, exchange recipes, and chat with farmers and fellow members. In addition to member workdays, seasonal celebrations, and educational workshops, CFAA offers numerous ways for people to engage with the land and the farm.

For over 30 years, CFAA has emphasized the importance of providing sustainable food alternatives to conventional grocery stores. Chalmer remarks, “You can buy a whole bunch of cheap food at a grocery store, but is it really cheap? **When you get cheap food, someone is paying the price** – whether that’s in exploited labor, poor health, or harm to Nature.” She adds, “It takes a lot of work to farm the way we do, but nature did it for millions of years, so surely there’s something to it!”

Lessons Learned from Four Decades of Organic Farming

CFAA’s long journey in organic farming has taught them valuable lessons about food sustainability and conscious consumption. The farm encourages people to think about the impacts of their food choices and take small steps toward incorporating more local food into their lives. Kacee Jones advises, “**Start small and simple. Don’t over complicate things!** Ann Arbor is full of great options. Eating more local food is as easy as checking out the farmers market or Argus Farm Stop. Or you can take the next step and join a CSA.”

Those interested in connecting with the Community Farm of Ann Arbor can become farm members or attend one of their many public events. Every Wednesday and Saturday, they host a community work day, and invite the public to come and see what they are up to on the farm! The farm also accepts donations to support CSA shares for members with fewer financial resources. To stay up to date on upcoming events or learn more, visit their website at communityfarmofannarbor.org.



ROASTED CAULIFLOWER LETTES

From the Kitchen of: Karen Chalmer, Farmer, Co-Founder, Community Farm of Ann Arbor

Preparation Time: 30 minutes | Cook Time: 12-15 minutes | Yield: 3-4 servings

Common Allergens: Milk (Optional)

An easy and delicious vegetable side dish that can be made using cauliflower from a local farm or your backyard garden. These can be enjoyed as a snack, a pizza topping, in an omelet, as a salad ingredient, or in a soup.

INGREDIENTS:

- 3-4 Tablespoons olive oil
- 1 head cauliflower (locally grown if possible), cut into bite-sized pieces
- 1 teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper
- 1/4 cup nutritional yeast
- 1/4 cup grated parmesan cheese (optional)

INSTRUCTIONS:

- Preheat the oven to 400° F.
- Grease a baking sheet with olive oil or line it with parchment paper.
- Cut the cauliflower into bite-sized pieces, including the stems and any leaves that are still nice.
- In a large bowl combine all the ingredients. Toss the ingredients well to coat all the cauliflower pieces.
- Spread the coated cauliflower pieces on the greased or parchment-lined cookie sheet and bake them for 12-15 minutes. The cauliflower should be tender, but not mushy.
- Serve warm as a yummy side dish to almost any meal.

WHEAT BERRY SALAD

From the Kitchen of: Hannah Hotchkiss, Member, A2 Vegans

Preparation Time: 10 minutes | Cook Time: 20 minutes | Yield: 3-4 servings

Common Allergens: Wheat

This creative recipe was shared by the "A2 Vegans" community group, and combines sweet and tangy flavors for a refreshing whole grain salad! Wheat berries are the short grains of the wheat plant that are most often ground into flour, but shine on their own in this salad.

INGREDIENTS:

- 1 1/2 cups dry wheat berries
- 2 fuji apples, chopped
- 1/4 cup lemon juice
- 1/3 cup pecans, chopped
- 2 celery stalks, chopped
- 10 dried dates, chopped

INSTRUCTIONS:

- Cook the wheat berries by boiling them in water for 20 minutes. Drain and allow to cool.
- Mix cooked wheat berries with all other ingredients.
- Serve and enjoy!

TOFU NOODLE SOUP

From the Kitchen of: Amy Fritz, Community member

Preparation Time: 15 minutes | **Cook Time:** 40 minutes | **Yield:** 8-12 bowls

Common Allergens: Soy, Sesame

This soup, created by recipe contributor, Amy Fritz, is a fusion of Amy's mother's chicken noodle soup recipe, and the bean curd soup that Amy enjoys from Chinese restaurants.

"As a vegetarian I missed my mom's chicken noodle soup, which was made with egg noodles. I first made this recipe with egg noodles but started to have problems with gluten. I switched to rice noodles, and this became a quick family favorite. Even those who do not like tofu like this soup," says Amy.

INSTRUCTIONS:

- Into a large, 6-to-10-quart stock pot over high heat, 2/3 full of water, add the vegetable stock base, water chestnuts, and bamboo shoots/baby corn. Bring this to a boil.
- Once boiling, add the celery and carrots. Return to a boil, then simmer for 15 minutes.
- Add the tofu, spices, oil, and soy sauce. Stir and bring the soup to a full boil.
- Add the rice noodles and simmer for 8 minutes (or cooking time printed on package), adding the scallions in the last 2 minutes of cooking time.

NOTES:

- Your rice noodles may soak up some of your soup liquid! To avoid this, you can either add more liquid or cook the noodles separately, adding them into the broth when serving.

INGREDIENTS:

- 1 heaping Tablespoon of vegetable stock base
- 8 ounces sliced water chestnuts
- 8 ounces bamboo shoots or baby corn
- 3 stalks celery, sliced
- 3 carrots, sliced
- 16 ounces tofu, cubed
- 1/2 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 Tablespoon sesame oil
- 1/3 cup soy sauce
- 14-16 ounces wide rice noodles
- 6 scallions (green onions), sliced

DID YOU KNOW?

Baby Corn is the sweet, immature version of full-sized corn cobs. Baby corn is harvested by hand while the corn is still immature - after the silks have emerged and before the plant has been pollinated. Most baby corn commercially available in the U.S. was grown in Thailand, and comes in a jar or can due to its short shelf life.

However, if you want fresh baby corn, the good news is that you can easily grow it in your home garden! Just harvest your sweet corn no more than a few days after the silks have emerged from the husk.



HEARTY VEGETABLE BEAN SOUP

From the Kitchen of: Darraugh Collins, Site Director, Food Rescue US Detroit

Preparation Time: 25 minutes | **Cook Time:** 35 minutes | **Yield:** 6-8 (12-ounce) bowls

Common Allergens: Soy

This recipe is packed with protein and a variety of vegetables, coming together quickly. It is very forgiving and can be altered to your tastes! Darraugh found this recipe during her cancer healing journey because her goal was to eat 10-13 different vegetables each day. She realized that “even though I was eating healthy foods, I was consuming many of the same things each day – and there were many vegetables I’ve never eaten often, if ever.”

She says that this recipe is well loved by everyone who tries it and has become a regular in her home. She hopes you enjoy making it too!

INGREDIENTS:

- 1 Tablespoon neutral oil
- 1 medium onion, chopped
- 4 medium garlic cloves, minced
- 1 1/2 cups butternut squash, cubed
- 1 1/2 cups acorn squash, cubed (or all butternut squash, if desired)
- 2 bell peppers, any color
- 1 block extra firm tofu, crumbled
- 1/2 Tablespoon cumin
- 1/2 Tablespoon coriander
- 1/2 Tablespoon sugar
- 1/2 Tablespoon cocoa powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cayenne
- 2 cups (or 20 ounces) diced tomatoes, fresh or packaged
- 1 can pumpkin purée
- 1 can or box kidney beans
- 1 can or box black beans
- 1 cup water or stock, add more to achieve desired consistency
- 2 bay leaves

INSTRUCTIONS:

- In a large pan or Dutch oven, heat up the oil and, once shimmering, add the onion and sauté it for 2-3 minutes. Then, add the garlic and continue to sauté for 1 minute.
- Add the butternut squash, acorn squash, and peppers. Stir, cover, and let cook for 7-8 minutes.
- Add the tofu and seasonings, and mix well. Cover and let the seasoned tofu and vegetables cook for 5 minutes, stirring occasionally.
- Add the pumpkin purée, diced tomatoes, kidney beans, black beans, water (or stock), and bay leaves. Stir and cover the soup.
- Bring the soup to a boil, then lower to a simmer and let it cook for 10 minutes.
- Remove the soup from the heat, compost (or discard) the bay leaves. Serve the soup with optional toppings or accompaniments listed below. Enjoy!

OPTIONAL TOPPINGS:

- Avocado
- Fresh cilantro, chopped
- Jalapenos
- Lime Wedges
- Sour Cream
- Rice or quinoa

“This recipe is very forgiving, so I’ve adjusted it to make use of full cans and whole ingredients so you don’t have any leftovers. We can write recipes better to avoid wasted food!”

EASY VEGETABLE SCRAP BROTH

Use up your peels, scraps, ends, stems, and stalks!

No matter what you cook, you're likely to produce some amount of food waste. Peels, roots, stems, ends, and skins are often viewed as the "unavoidable" waste of cooking, however there are many ways these pieces and parts can be transformed into new and exciting dishes! One beginner-friendly use for these items is homemade vegetable broth.

"Before composting or discarding vegetable scraps from ingredients you're already using, turn them into amazing homemade vegetable broth! This is an easy, sustainable practice with no special equipment or skills needed. Great for beginners," says community member, Stephanie Swanberg, who shared the below process for making stock.

GETTING STARTED:

As you cook, toss your clean vegetable scraps in a freezer bag or container. Below is a list of commonly used vegetables for making broth:

- Peelings from root vegetables (carrots, parsnips, rutabagas, turnips)
- Stems from robust leafy greens (kale, collard greens, etc.)
- Outer leaves of cabbage
- Root ends of any allium (onions, leeks, garlic cloves)
- Stems from broccoli, cauliflower
- Stems from fresh herbs (parsley, rosemary, thyme)
- Celery



Note: Some people suggest avoiding cruciferous vegetables, like broccoli or cauliflower, because they can give your stock a bitter taste. You can try any combination of vegetables and adjust the amounts to your liking.

INSTRUCTIONS:

- Once your freezer container or bag is full of vegetable scraps (between 4-5 cups), add them to a 5-quart stock pot over high heat, along with 10-12 cups of water.
- Bring the stock to a boil, then cover and reduce the heat until the broth is simmering. Simmer for 4-6 hours, stirring once an hour, until the broth is brown in color and the scraps are soft and have begun to lose their color.
- Turn off the heat and let the broth cool down for up to 2 hours.
- Once cooled, place a sieve on the top of your broth container(s) and pour the pot contents through the sieve to separate the broth from the scraps. Discard or compost the vegetable scraps!
- The broth can be refrigerated for 3-4 days or frozen in freezer-safe containers for several months.



NOT-TOO-HOT CHILI

From the Kitchen of: Kim Korona, Program Manager, VegMichigan

Preparation Time: 25 minutes | Cook Time: 35 minutes | Yield: 6-8 (12-ounce) bowls

INGREDIENTS:

- 2 cups water or vegetable broth
- 2 teaspoons vegetable bouillon (omit if using prepared vegetable broth)
- 1 medium yellow onion, chopped
- 1 1/2 Tablespoons extra-virgin olive oil
- 4 teaspoons smoked paprika, divided
- 1 teaspoon sea salt, divided
- 2 teaspoons black pepper, divided
- 2 large celery stalks, chopped
- 4 large garlic cloves, chopped
- 2 medium carrots, chopped
- 1 large orange bell pepper, seeded and diced
- 6-8 button mushrooms, chopped
- 6 teaspoons ground cumin, divided
- 4 teaspoons chili powder, divided
- 4 teaspoons dried oregano, divided
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can of sweet corn, drained
- 1 (28-ounce) can diced tomatoes, with juices (fire-roasted, if possible)
- 2 cups tomato juice (or additional 3-4 cups vegetable broth)
- 1 (6-ounce) can of tomato paste
- 1/8 teaspoon ground cayenne pepper

"A not too spicy, well-seasoned hearty chili, that can be made from many local and organic ingredients. This chili pairs well with a homemade plant-based cornbread," says Kim, who developed this recipe after accidentally making chili for a dinner party that was far too spicy! Though her guests graciously ate her spicy chili, she later developed this "not too hot" version.

Later, Kim won a chili cook-off with this recipe! She says, "Because I am plant-based, I wanted to make a hearty veggie chili that people would enjoy. Only two people participated in the cook-off, but a lot of people came out to try the chili. Everyone enjoyed both chilis and several said what they liked about mine was that it tasted like the chili they were used to, but it was a healthier version with so many vegetables."

INSTRUCTIONS:

- In a medium saucepan, boil 2 cups of water and add 2 teaspoons of vegetable bouillon stirring until it dissolves. Turn off the heat and set the broth aside. Forgo this step if using a prepared vegetable broth.
- In a large pot over medium heat, sauté the chopped onion in olive oil with 2 dashes of smoked paprika, a pinch of sea salt, and a pinch of black pepper until the onion is translucent.
- Add the chopped celery to the sauté for a few minutes, and then the chopped garlic. Stir regularly to avoid sticking.
- Mix in the chopped carrots and continue to sauté the mixture.
- Mix in the chopped orange bell pepper, and then the chopped button mushrooms.
- Add half of each of the following seasonings to the vegetable mixture (smoked paprika, sea salt, black pepper, cumin, chili powder, and oregano).
- Add the three types of beans, sweet corn, diced tomatoes, tomato paste, tomato juice, and vegetable broth. Stir well, mixing everything together.
- Add all the remaining spices, including the cayenne. Stir the chili well.

- Bring the chili to a boil and then turn down the heat and let it simmer for 1 hour, stirring occasionally.
- Adjust the seasonings to taste.
- Serve and enjoy!

KIM'S SUSTAINABILITY TIPS:

Kim suggests preventing food waste from this recipe by saving the food scraps to make broth (see page 101), and by using homemade broth in this recipe. To reduce waste from packaging, consider using dry beans in bulk and upcycling cans into fun craft projects!

VEGMICHIGAN

AN A²ZERO COMMUNITY COLLABORATOR



VegMichigan is celebrating 25 years promoting the health, environmental, and ethical benefits of a plant-forward diet by offering a wide-range of activities for learning and socializing. VegMichigan's friendly, non-judgemental, and inclusive approach recognizes that the food we eat is shaped by many factors including tradition, health, access, affordability, and sustainability.

As an A²ZERO Community Collaborator, VegMichigan spreads awareness about the connection between food and carbon emissions and how eating a more plant-forward diet can reduce one's carbon footprint. To learn more or get involved, visit vegmichigan.org/climate.



VegMichigan staff and volunteers participating in the 2024 YMCA Block Party in Ann Arbor.



ARBOR TEAS

Sustainable from Leaf to Label

Ann Arbor resident Aubrey Lopatin spent years quietly dreaming of opening her own cozy cafe. But it was a shared love for tea with her husband, Jeremy, that ultimately inspired her to open a business. In the early 2000s, the couple realized that there were few places in Michigan to find high-quality, sustainably produced tea. Determined to fill that gap, the Lopatins founded Arbor Teas in 2004, a small online company grounded in **the mission to source the best quality teas from around the world and deliver them to customers as sustainably as possible.**

At first, Arbor Teas was a modest operation, just Jeremy, Aubrey, and a growing catalog of thoughtfully sourced teas. They spent long days sampling new products, building relationships with organic tea gardens around the world, and packing orders by hand. Over time, however, their customer base grew, and the pair moved the business to a warehouse and storefront on North Main Street in Ann Arbor, where they now produce and sell their products to thousands of happy customers nationwide.

Tea Basics

Tea is a beverage with a rich and ancient history. Made from the leaves of the **Camelia sinensis** plant, tea is believed to have originated in China as far back as 2737 BCE. Today, **tea is the second most consumed beverage in the world** after water, according to the United Nations Food & Agriculture

Organization (FAO). Though it now grows on every continent except Antarctica, tea remains deeply tied to specific regional practices, soils, and traditions.

From a single plant, five types of tea are produced: green, black, white, oolong, and pu-erh. Herbal infusions like mint or chamomile, often called “herbal teas,” are actually **tisanes**, as they don’t contain **Camelia sinensis**. Each type of tea is influenced by where it’s grown, how it’s harvested, and how it’s processed. A “First Flush Darjeeling,” for example, is a prized spring harvest tea from India known for its delicate flavor.

More than just a delicious beverage, tea also provides a livelihood for hundreds of thousands of tea farmers and workers globally. The FAO estimates that the tea industry is valued at around \$9.5 billion dollars, making it an important income source in countries where tea is produced.

Sustainabili-tea

Because tea doesn’t grow naturally in Michigan, Arbor Teas sources from traditional tea-growing countries including China, India, Japan, and Sri Lanka, as well as non-traditional origins like Portugal! As entrepreneurs invested in bringing high-quality tea to this area of the world, Aubrey and Jeremy needed to navigate the global tea industry in order to source their product, however they discovered that **conventional tea production often relies on exploitative labor practices and environmentally damaging farming techniques.**

Determined to do things differently, Arbor Teas committed to building a better tea supply chain – one that prioritizes both environmental sustainability and social equity. That meant focusing exclusively on certified organic teas, which are grown without synthetic fertilizers or pesticides. Although organic tea makes up only about 1% of the global tea market, according to World Tea News, **choosing organic helps protect soil and water quality, preserve biodiversity, and reduce the product's carbon footprint.**

Arbor Teas' commitment to sustainability goes beyond organics. They also partner with **Fair Trade Certified** farms and cooperatives that ensure tea growers and workers are paid fairly, work in safe conditions, and have a voice in their operations. For Aubrey and Jeremy, **supporting the wellbeing of tea workers is just as essential as producing high-quality tea.**

In 2010, Arbor Teas became one of the first tea companies in the United States to **package all of their teas in backyard-compostable packaging.** Made from plant-based cellulose, every component, from the bag to the label and even the adhesive, is designed to break down naturally and safely. "If we could get everyone to use compostable packaging, how cool would that be?" Aubrey says with a smile.

The company also works to offset 100% of its greenhouse gas emissions, choosing ground shipping over air to reduce transportation emissions, and engaging in local energy conservation efforts. By making these choices, **Arbor Teas has become a model for how small businesses can lead on climate action.**



Everyday Choices That Matter

As a sustainability-focused company, Arbor Teas encourages customers to adopt sustainable habits at home. Choosing loose-leaf tea over bagged tea helps reduce waste. Resteeping tea leaves conserves resources and stretches your dollar. Heating water in an electric kettle (and only the amount you need) is another simple way to cut energy use.

When asked how others can begin their own sustainability journeys, Aubrey offers a thoughtful response: **"It is not all or nothing. We want to do good, and the reality is, we can make a real difference through incremental change."**

For information about Arbor Teas, or to order their products, please visit www.arborteas.com.



SPICED APPLE CIDER (CHAIDER)

From the Kitchen of: Sarah Boylan, Warehouse Manager, Arbor Teas

Cook Time: 5 minutes | Yield: 1 (8-ounce) cup



"Treat yourself to a cozy cup, or scale this recipe up to share with friends around the fire pit," says Sarah. "Sweet apple cider simmered with fragrant masala chai black tea or rooibos perfectly compliments crisp fall evenings!"

The Arbor Teas team has an annual tradition of creating this deliciously spiced apple cider on the first day of fall using local apple cider. After all, "who doesn't love a good cup of warm cider in the fall?"

INGREDIENTS:

- 8 ounces apple cider
- 2 heaping teaspoons of organic masala chai black tea or organic masala chai rooibos

INSTRUCTIONS:

- Pour the apple cider into a small pot and add the masala chai of choice. Stir to incorporate the chai into the cider.
- Heat the cider and masala chai together for at least 5 minutes, or until it reaches a gentle simmer.
- Strain out the steeped Masala Chai and pour the spiced apple cider into your cup.

Rooibos is a type of caffeine-free herbal tea made from the *Aspalathus linearis* plant, native to South Africa. It has an earthy flavor and reddish-brown color.

HOW TO STORE APPLES:

Apples can be stored for a long time under the right conditions - up to 6 weeks in the refrigerator, but longer in a root cellar or other cool place!

To maximize the freshness of your apples, do not wash the apples until you're ready to eat them. If any of your apples have bruises or brown spots, separate them from the other apples (or they will cause the others to turn brown too).

Apples can be frozen raw or cooked. To freeze apples, wash, peel, core, slice, and optionally cook them, then blanch for 1 ½ minutes or sprinkle with lemon juice to prevent browning.

AUNT HEDWIG'S CAKE

From the Kitchen of: Lydia McMullen-Laird and Samuel McMullen, ZeroWaste.org

Preparation Time: 15 minutes | **Cook Time:** 35-40 minutes | **Yield:** 12 slices

Common Allergens: Wheat, Egg, Milk

This recipe is a simple cake that has been in Lydia and Samuel's family for generations. They share it as a great way to use up nearly-sour milk before it spoils completely!

INSTRUCTIONS:

- Preheat the oven to 350° F.
- In a large mixing bowl, combine the flour, sugar, and cinnamon.
- Using a pastry cutter or two knives, cut the shortening into the flour mixture. Continue to incorporate the fat into the dry mixture until there are small, crumb-like pieces evenly distributed throughout the mixture.
- Into a small bowl, remove 1 cup of the mixture and set it aside for topping the cake later.
- To the remaining mixture, add the egg, baking soda, and sour milk.
- Pour the mixture into a 9 x 12-inch cake pan and top with the reserved crumble.
- Bake at 350° F for 35-40 minutes.

INGREDIENTS:

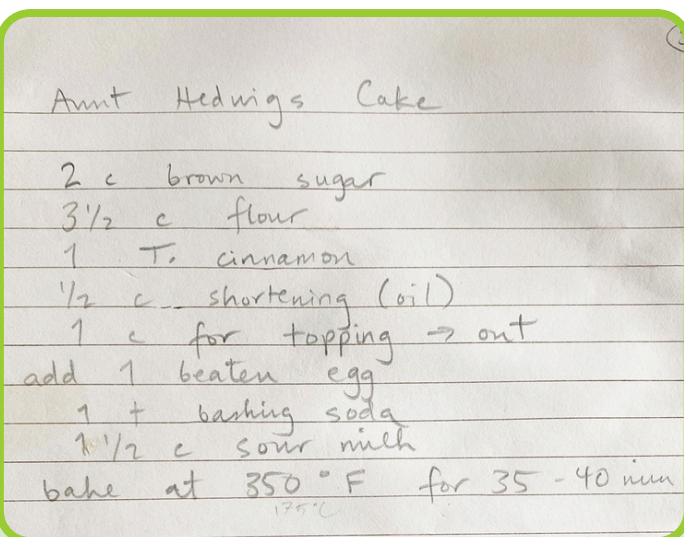
- 3 1/2 cups flour
- 2 cups brown sugar
- 1 Tablespoon cinnamon
- 1/2 cup shortening (or vegetable oil)
- 1 egg, beaten
- 1 teaspoon baking soda
- 1 1/2 cups nearly-sour milk

SOUR MILK vs. SPOILED MILK

Just because your milk is past the sell-by date on the carton, doesn't mean that you have to throw it away! While it may no longer be good in your cereal, sour milk has long been used as an ingredient in baking.



If your milk is slightly past the expiration date and has been properly refrigerated, it's likely still good to use for baking! However, if your milk has been stored improperly, has turned excessively sour, is lumpy, or discolored, it has spoiled and it's time to discard it! Be sure to smell and inspect the milk before you decide to use it.





WHY NOT PIE

Locally, Lovingly Baked: A Sustainable Twist on Traditions

For much of her life, Ann Arbor resident Janice Leach had dreamed of using her passion for baking pies to open a bakery. However, in 2010, what had long seemed a far-fetched goal suddenly became a possibility with the passage of the Michigan Cottage Food Law. This monumental legislation made it possible for small businesses to prepare certain food products in a home kitchen for direct sale to customers. Now with a lower barrier to entry, Janice decided to “go for it” and open a home bakery, which she called Why Not Pie.

Nearly fifteen years later, Why Not Pie is a “virtual” bakeshop that bakes and delivers pies and other baked goods to homes and businesses in the Ann Arbor area. With a small but mighty baking team, Why Not Pie’s focus is on **crafting delicious, homestyle pies made to order primarily with Michigan-grown ingredients**. Their pies are available for purchase through a weekly email list, and in-person at shops and cafes around Ann Arbor, including Argus Farm Stop, Agricole Farm Stop, and Roos Roast.

The Journey from Home Bakery to Sustainable Food Business

Janice started Why Not Pie as a home bakery in 2010, selling to “just [a] handful of friends at first,” through a weekly email list where she offered her made-to-order pies for both pick up and delivery.

She found the experience was rewarding: **“it was a joy to connect with customers face-to-face while sharing my pies,”** she says. The business was popular and, as time went on, the number of customers grew. Faced with a level of demand beyond the capacity of her home kitchen, Janice decided to apply for a commercial license and started baking out of her church’s kitchen, which remains the home base of Why Not Pie to this day.

In the early years, Janice never imagined that her business would grow to include sales to local stores and cafes. Faced with the prospect of negotiating fair prices and navigating tricky ordering systems, Janice opted to keep her business small. That was until Argus Farm Stop opened in 2012: **“Argus Farm Stop changed the course of my vision and helped me reimagine what was possible,”** says Janice. Now, she was not only able to sell pies to a local store where she knew people were interested in supporting local businesses, but she also could set her own prices. Additionally, Argus provided a sort of “playground”, where Janice could experiment with new products and see what a broad group of customers enjoyed.

Selling through Argus Farm Stop is what initially sparked Janice’s concerns about sustainability in her business. Shifting to selling in a retail space meant predicting product sales and, consequently, risking waste. As a primarily made-to-order bakery, Janice now had to estimate how many pies would sell.

"Sometimes, it led to a pie dating. However, **it's important to me and my business that food is not wasted.** So, I encouraged Argus staff to take home extras, and I share what doesn't sell with friends and neighbors," she said. Now, Janice also sells leftover pies through the app Too Good to Go and occasionally offers them as gifts through the Ann Arbor Buy Nothing Group on Facebook, working hard to make sure that the fruits of her labor do not go to waste.

Additionally, selling through Argus Farm Stop introduced Janice to a community of local farmers who grow ingredients that could be used to bake pies. With these newfound relationships, she was now able to confidently buy ingredients that were locally sourced. Sometimes, she says, sourcing local ingredients is a challenge due to seasonal fluctuations in produce availability and a lack of local food distributors in the area. **"I now use fresh, local fruit whenever I can,** which is sometimes hard in a place like Michigan where there is long, substantial winter," she says. Apples, for example, are available almost year-round in Michigan, but local berries are less reliable.

One of Janice's favorite parts of Why Not Pie is the central role that pies play in many people's memories and traditions. **"Pies are so nostalgic,"** she says. Pie recipes often run in families and are at the center of what many define as comfort food. For example, she recalls, "a few years ago, a customer asked me to recreate a few pies from his childhood in West Virginia. He requested a French Apple Pie and a mincemeat pie, which many of us in this area haven't tried. It was lovely to connect with this person around food and tradition, and it pushed me to try new things." Through experimenting and personalizing, she was able to create a product that made this person feel more connected to their upbringing. **"In my business, people enjoy pies made just for them,"** she says.

Sustainability at Home

Janice's experiences operating Why Not Pie, she says, are a reflection of her personal journey trying to incorporate sustainability into her diet and her life. Over time, Janice has made small changes to her business, like adjusting her recipes to avoid waste and implementing composting, that have helped her have a more sustainable kitchen. She reflects, "Once we started to build the habit, it became automatic. **Changing our habits and expectations can be hard, but with small changes, it gets easier over time.**



(Above) Why Not Pie owner, Janice, with one of her creations.



(Right) Michigan Peach Pie from Why Not Pie

There's no magic switch that makes sustainability easy or does it for you. **You have to be open to learning and not give up easily."**

One way that individuals can make small changes is by supporting local businesses, says Janice. "Pies are a great place to start! You can choose a local bakery to bring local businesses into your celebrations and occasions," she suggests, sharing that by creating new, fond food memories that center local food, you can make sustainable eating fun while also benefitting your community. "A purchase at a small business can make a huge difference, much bigger than at a larger company. Small changes over time are possible for everyone!" This can start with a few purchases at a locally owned store or the Farmers Market, and then later can grow to include more of your food.

To learn more about Why Not Pie, or to sign up for their weekly email list, you can visit whynotpie.com.

50-MILE MICHIGAN APPLE PIE

From the Kitchen of: Janice Leach, Owner, Why Not Pie



Preparation Time: 1 hour | **Cook Time:** 40-50 minutes | **Yield:** 8 slices

Common Allergens: Wheat, Milk

"As written, this classic pie recipe makes the most of wonderful local ingredients, decreasing transportation costs and waste. The recipe is flexible in that ingredients on hand may be substituted and modified, according to preferences and dietary needs and sensitivities," according to Janice.

Janice shares, "Pies were important in my family's holiday celebrations when I was a child. My Grandma Minnie was a gifted baker, and her pies always held a central place in Thanksgiving and Christmas menus. I've been a serious baker for 40 years, and I love making family favorite recipes like Apple Pie, as well as exploring new pie recipes from around the world."

INGREDIENTS:

FOR THE PASTRY:

- 2 cups Westwind Milling Company pastry flour, plus more for rolling
- 1 teaspoon salt
- 3/4 cup butter from Calder Dairy, cold, cut into 1/2 inch pieces
- 6 Tablespoons water

FOR THE FILLING:

- 4 apples from Kapnick Orchards, peeled, cored, and sliced
- 1/4 cup honey from Bobilin Honey
- 3 Tablespoons Westwind Milling Company pastry flour
- 1 teaspoon homemade vanilla extract (or good quality store-bought vanilla extract)
- 1 Tablespoon butter from Calder Dairy, softened

INSTRUCTIONS:

- Preheat oven to 400° F.
- In a large bowl, mix the flour and salt.
- Cut in butter pieces with a pastry cutter, and work until the dough resembles pea-sized crumbles.
- Add the water one tablespoon at a time, stirring the mixture with a fork after each addition.
- When the dough comes together, gather it with your hand, then knead it 4 or 5 times and divide the dough into 2 balls.
- Generously sprinkle a surface with flour and roll out 1 ball of the pastry. Use enough flour to keep your pastry from sticking.
- Line the bottom of a 9 or 10-inch pie pan with the dough and cut excess. Now is also a good time to roll out the second ball for your top crust and leave it while you work on the filling. If you need countertop space to work, you can carefully fold your crust in half and set it to one side.
- Peel, core and slice the apples, and place them in a large bowl.
- Add the honey, flour, and vanilla, and mix well until all apple slices are coated. Turn the apple mixture into the pastry and arrange so they are evenly distributed. Dot the top with 1 tablespoon of butter.
- Use small cookie cutters carefully to make a design on the top pastry which also allows the cooking fruit to vent. If you prefer simplicity, cut 3 or 4 slashes instead.
- Gently roll your top crust onto the rolling pin and transfer it to the top of your pie, centering the dough. Trim the top edges as needed to have a 1 inch excess all the way around the pie.

"I buy apple seconds from Kapnick Orchards at the Ann Arbor Farmers Market!"

- Then turn the top edge under the bottom to create a seal. Now, pinch the dough all the way around the edge to create a design and seal the dough fully.
- Bake your pie in your preheated oven for 40-50 minutes. Ovens vary greatly, so check your pie after 20 minutes and peek every 10 minutes after, rotating the pie 90 degrees each time. If you notice the edges browning too quickly, you can use a metal or silicone protector or pieces of foil crimped around to protect them. Your pie is done when the crust is nicely browned and the filling can be seen bubbling thickly through the vented openings.
- Enjoy your pie warm or cool. Pies can be refrigerated or frozen to extend serving time.

COOKIES FOR BREAKFAST?

From the Kitchen of: Suzanne van Appledorn, Community Member

Preparation Time: 10 minutes | **Cook Time:** 10 minutes | **Yield:** 48 cookies

Common Allergens: Milk, Wheat, Egg, Tree Nuts

Rise and shine! There's nothing like waking up and sinking your teeth into the most important meal of the day... Cookies? According to Suzanne, these recipes are "delicious and healthy enough to have for breakfast!" Featuring carrots, oats, nuts, and grains, this unconventional cookie is a satisfying way to eat more whole, plant-based foods.

Suzanne says this recipe "was a gift from a delightful 87-year-old friend from my childhood who knew how to cook." They love this recipe because, "how often do you add carrots to cookies?"

INSTRUCTIONS:

- Preheat oven to 350° F.
- In a small bowl, mix the baking soda and sour cream. Set aside.
- In a large mixing bowl, add the sugars, oil, eggs, vanilla extract and salt. Stir.
- Add in the flour and oats, then the coconut, carrot, nuts, chocolate chips, and cereal. Stir to combine.
- Scoop the cookie dough onto a greased cookie sheet, leaving at least one inch of space between the cookies.
- In the preheated oven, bake the cookies for 10 minutes.
- Serve and enjoy!

INGREDIENTS:

- 1 teaspoon baking soda
- 1 Tablespoon sour cream
- 1 cup brown sugar
- 1 cup white sugar
- 1 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 cups flour
- 1 cups oats
- 1/2 cups shredded coconut
- 1 cup shredded carrot
- 1/2 cup chopped nuts
- 1 cup chocolate chips
- 2 cups cornflakes, or a combination of cereals of choice

VEGAN S'MORES CUPCAKES

From the Kitchen of: Sean Reynolds, Senior Analyst, OSI

Preparation Time: 40 minutes | Cook Time: 20 minutes | Yield: 12 cupcakes

Common Allergens: Wheat

"These cupcakes are the perfect combo of a graham cracker crust, a decadent chocolate cake, and a fluffy 'marshmallow' topping – even better than the s'mores they're based on!" say recipe author, Sean, who first made these plant-based cupcakes to enter into a baking competition while living at a research facility in Puerto Rico. "Two of the people living there were vegan and helped me figure out how and what to substitute for my non-vegan cheesecake crust, cake batter, and meringue recipes... which really wasn't difficult at all!"

INSTRUCTIONS:

MAKE THE GRAHAM CRACKER BOTTOMS:

- Combine the melted vegan butter and graham cracker crumbs. Stir the mixture well.
- Add the white sugar and stir again.
- Press 1 Tablespoon of the graham cracker mixture into the bottom of each cupcake wrapper.

MAKE THE CUPCAKE BATTER:

- Whisk together the flour, cocoa powder, sugar, baking soda, and salt.
- In another bowl, whisk together the water, vegetable oil, vinegar, and vanilla extract.
- Add the wet ingredients to the dry and fold them together until the batter is smooth.
- Fill each cupcake wrapper half-full with batter (about 1/4 cup in each).
- Bake the cupcakes for approximately 20 minutes. Allow the cupcakes to cool completely before frosting.

MAKE THE FROSTING:

- Combine the vegan butter and shortening with about 1 cup of powdered sugar. Mix this well.
- Add the vanilla extract and remaining powdered sugar, and beat until the frosting is creamy but beginning to get stiff. Add more sugar if needed to reach desired consistency. Set aside.



Sean suggests using reusable silicone muffin or cupcake wrappers to reduce waste when baking cupcakes!

INGREDIENTS:

FOR THE CRUST:

- 1 to 1 1/2 cups graham cracker crumbs
- 4 Tablespoons vegan butter, melted*
- 1/4 cup white sugar

FOR THE CUPCAKES:

- 1 1/2 cups all purpose flour
- 6 Tablespoons vegan cocoa powder
- 1 cup white sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup warm water
- 1/3 cup vegetable oil
- 1 Tablespoon white vinegar
- 1 1/4 teaspoons vanilla extract

FOR THE FROSTING:

- 4 Tablespoons vegan butter
- 4 Tablespoons vegan shortening (e.g., Crisco)
- 2 cups powdered sugar
- 1 teaspoon vanilla extract

FOR THE GANACHE:

- 1/3 cup vegan chocolate chips
- 2 Tablespoons vegan butter
- 1/2 teaspoon vanilla extract

MAKE THE GANACHE:

- Melt the chocolate, butter, and vanilla in the microwave for approximately 30 seconds. Mix this well.

ASSEMBLE:

- Once the cupcakes have cooled, frost each one, then drizzle with ganache. Finally, sprinkle them with more graham cracker crumbs!
- Serve and enjoy!



NOTES:

This recipe also works well with non-vegan shortening and butter!

PLANT-BASED BAKING TIP FROM VEGMICHIGAN:

"Eggs are tricky to substitute because they serve different purposes in baking, including moisturizing, rising, and binding. Sometimes you can swap out eggs for bananas, applesauce, flaxseeds soaked in water, or a vegan "egg" product such as Ener-g or Just Egg. Aquafaba (the water from cooked chickpeas) can be used as an egg replacer in many applications, but the ratio varies, as well as the technique for preparing it. Baking soda and vinegar can give rise to baked goods such as cakes. It's not always a one-to-one replacement of eggs for a substitute, though, so look for vegan recipes (like this one!) that are formulated without the need for eggs to achieve the best results."



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Beehives overwintering at the Community Farm of Ann Arbor.



JESSICA LOFTON-WILLIAMS

Advocating for Food Justice in Southeast Michigan

Jessica Lofton-Williams has always understood the power of food to build connections. Growing up, family celebrations often took the forms of potlucks or baking extravaganzas. It was during these gatherings that her grandmother, Juanita Lofton, not only taught Jessica how to cook and bake but also instilled the importance of reducing food waste through meal preparation and food preservation practices, like freezing. These lessons, combined with Jessica's own experiences with food insecurity, were formative for Jessica, who has now dedicated her career to helping communities build health and wealth through food.

As a Community Engagement Manager with the Fair Food Network, Jessica oversees the **Double Up Food Bucks** (DUFEB) program. This initiative helps families **stretch their grocery budgets while increasing access to fresh, local produce**. The program provides a dollar-for-dollar match on EBT/SNAP (Supplemental Nutrition Assistance Program) purchases of fresh fruits and vegetables at participating grocery stores, farmers' markets, and farm stands. In turn, it **connects local farmers to more customers and enhances their financial prosperity**.

Jessica has experienced firsthand the barriers many families face in accessing fresh, nutritious food. "Seeing the stark contrast between areas with abundant fresh produce and others where options were limited—or nonexistent—sparked my commitment to food justice," she reflects. Today, as a mother and beginner gardener, she is passionate

about building a more just and sustainable food system, sharing her love of cooking with her children while continuing traditions her grandmother taught her. Professionally, Jessica is focused on creating meaningful changes in the food system and fostering fairness and sustainability.

To Jessica, a fairer and more sustainable food system is one in which **every person, regardless of income or zip code, has reliable access to healthy, culturally appropriate food** produced through ecologically responsible methods. However, access alone isn't enough. "Sustainability is about more than just environmental impact," she says. "It's about **creating systems that empower communities economically and nutritionally so they can thrive for generations to come**." For Jessica, a better food system also means restoring communities' ability to shape their own food and agriculture systems.

This vision extends to Jessica's work in supporting local food access initiatives, particularly those with tangible benefits to farms and food businesses that are Black-owned or have otherwise been historically excluded from agricultural resources and opportunities. "**When communities have control over their food systems, they can nourish themselves in culturally relevant, economically beneficial, and environmentally sustainable ways**," she explains.

Double Up Food Bucks: Growing Food Justice in Michigan and Beyond

The Double Up Food Bucks program is a key part of Jessica's work at the Fair Food Network. "It provides a tangible solution to food insecurity while strengthening local economies," Jessica says. The program has made a significant impact, not just on individual families, but on entire communities. When families utilize Double Up Food Bucks, they not only get more fruits and vegetables on their dinner plates but also help local food and farm businesses thrive, creating **a ripple effect** that benefits the broader community.

"Investing in local food systems means investing in health, economic opportunity, environmental sustainability, and community resilience," Jessica explains. The Double Up Food Bucks Program began in 2009 as a pilot in Detroit and has since expanded across the country. Today, it is available at 900 locations across dozens of states, including farmers markets, farm stands, and grocery stores, including several in Ann Arbor. Ann Arbor residents can use Double Up Food Bucks at the Ann Arbor Farmers Market, Argus Farm Stop, and the People's Food Coop.

To find participating locations, or to learn more about how you can support Double Up Food Bucks, visit doubleupfoodbucks.org. Additionally, you can help by connecting with local grocery stores and markets participating in the program, spreading the word, and advocating for policies that expand food access. For more information about the Fair Food Network and their initiatives, visit www.fairfoodnetwork.org.



FIND A DOUBLE UP FOOD BUCKS LOCATION NEAR YOU

To learn about where you can get double the fruits and veggies when you use your Bridge card, scan the QR code or visit <https://bit.ly/DUFBLocation>.



JESSICA'S BANANA SUNSHINE LOAF

From the Kitchen of: Jessica Lofton-Williams, Community Engagement Manager, Fair Food Network

Preparation Time: 15 minutes | **Cook Time:** 60 minutes | **Yield:** 1 (9x5-inch) loaf

Common Allergens: Wheat

"I love baking and sharing recipes with my colleagues and friends. This banana bread is a plant-friendly twist on the traditional recipe that I've perfected over time. Paired with a hot cup of tea, it's my favorite way to start the day," says Jessica, who suggests saving old fruit by freezing it for baking.

"Growing up, my grandmother, mom, and I always did baking around the holidays. My favorite was always banana bread. I would ask for it all the time! Now that I am a mom, I realized how much my kids loved banana bread and how easy it was for me to prepare ahead. They love it with cream cheese or peanut butter in the morning. I love sharing a food tradition with them that my grandmother passed down."

INGREDIENTS:

- 3 ripe bananas (mashed)
- 1/3 cup sunflower oil
- 2 cups of applesauce
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup of oatmeal
- 1 1/2 cups all-purpose flour
- Nuts or chocolate chips (optional)

HOW TO STORE BANANAS:

Ripen green bananas on the counter. Bananas can be refrigerated once ripe. Their skins will turn black, but they're still good to eat!

Never store bananas next to highly perishable produce - bananas release a gas known as ethylene, which accelerates ripening and decay.

INSTRUCTIONS:

- Preheat the oven to 350°F (175°C). Grease a 9x5-inch loaf pan or line it with parchment paper.
- Mash the bananas in a mixing bowl until the bananas become smooth.
- Stir the sunflower oil into the mashed bananas. Add the applesauce and vanilla extract. Mix these wet ingredients together until they are well combined.
- Sprinkle the baking soda and salt over the mixture and stir. Gradually add the flour and oatmeal, mixing just until they have incorporated. Be careful not to overmix.
- Fold in the optional nuts, chocolate chips, or other extras if desired.
- Transfer the batter into the prepared loaf pan, spreading it out evenly. Sprinkle a little extra oatmeal over the top before baking for a crunchy finish.
- Bake the loaf for 50-60 minutes, or until a toothpick inserted into the center comes out clean. If the top begins browning too quickly, loosely cover it with aluminum foil for the last 10-15 minutes of baking.
- Remove the loaf from the oven and let the banana bread cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely.

MARMITE TOAST

From the Kitchen of: Anna Wysocki, Sustainability Intern, OSI

Preparation Time: 5 minutes | **Servings:** 2 slices

Common Allergens: Wheat, Milk (Optional)

"I didn't grow up eating marmite, but my spouse's family introduced it to me when we were first dating. Before then, I thought it was a strange, wholly unappetizing health food of some kind. Now I consider marmite toast to be one of my favorite cozy foods. When my spouse and I are planning to spend a weekend morning at their parents' house, we look forward to reading or watching something cozy in our pajamas and eating cereal or marmite toast," says Anna.

"My in-laws moved to Southeast Michigan in the 1970s. They made their home in Plymouth, exactly halfway between each of their workplaces, but they have always affiliated with Ann Arbor. Outside of Ann Arbor, I'm not sure where you can buy marmite! In fact, we would love it if marmite became a part of our local food system, which seems feasible since marmite is made from the byproducts of brewing beer!"

INSTRUCTIONS:

- Toast the bread to your desired toastiness level.
- While you are waiting for your bread to toast, slice or shred enough cheese to cover each piece.
- When the toast is ready, spread your desired amount of butter on top, then spread a thin layer of marmite on the toast, adjusting based on your taste preference. Marmite is rich with a tangy, savory flavor, so your preference may vary.
- Finally, top with cheese! If you have time, melt the cheese slightly by placing the prepared toast in a warm oven.
- Serve and enjoy!

INGREDIENTS:

- 2 slices of bread, such as whole-grain, sourdough, or Italian
- 1-2 Tablespoons butter or plant-based buttery spread
- 2-4 ounces English coastal cheddar cheese, sliced thinly (optional)
- 1-1 1/2 teaspoons Marmite or Vegemite

USE UP BREAD CRUMBS:

"Any time that you have crumbs remaining on the cutting board after slicing bread, or at the bottom of a package of crackers, unsweetened dry cereal, or other grain-based foods, don't just throw them out. The crumbs can be accumulated in a designated container in the refrigerator and used periodically as an ingredient in a later dish, such as to thicken a homemade soup, stew, or chowder, or to replace store-bought breadcrumbs in making a breading," according to community member Randy Schwartz, who adds, "When eating a bowl or plate of pasta with pasta sauce, toasting and sprinkling these crumbs on top elevates the dish to the extent that you might want to skip sprinkling cheese on it!"

CURRIED SQUASH SOUP

From the Kitchen of: Rembrandt van der Ploeg and Marcia van der Ploeg, Community Members

Preparation Time: 30 minutes | Cook Time: 1 hour | Yield: 4 quarts, or 10 (12-ounce) bowls

Common Allergens: Milk (Optional), Wheat, Tree Nuts



"Our 2024 community farm harvest! The squash lasted into the winter so that we could make this warming soup!"

Naturally sweet and creamy, this soup showcases the best flavors of winter squash! This recipe is a twist on a classic pureed squash soup yet draws on Thai-inspired ingredients to add a punch of flavor that perfectly complements the sweetness of the squash.

"When I was young, my mother, Marcia van der Ploeg, would make this dish every autumn or winter. My family and I are members and descendants of the Little Traverse Bay Band of Odawa Indians (Waganakising Odawa). Each fall, my mom goes up North to our reservation in Harbor Springs to help harvest vegetables from the community farm with her sisters and cousins. She often comes back with basketfuls of vegetables to share with loved ones - from tomatoes to squash!" says Rembrandt, who says that this soup changed his mind about not liking squash.

"My mother taught me how to make this soup, which she invented to combine her love of global flavors with Indigenous cuisine. Cooking this soup has become an annual family tradition that connects us to each other, our ancestors, and our traditional homelands here in Michigan," Rembrandt shares.

INGREDIENTS:

- 3 large carrots
- 1 large onion
- 6 Tablespoons butter or plant-based butter, divided
- 1 (4-ounce) jar of mild, vegan Thai red curry paste
- 2-3 Tablespoons sambal or red chili paste, or to taste
- 4 cloves garlic, minced
- 8 cups winter squash of choice, (such as acorn, butternut, delicata, honeynut, kabocha, etc.), peeled and chopped
- 1/4 cup flour
- 6 cups vegetable or chicken broth
- 2 (14-ounce) cans coconut milk
- Salt and pepper, to taste

INSTRUCTIONS:

- Peel and roughly chop the carrots and onion.
- Heat a stock pot over medium heat with 3 Tablespoons of butter. Once hot, sauté the chopped onion, carrots, red curry paste, sambal or chili paste, and the minced garlic until the onions have softened, around 3 minutes. Season the sautéing vegetables with a big pinch of salt.
- Add the chopped squash and an additional 3 Tablespoons of butter. Sauté the squash until it starts to sweat a bit, but don't let it brown. This should take around 10 minutes. Stir continuously to avoid the squash sticking to the pan.
- Sprinkle 1/4 cup of flour into the pan and coat the vegetables. Continue cooking the mixture for around 5 minutes.
- Add 6 cups of broth, then bring the soup to a boil and simmer it for 30-40 minutes.
- Remove the stock pot from the stove. With a potato masher, mash any large chunks of carrot and squash.

- Using an immersion blender, blend 2 cans of coconut milk into the soup. If you don't have an immersion blender, let the soup cool, then use a regular blender to incorporate the coconut milk.
- Return the soup to the stove and bring it back to a simmer.
- Once warmed, turn off the heat and serve the soup with a sprinkle of feta or goat cheese (optional) and some fresh cracked black pepper.



OPTIONAL TOPPINGS:

- feta or goat cheese crumbles
- lime juice
- sour cream
- drizzle of olive oil



VARIATIONS ON THIS RECIPE:

- Add 1 (1-inch) piece of minced ginger along with the curry paste, chili paste, and minced garlic in the second step.
- Add 1-2 roasted red peppers in the second step.
- Add 2-3 sliced apples along with the squash in the third step.
- Add red pepper flakes, to taste, after blending.
- Finish with maple syrup, to taste for sweetness.

STORING SQUASH FOR YEAR-ROUND FRESHNESS

Squash is an excellent storage vegetable that grows in abundance during the autumn months and stores well through the winter. It lasts a long time before spoiling and, which means it can be kept in a cool, dry place for months at a time, making this soup is an excellent way to eat fresh, homegrown, or locally grown vegetables all year round, even during the cold Michigan winters.

PULL-APART GARLIC ROSEMARY FOCACCIA ROLLS

From the Kitchen of: Connor Dailey, Energy Coordinator, OSI



Preparation Time: 2.5 hours | **Rest Time:** 3.5 - 52 hours | **Cook Time:** 25 minutes

Yield: 8 rolls | **Common Allergens:** Wheat

This is a surprisingly forgiving, delicious bread recipe that had its origin in 2020, when Connor was stuck at home during the pandemic shutdown. He says that he created this bread on accident after looking for a simple bread that incorporated his homegrown rosemary. Eventually, he arrived at this version by accident after a kitchen mishap led to a delicious result!

"When my partner and I tried the rolls in this final version, we were in disbelief that we had accidentally recreated a (we think better) version of a famous and lauded appetizer from a restaurant in our hometown. Rather than picking up rolls from that restaurant, this is now our holiday side staple," says Connor.

INGREDIENTS:

FOR THE INFUSED OLIVE OIL:

- 1/2 cup extra-virgin olive oil
- 2-4 cloves of garlic, minced
- 1/2-1 Tablespoon finely chopped rosemary
- 1/4 Tablespoon black pepper

FOR THE DOUGH:

- 8 grams instant yeast
- 1/4 Tablespoon (~2 grams) honey (or sugar)
- 440 grams lukewarm water (100°F-110°F)
- 40 grams homemade infused olive oil (or regular olive oil)
- 515 grams bread flour
- 10 grams table salt

FOR ASSEMBLY:

- Kosher Salt, as needed to sprinkle on top while baking
- 1/3 cup (~75 g) olive oil, infused or regular

INSTRUCTIONS:

FOR THE INFUSED OLIVE OIL:

- Add 1/2 cup of extra virgin olive oil to a small saucepan along with the garlic, rosemary, and black pepper over medium-low heat. Once the garlic starts to bubble, turn off the burner, remove the pan from the heat, and let it sit until it has cooled to room temperature. This can be made in advance of the dough and stored in the refrigerator.

MAKE THE DOUGH:

- In a large bowl (at least 4 quarts), add the instant yeast and honey (or sugar). Add the lukewarm water to the yeast. Give the mixture a couple stirs, then let it sit for 5-7 minutes, or until the yeast starts to "bloom," becoming foamy/creamy.
- Once the yeast starts to bloom, add 40 grams of the infused olive oil (including as much of the garlic, rosemary and black pepper bits as desired), then the bread flour and salt. Mix until the dough comes together into a sticky dough pile (it will not be a smooth dough ball yet).
- Cover the bowl so it is airtight and let sit for 30 minutes. After 30 minutes, stretch and fold the dough 4-5 times, then cover again so it is airtight. Repeat this 30-minute wait-stretch-fold cycle a total of four times.
- After the fourth stretch-and-fold cycle, once more cover the bowl and place it in the refrigerator anywhere from 12 to 72 hours, with 24-48 hours being ideal. (*See notes below to skip the overnight rise).

- Add three tablespoons of the infused oil to the bottom of the baking pan and use your fingers to spread it around the bottom and sides of the pan.
- Remove the bowl from the fridge. Using oiled fingers, release the dough from the side of the bowl and turn it onto a large cutting board.
- Carefully stretch the dough into an oblong shape. Cut it in half, then cut each half into four equal pieces.
- Shape each piece of dough into a tight ball and place them seam-side-down in the baking pan. This is a very wet dough, so the rolls will spread and touch (on purpose).
- Cover so the pan is airtight and let the rolls rise at a warm room temperature for 2.5-3 hours (such as in the oven with the oven light on but the oven turned OFF).
- After the rise in the unheated oven, remove and preheat the oven to 450°F.
- Drizzle or use a brush to brush the tops of the rolls with some of the remaining infused olive oil. (Try not to get pieces of garlic on top, they will burn).
- Sprinkle the rolls with flaky or kosher salt.
- When the oven is preheated, place the baking pan on the center rack and bake the rolls for 10 minutes.
- After 10 minutes, remove and brush the rolls once more with olive oil. Bake them for another 10-15 minutes to your preferred doneness.
- Remove the rolls from the oven. Wait for the bread to cool until it is safe to touch, then use oven mitts to place a cooling rack on top of the pan and invert the pan. Then, remove the bottom pan, and carefully flip the rolls a second time so the bottom is facing down again. This keeps the bottom of the rolls crispy but also keeps all the rolls together.
- Once cool enough to eat, tear the rolls apart, serve, and enjoy!

FOR SAME-DAY BREAD:

- Skip the initial yeast blooming and add the lukewarm water to the bowl along with the other ingredients.
- Stretch and fold 4-5 times every 30-45 minutes for a total of 2-2.5 hours. This rise will depend on your kitchen temperature, but it should end with the dough being about doubled in size after the last rise.
- The last rise is just 30 minutes (instead of overnight).



TO MAKE A LOAF, INSTEAD OF ROLLS:

- Instead of shaping the dough into rolls after removing it from the fridge, dump the dough into the oiled baking pan, then gently stretch the dough so it nearly reaches the corners of the pan.
- Let the dough rise for 30 minutes while the oven preheats, then oil your fingers and gently press the dough all over.
- Drizzle the dimpled dough with 3 Tablespoons of the infused olive oil, then sprinkle with flaky or kosher salt.
- Bake on the center rack for 20-25 minutes, until golden brown.



VESTERGAARD FARMS

Resilient, Regenerative, Reimagined

Just a few miles from I-94, tucked along Wagner Road, Vestergaard Farms is quietly reshaping the future of sustainable agriculture. Founded in 2012 by Michael Vestergaard and his family, this small-scale livestock farm offers pasture-raised beef, pork, and other animal products - all produced with a commitment to sustainable and regenerative agricultural practices.

For Michael Vestergaard, **farming isn't just a business, but a lifelong calling**. Raised on a certified-organic dairy farm in Denmark, he first came to the U.S. in the 1980s for a dairy internship, later settling in Michigan with the dream of farming full time. But faced with steep financial barriers, Michael pivoted to construction. "Farming and working with animals was always the passion. I believe strongly that if you focus on what you love, you will be successful," he says.

Years later, when his sons expressed a desire to start a farm, Michael returned to his dream. "I learned quickly that if I had to do it the conventional way, selling beef to the commodity market, I'd need a massive farm just to send my kids to college. But that's not our belief, it's just not sustainable." Searching for a balance, Michael called on the Ann Arbor Greenbelt, which preserves farmland by allowing farmers to sell development rights. "Without the Greenbelt, we could have never afforded this land," he said. **"I needed to think outside the box to make a living while farming sustainably."**

When the Vestergaards bought the farm, the land had been depleted by years of corn and soybean farming. "The soil was really, really poor," Michael says. Starting with a small livestock herd, **the Vestergaards committed to restore the land using regenerative agricultural techniques**, like pasture-rotation and manure application, instead of using chemical fertilizers. "We felt it was our duty to rebuild and protect the soil."

They also prioritized animal welfare. "When you really care about animals, you treat them like your babies," he says. **"Animals thrive when you treat them well and raise them in a natural setting.** We raise our livestock, from birth, on pastures, so they can have the best quality of life. It's how they're meant to live." says Michael, who emphasizes that his animals come first. "If you have an animal raised in a way that is healthy, safe, and responsible, that's the best meat you can get."

Local Food is Resilient

To Michael, **the vision of a friendly, neighborhood farm providing access to fresh food** served as a guidepost when opening his own farm. Inspired by small-town farm stores where locals picked up glass jugs of milk, Michael saw potential for a similar model in Ann Arbor. "I thought, 'I know I can do this in Ann Arbor.'" Proximity to the city was key. "To farm the way I wanted to, I couldn't buy a farm far from town. People are all about convenience. I had to find a place that was accessible," he says.

That accessibility proved critical when the COVID-19 pandemic hit in 2020 and disrupted food supply chains globally. The Vestergaards had just opened a small on-farm store, and were unsure of what to expect. But as pandemic fears and meat shortages dawned across the nation in 2020, customers turned to local farms. “That was the start. COVID was tough, but **it helped people realize how vulnerable our food chain is.** They wanted to know where their meat came from.”

The Future of Food and Farming

Today, Vestergaard Farms supplies beef to local restaurants and institutions and continues to grow. But Michael’s focus remains on building a system that can last. **“In Ann Arbor we like to talk about sustainability. We drive electric cars to reduce our carbon footprint, but we also have to look at our food,”** he says. “When you buy beef from a local farm, you’re cutting down emissions from shipping food, and you’re supporting a local farmer to continue producing food in ways that are sustainable.”

Still, the challenges facing modern agriculture are daunting. “This farm only works because we thought outside of the box,” Michael says, “and if we want to have a future where farming still feeds our communities, more people are going to have to do the same.”

He points to aging farmers and the rising costs of production as major barriers. “We’ll never appeal to a new generation of farmers with the way things are today.

Costs keep rising, but food prices haven’t kept up. That’s why you can’t blame farmers for using huge machines or GMO’s. It’s not the farmer’s fault; it’s his way of surviving when he’s only paid so much for a gallon of milk or a bushel of corn,” he says. “We can’t take care of the soil and animals if we can’t pay the bills.”

Michael believes that **the future of farming depends on empowering new farmers** and giving them the tools to succeed. Part of that solution, he says, is education. Michael hopes to open an educational center, where young people can learn about sustainable farming firsthand. “We need to expose more kids to agriculture, especially those who would never consider it as a career,” he says. Along with more education, programs like the Greenbelt that make farmland more affordable for beginner farmers are also essential.

Ultimately, he believes the key to success lies with consumers. “My piece of advice is to come and see how we’re growing and get inspired about the fact that there are local farmers who do things responsibly and safely,” Michael says. Additionally, he encourages people to think about how they can eat seasonally, remarking, “we all want convenience, but the earth has to guide us.”

To learn more about Vestergaard Farms, visit vestergaardfarms.com.



VESTERGAARD FARMS CHUCK ROAST

From the Kitchen of: Vestergaard Farms

Preparation Time: 45 minutes | **Cook Time:** 4 hours

Yield: 6 servings | **Common Allergens:** Wheat

This chuck roast recipe showcases the delicious flavors of local, pasture-raised beef. The resulting dish is a hearty meal that would be perfect for a family holiday gathering!

INGREDIENTS:

- 3-4 pound Vestergaard Farms chuck roast
- 2 1/2 teaspoons (16g) fine sea salt
- 1/2 teaspoon ground black pepper
- 2 Tablespoons neutral oil (30 ml), such as vegetable, canola, or avocado
- 1/4 cup (60 ml) olive oil
- 2 cups (480 ml) low-sodium beef stock, divided
- 2 large yellow onions, cut into large pieces
- 8 cloves garlic, chopped
- 3 Tablespoons (45 g) tomato paste
- 1/4 cup (32 g) all-purpose flour
- 1 1/2 cups (360 ml) dry red wine
- 10 sprigs thyme, tied (optional)
- 2 large bay leaves
- 2 Tablespoons (30 ml) Worcestershire sauce (or Zip sauce)
- 1 1/2 pounds (680 g) small red or yellow potatoes, cut into large chunks
- 2 pounds (908 g) carrots, cut into 3-inch chunks
- 2 Tablespoons flat-leaf Italian parsley, minced
- salt and pepper, to taste

INSTRUCTIONS:

- Preheat oven to 325°F.
- Heat a large saute pan over medium heat.
- Make sure the roast is dry, then season with salt and pepper.
- Add the oil to the pan, along with the chuck roast. Sear until browned on all sides (about 15 minutes total), then remove the roast to a separate container.
- Add a 1/2 cup of beef stock to the pan, then scrape off all of the browned bits as long as they are not too burnt (this is where the flavor is created!)
- Heat a large Dutch oven to medium heat, and saute the onions in remaining olive oil until translucent (about 10 minutes).
- Add the garlic and cook for another 2 minutes.
- Add the tomato paste and cook for 3 minutes, then add the flour and mix until you don't see any more white specs remaining in the pot.
- Add the red wine, remaining beef stock, thyme, bay leaves, and Worcestershire sauce / Zip sauce to the pot and bring to a boil.
- Boil for 2-3 minutes, then remove from the heat and add the roast back to the Dutch oven and cover.
- Place the pot in the oven, then bake for 1 1/2 hours.
- After 1 1/2 hours have passed, remove the pot from the oven and uncover it.
- Quickly add the potatoes and carrots to the pot and cover again.
- Return the pot to the oven for another 2 to 2 1/2 hours, or until the meat reaches an internal temperature of 200-210°F.
- Remove the bay leaves and thyme bundle from the Dutch oven.
- Serve and enjoy!

NOTES:

- This recipe can also be prepared in a slow cooker or crock pot. To do so, follow the same instructions, but cook the roast for 8-10 hours on the low heat setting, or 4-6 hours on the high heat setting.



Cows grazing in an open pasture at Vestergaard Farms in Ann Arbor.

According to Michael, the cattle at Vestergaard Farms are raised on open pasture, with year-round access to grass. At Vestergaard Farms, “we invite anyone to come to the farm and see how we care for our animals. We can all open the television and see the many ways that animals in the mainstream food system are treated poorly. But there are local producers who do things responsibly and safely. We’re passionate about providing an opportunity for customers to see our practices with their own eyes.”

USE IT UP: MAKE A ‘KITCHEN SINK’ POTATO

“I always make a “kitchen sink potato” right before a weekly grocery trip - using leftovers to top a baked potato,” says community member Shellie Miller. “Baked potatoes are a great blank canvas for pretty much anything: chilis and stews, fresh and grilled veggies, dips and sauces, even some leftover casseroles! In addition to being an easy weeknight meal, it’s a convenient way to use up odds and ends while doing a quick refrigerator clean out and inventory.”



ROASTED ROOT VEGETABLES

From the Kitchen of: JJ McKillop, Community Member

Preparation Time: 30 minutes | **Cook Time:** 30-40 minutes | **Yield:** 3-5 small plates

Common Allergens: Milk (Optional)

"There is nothing as delicious or easy as salty caramelized roasted root vegetables. This recipe is a family favorite in the wintertime, especially when we have root vegetables left from our fall garden harvest," says JJ. This dish can be made with a variety of root vegetables, making it a fun and flexible way to use produce available from the farmers market in the winter.

INGREDIENTS:

- 1-3 potatoes, cut into 1/2 to 1-inch cubes
- 1-2 carrots, cut into 1/2 to 1-inch slices
- 1 large onion, peeled and cut into eight pieces
- 1-4 garlic cloves, peeled
- Other root vegetables as desired, such as beets, turnips, parsnips, sweet potatoes, or radishes, cut into 1/2 to 1-inch cubes
- 1/4 cup olive oil, divided
- 1 Tablespoon salt or garlic salt, to taste
- 1 teaspoon fresh ground black pepper
- Half a head of cabbage, sliced into 1/2 inch wedges (or other brassicas, such as cauliflower, broccoli, or brussels sprouts)
- 2-3 cups (about 8 ounces) whole mushrooms
- Creamy sauce, such as sour cream mixed with a little horseradish and salt (optional)

INSTRUCTIONS:

- Preheat oven to 400° F.
- Put the potatoes, carrots, garlic cloves, onions, and other root vegetables (except the brassicas or mushrooms) in a large bowl. Coat in 2-3 Tablespoons of olive oil, then toss the vegetables until they are evenly coated.
- Sprinkle with salt and pepper to taste, then toss again.
- Spread the vegetables on a large baking sheet, in a single even layer. Use a second baking sheet, if needed.
- Bake the vegetables for 15-20 minutes, until they look mostly done but are not yet browned. Do not stir.
- While the root vegetables bake, toss the cabbage and mushrooms in the same large bowl with the remaining olive oil, salt, and pepper, until they are evenly coated.
- Once the root vegetables have begun to brown (after about 15-20 minutes), spread the cabbage and mushrooms on a second large baking sheet, then put them in the oven to bake with the other vegetables.
- Bake everything together for around 10 minutes, until the vegetables are caramelized, and the cabbage is cooked through.
- Serve the vegetables together in a bowl and top with a creamy sauce, such as sour cream mixed with a little horseradish and salt, mayonnaise, or ranch dressing. They are also delicious on their own!

DID YOU KNOW? The green tops of many root vegetables, such as beets, carrots, turnips, and radishes are edible! To use them in this recipe, remove them from the root, clean them, chop them into bite-sized pieces, and toss with the cabbage and mushrooms.

CREAMY BUTTERNUT SQUASH & SAGE PASTA

From the Kitchen of: Shanel DeWalt, Chef, Make Food Not Waste

Preparation Time: 20 minutes | **Cook Time:** 45 minutes | **Servings:** 4 bowls
Common Allergens: Wheat (Optional), Tree Nuts (Optional)



"This dish is a cozy, plant-based take on a creamy pasta, with the natural sweetness of the roasted butternut squash paired with the earthy aroma of sage and garlic. I love how the velvety sauce feels indulgent yet wholesome, transforming simple ingredients into something elegant and comforting. It's flavorful, satisfying, and a crowd-pleaser!" says Chef Shanel.

INSTRUCTIONS:

PREPARE THE SAUCE:

- Preheat the oven to 400°F.
- Toss the cubed butternut squash and unpeeled garlic cloves with 1 Tablespoon olive oil, a pinch of salt, and black pepper. Spread the squash and garlic onto a baking sheet in a single layer.
- Roast the squash and garlic for 25–30 minutes, until the squash is tender and slightly caramelized, and the garlic is soft.
- While the squash roasts, heat 1 Tablespoon of olive oil in a skillet over medium heat.
- Sauté the diced onion until it is translucent, about 5–7 minutes.
- Add the dried sage (or fresh sage leaves) and smoked paprika to the onion, cooking for another minute to bloom the flavors.
- Peel the roasted garlic. Transfer the roasted squash, peeled roasted garlic, sautéed onion mixture, miso paste, nutritional yeast, and 1 cup of plant-based milk to a blender.
- Blend the sauce until it is smooth, adding more plant-based milk as needed to reach your desired sauce consistency. Taste and adjust the seasoning with salt and black pepper.

MAKE THE PASTA:

- Bring a large pot of salted water to a boil and cook the pasta according to the package instructions. Reserve about 1/2 cup of pasta water before draining the pasta.
- Return the drained pasta to the pot or a large skillet. Pour the butternut squash sauce over the pasta, tossing to coat it evenly. Add the reserved pasta water as needed to loosen the sauce and make it cling perfectly to the noodles. Serve the pasta hot, garnished with fresh parsley and optional toasted walnuts or pumpkin seeds for crunch.

INGREDIENTS:

FOR THE SAUCE:

- 1 medium butternut squash, peeled, seeded, and cubed
- 6 cloves garlic, with skins left on for roasting
- 1 small yellow onion, diced
- 2 Tablespoons olive oil, divided
- 1 Tablespoon white or yellow miso paste
- 2 Tablespoons nutritional yeast
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage, or 4–5 fresh sage leaves
- 1–2 cups unsweetened plant-based milk, like oat or almond
- Salt and pepper, to taste

FOR THE PASTA:

- 12 ounces pasta of choice, such as fettuccine, penne, or spaghetti
- Fresh parsley (for garnish)

OPTIONAL:

- Toasted walnuts or pumpkin seeds

ONE POT TOFU & MUSHROOM PASTA

From the Kitchen of: Jesse Evers, Alumni, Ann Arbor Climate Corps

Preparation Time: 30 minutes | **Cook Time:** 30-40 minutes | **Yield:** 3-5 small plates

Common Allergens: Soy, Wheat, Milk (optional)

A quick and easy pasta recipe made in just one pot! Jesse loves that this dish only uses one cooking vessel, which cuts down on time spent cleaning up. The rich and creamy flavor makes this recipe “the bomb.com,” according to Jesse – perfect for a nice dinner date at home.

INGREDIENTS:

- 2 Tablespoons olive oil, divided
- 1 package of extra-firm tofu, cut into 1-inch cubes
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 (8-ounce) package of mushrooms, diced
- 1 (24-ounce) container of vegetable or chicken broth
- 1 pint heavy cream, or cream substitute, such as coconut cream
- 2 large handfuls of baby spinach leaves
- 1 pound pasta of your choice

INSTRUCTIONS:

- Heat 1 Tablespoon of oil in a large pot over medium heat.
- Once the oil is hot, add the tofu pieces and brown them on all sides. Remove the tofu pieces and set them aside.
- In the same pot, add the remaining oil, onions, and garlic, and cook them until they are fragrant, and onions are translucent.
- Once the onions are translucent, add the mushrooms with a splash of broth and cook until the mushrooms are soft, about 5 minutes.
- Add the remaining broth and the cream and bring the mixture to a boil. Once boiling, add the pasta and cook uncovered until pasta is to your desired texture, the liquid has reduced, and the sauce is smooth.
- Turn off the heat and add the baby spinach and cooked tofu. Stir to coat.
- Serve the pasta into desired bowls or plates, then top them with parmesan and a drizzle of oil.

TRY USING LOCALLY GROWN MUSHROOMS!

This recipe would be delicious with fresh, locally grown mushrooms, such as oyster, trumpet, chanterelle, shiitake, porcini, or chestnut mushrooms!

These varieties often have richer flavors and heartier textures than the mushrooms available at large grocery stores, making them an excellent addition to pastas.

You can find local mushrooms year-round at the Ann Arbor Farmers Market or other small, natural grocers and farm stores around town!



GRAPEFRUIT & AVOCADO SALAD

From the Kitchen of: Randy Schwartz, Member, Culinary Historians of Ann Arbor



Preparation Time: 50-60 minutes | **Servings:** 4-6 bowls

This salad is a refreshing, fruity, and colorful starter or side dish. Randy assembled this recipe based on his best recollection of a childhood favorite made by his mother.

"When my siblings and I were growing up, our mother, Clare L. (Carp) Schwartz, would make this for our family meals from time to time. Clare's family had relocated from Brooklyn, NY, to Miami, FL, in the summer before her senior year in high school. She was devastated to lose contact with her friends, but soon she was attracted to the Hispanic culture in Florida and decided to major in Spanish at the University of Miami. That was in the early 1940s, and it included foreign study in Mexico City and Havana. Besides learning Spanish, she soaked up the culture and learned to make dishes like this salad, based on the foods that she encountered during her time in those two cities and in Miami," shares Randy.

INSTRUCTIONS:

PREPARE THE VINAIGRETTE:

- In a small bowl, briskly whisk the oil and vinegar together until they are thoroughly combined.
- Whisk in the citrus juice, salt, and pepper, and set the vinaigrette aside.

ASSEMBLE THE SALAD:

- Into a large bowl, add the onion.
- Slice the first grapefruit, with the peel still on, into 8 equal segments. For each segment, remove and discard the peel, then slice the segment into 5-6 pieces crosswise, and add these to the bowl of onion. Repeat this process for each grapefruit.
- Transfer the vinaigrette to the large bowl. Mix to coat the grapefruit and onion in the vinaigrette.
- Next, prepare the avocado. Remove the avocado peel, then dice the flesh, being careful not to mush the pieces. Work with one avocado at a time, quickly adding each diced avocado into the bowl and coating it in the vinaigrette to protect the avocado from browning.
- Repeat this process for each avocado.
- Once all of the avocado has been added, mix the salad briefly and gently, being careful not to mush the avocado pieces.
- Serve and enjoy! This salad is best eaten soon after it's prepared. It can be kept refrigerated in an airtight container for 24-48 hours, but after that the avocado gets mushy and discolors.

INGREDIENTS:

FOR THE VINAIGRETTE:

- 8 teaspoons olive oil
- 3 teaspoons white vinegar
- 1/2 teaspoon lemon juice and/or lime juice (fresh-squeezed or store bought)
- 2 pinches salt
- 2 pinches black pepper

FOR THE SALAD:

- 1 medium-sized onion, white or yellow, peeled and finely diced or thinly sliced
- 4 pink grapefruits
- 4 small, ripe avocados



ANN ARBOR VEGAN KITCHEN

Plant-Based for Health, Sustainability, and Animal Welfare

Vicki Brett-Gach is an Ann Arbor resident, plant-based culinary instructor, Certified Personal Chef, Master-Certified Vegan Lifestyle Coach, and the author of *The Plant-Based for Life Cookbook: Deliciously Simple Recipes to Nourish, Comfort, Energize and Renew*, published by the Brooklyn Writer's Press. Through her business, Ann Arbor Vegan Kitchen, Vicki coaches clients across the nation transitioning to a more plant-based diet, helping them prevent health challenges and choose more sustainable dietary options along the way. Vicki shares simple, delicious recipes that reflect her commitment to living sustainably and eating mindfully.

Vicki has not always followed an entirely plant-based lifestyle. In her young adult years, Vicki was curious about the connection between what we eat and our personal health. With a family history of heart disease, high blood pressure, and diabetes, Vicki was concerned about how her food choices might eventually impact her well-being. She became familiar with the negative health impacts of animal

products after reading several influential books on the topic and was inspired to seek out more information from plant-based nutrition experts. Soon after, she discovered how the very same **food choices that impact personal health also have resounding effects for animals, the environment, and the climate crisis.**

"Once I knew these truths, I had a call to action. There was no turning back," Vicki shared. At first, eating more plant-based food felt challenging. However, it wasn't long before "**preparing meals took on new meaning.**" I was developing new recipes, creating new flavors, and having more fun than ever, and I couldn't get enough of it!" Soon, Vicki began to notice improvements in her own health, from her blood pressure and cholesterol to her overall energy levels. She was excited to find that **being vegan was not restrictive**, as many people imagine it to be, but actually expanded the variety of foods she ate regularly.

With her newfound realization about the joys of

plant-based eating, Vicki was inspired to share her passion for plant-based eating with others. "In 2012, I summoned the courage to ask The Ann Arbor News if I could contribute a vegan column to their Food page. To my surprise, they said yes!" Her column, named Ann Arbor Vegan Kitchen, would eventually expand to include a blog and, eventually, a small business with the same name. Over ten years later, Vicki has dedicated her career to helping clients improve their health and wellness through whole-food, plant-based culinary instruction.

Connecting Sustainability & Health

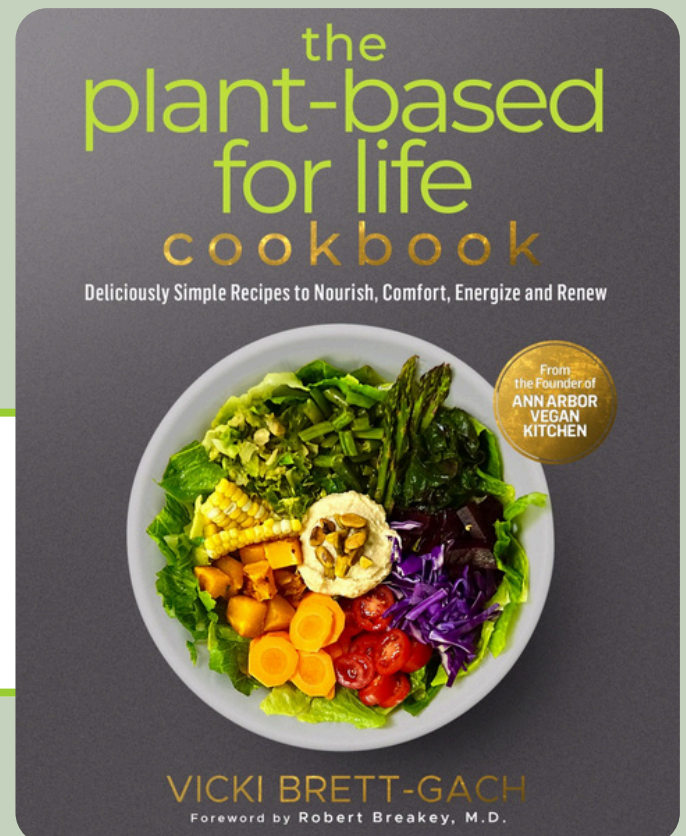
Although Vicki's personal journey started for health reasons, she has since found that following **a plant-based lifestyle has fostered her commitment to sustainability** and has given her the freedom to make choices reflecting the full spectrum of her values. "Now, I try to buy organic, avoid processed foods, buy local produce, grow fresh herbs in the summer, eliminate food waste as much as I can, and improve my own attention to reducing, reusing, and recycling throughout our home." Today, Vicki understands her individual health to be interconnected with the well-being of animals, the broader community, and the planet as well.

"Choosing to become plant-based is a highly responsible step that each of us can take towards a more sustainable food system. In addition to helping preserve our environment, a plant-based vegan diet can deliver personal rewards of all kinds," shares Vicki. She encourages her clients to "Start where [they] are, set a goal, and have fun with it." Committing to progress, not perfection, she shares, is a great way to get started, "because even small improvements can have an impressive effect."

The Plant-Based for Life Cookbook by Vicki Brett-Gach

In this cookbook, Vicki shares over 100 delicious plant-based recipes "to nourish, comfort, energize, and renew."

Ann Arbor Vegan Kitchen offers recipes, cooking classes, and personal coaching to those looking to incorporate more plant-based foods. Vicki invites you to connect by subscribing to the Ann Arbor Vegan Kitchen blog at annarborvegankitchen.com. You can follow her social media, @a2vegankitchen on Instagram or @AnnArborVeganKitchen on Facebook. Virtual cooking demonstrations are available on her YouTube channel, @vickibrett-gach.



BANANA SPLIT MINI BUNDT CAKES

From the Kitchen of: Vicki Brett-Gach, Owner, Ann Arbor Vegan Kitchen

Preparation Time: 10 minutes | **Cook Time:** 20 minutes | **Yield:** 8 bundt cakes

Common Allergens: Wheat, Tree Nuts

"Simple little vegan bundt cakes, dressed up with an easy homemade chocolate sauce, and finished with sliced strawberries and bananas! These are easy, yet elegant, and ready to serve your most discerning guests on your prettiest plates," says Vicki.

INGREDIENTS:

FOR THE BANANA CAKES:

- 3 ripe bananas
- 3/4 cup rolled oats
- 1/4 cup almond butter
- 1/4 cup pitted dates (packed)
- 1 teaspoon pure vanilla extract
- 2 teaspoons baking powder

FOR THE CHOCOLATE SAUCE:

- 1/2 cup water
- 1/4 cup date syrup
- 1/4 cup raw cashews
- 3 Tablespoons cacao or cocoa powder
- splash of pure vanilla extract
- dash salt (optional)

FOR THE FRUIT TOPPING:

- Sliced fresh strawberries (to taste)
- Banana slices (to taste)

INSTRUCTIONS:

- Preheat the oven to 350° F.
- Into the bowl of a large food processor, add the bananas, oats, almond butter, dates, vanilla, and baking powder. Pulse or process until the mixture is well-combined.
- Remove the bowl and blade from the base of the food processor. Divide the batter evenly, filling 8 wells of either a silicone mini bundt or cake pan.
- Bake the bundts for 20 minutes, or until the tops are golden and firm to the touch. Then, remove them from the oven and place them on a cooling rack.
- While the cakes are cooling, prepare the chocolate sauce. In a high-speed blender, add the water, date syrup, cashews, cacao or cocoa powder, vanilla, and salt. Blend together until a creamy chocolate sauce forms.
- Once the cakes are cool, carefully remove them from the pan. Place them on a serving platter, flipping so the fluted side faces up. Drizzle each bundt with the desired amount of chocolate sauce, and top with freshly sliced strawberries and bananas. Serve immediately.



STORING BERRIES TO MAXIMIZE FRESHNESS

To keep your berries fresh longer, do not wash them until you are ready to use them. Store blackberries, strawberries, and raspberries on a shelf in the refrigerator in a single layer in an aerated container lined with cloth, then cover loosely with another cloth. For strawberries, leave the green caps on until ready to eat!

You can add strawberry tops to salads, add them to smoothies, or use them to make vinegars and simple syrups!

MICHIGAN DRIED CHERRY RICE PUDDING

From the Kitchen of: Phyllis Swonk, Community Member

Preparation Time: 15 minutes | **Cook Time:** 30-40 minutes | **Yield:** 10-12 portions

Common Allergens: Milk, Egg

This fruit-filled rice pudding is a flavorful way to use locally grown cherries! Recipe contributor, Phyllis, invented this dish after browsing basic online baked rice recipes, and it has become a favorite treat of visiting houseguests.

Phyllis suggests buying the cherries in bulk to save on cost and reduce packaging waste. Additionally, Phyllis likes to collect and freeze citrus peels from snacking until there is enough to make candied citrus peel, bake with them, or to flavor their daily morning cup of coffee. This is a great way to reduce food waste from peels and add a burst of flavor to baked goods!

INSTRUCTIONS:

- Preheat the oven to 280° F.
- In a medium-sized microwavable bowl, add the dried cherries and orange juice. Microwave them for around 1 minute and 30 seconds. Or, heat the cherries and orange juice in a small saucepan on the stove until the cherries have plumped up and absorbed some of the liquid. Set the bowl aside.
- Cook the rice in salted water according to the directions on the package, until it is soft, then let it cool.
- Butter a large 12 x 16-inch casserole pan. Into the buttered pan, add the milk, cream, sugar, salt, vanilla, and eggs. Mix them thoroughly.
- Into the mixture, grate the entire frozen orange, then add the plumped cherries, cinnamon, and nutmeg and stir until all ingredients are incorporated.
- Bake the mixture in the oven for approximately 30-40 minutes, until it has set up and the top is slightly browned.
- Remove the pudding from oven and serve it warm or cold.
- Store the pudding in the refrigerator for up to 5 days ("if you can keep your hands off of it for that long").

INGREDIENTS:

- 1/2 - 3/4 cup whole dried Michigan cherries
- 1 1/2 cups orange juice
- 3 cups cooked, long-grain rice (brown or white)
- 1 Tablespoon butter
- 3 cups whole or reduced fat milk
- 1 cup heavy cream
- 1/2 - 2/3 cup white sugar
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 3 large (or 4 medium) eggs
- 1 whole, large orange, frozen
- 1 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg, or freshly grated nutmeg



NOTES:

You can also soak the cherries in rum or brandy in place of orange juice.



MINDO CHOCOLATE MAKERS

Hand-crafted chocolate, from Ecuador to Michigan

Founded in 2009, Mindo Chocolate Makers is a small batch, bean-to-bar chocolate company based in Ann Arbor and Dexter. Named after the town in Ecuador where the company crafts their chocolate products, **Mindo strives to achieve both environmental sustainability in the cacao that they grow and the fair economic sustainability of the farmers that grow them.**

Making Chocolate from Scratch

Mindo Chocolate Makers started about 15 years ago, according to Director of Supply Chain and CEO, Emily Meza-Wilson. Emily's father, Joseph Meza, originally from Ecuador, and her mother, Barbara Wilson, from Michigan, started the company after deciding to retire in an Ecuadorian town called Mindo. Claiming her father is a "serial entrepreneur", Emily says that they proceeded to open an Internet café, where they also served coffee, in Mindo. While traveling around Ecuador, they stumbled across a company that fermented and roasted their own cacao beans. Intrigued by the process, Emily's parents bought a bag of cacao beans and took them back to Mindo to experiment with. **"When my mom tasted the chocolate, she fell in love. She could never go back to eating other chocolate,"** says Emily. From then on, Barbara started experimenting with small batches of chocolate using tools from her home kitchen.

In their trips back to the U.S. to visit their hometowns, Barbara found that her homemade chocolate was a hit. Friends and family constantly asked her to make more! **Rich and complex, with small pieces of cocoa nibs providing a satisfying crunch,** Barbara's chocolate was different from chocolates typically found in the U.S. With the popularity of her chocolate, Barbara and Joseph decided to open Mindo Chocolate Makers.

At the time, there were very few small-batch chocolate makers in the U.S. In fact, Mindo Chocolate Makers was just one of twenty nationwide! Because of this, it was difficult for them to find the proper equipment to process the cacao beans. Luckily, Joseph, who owned a large auto repair shop, Swedish Engineering and Arbor Motion in Ann Arbor, was able to custom-make machines that Mindo Chocolate Makers still uses to this day in order to roast and refine their famous chocolate.

Sustainably Harvesting Cacao

Mindo Chocolate Makers takes pride in creating products with only the highest-quality ingredients. Sourcing cacao beans from small growers in Ecuador, they stand apart from other chocolate companies for their commitment to sustainability. "Most chocolate in the world is deforestation-based,

meaning people are clearing a lot of land to grow monocrops of cocoa,” says Emily, adding, **“at Mindo we see chocolate making as an opportunity to regrow degraded land.”** Mindo exclusively uses a species of chocolate that is native to Ecuador, called Cacao Nacional. “Because it [Cacao Nacional] is a native species, we can grow it with other native plants and regenerate the ecosystem.”

In addition to reforestation, Mindo prioritizes building a more equitable chocolate supply chain, partnering with the nonprofit, Third Millenium Alliance, to connect new farmers with land and lower their startup costs. This allows fair wages to be a priority, providing farmers an estimated 82% of the sale price. **“At Mindo Chocolate Makers, we buy chocolate from sustainable farmers in order to allow them to continue to steward the land and grow their practice,** in both an environmental and economic way,” says Emily. Third Millenium Alliance also rewards farms for their biodiversity: the more diversity of plant species on their land, the higher price they are paid.

Impact

Even though Mindo Chocolate Makers began as one of the only bean-to-bar chocolate makers in the United States, their effort has pioneered a movement that has grown to almost 200! The impact that Mindo has had, both in Michigan and in Ecuador, continues to spread and inspire people to consider the impact of their food choices. **“Cacao,”** says

Emily, “is a medicinal plant, that can be part of a healing daily ritual.” Incorporating sustainably grown cacao into your daily life, she shares, is a way to both nurture your body and the land, and to be a part of creating a more just system for cacao producers worldwide.

“It’s important to support small businesses that align with your values,” says Emily, “that’s where we as consumers have power in this broader system.” Just as Mindo looks to support others, they also hope to receive support from Ann Arborites! In addition to consuming cacao as a regular practice, Emily encourages people to choose chocolate from Mindo Chocolate Makers, or from other small-batch producers, as “special gifts made with a lot of love.”

Lastly, Emily encourages people to come and see Mindo in action, whether it be in Ann Arbor or Ecuador. “Our sister company in Ecuador is a restaurant, cafe, and education center all in one. Tourists from all over visit to learn about the chocolate making process and to visit cacao farms to see where their chocolate comes from firsthand,” she says. By visiting and buying some of their chocolate from the store in Kerrytown, you can support a small local business, one delicious bite at a time.

For more information about Mindo Chocolate Makers, visit mindochocolate.com.



Mindo chocolate begins its journey in Ecuador, in the foothills of the Andes mountains, where organic Cacao Nacional beans are cultivated, harvested, fermented, dried, and roasted (Left). The resulting cocoa “nibs,” shown in the image to the right, are then shipped to Michigan, where they are crafted into the chocolate products for which Mindo is known.

MINDO CHOCOLATE BROWNIES

From the Kitchen of: Emily Meza-Wilson, CEO, Director of Supply Chain, Mindo Chocolate Makers

Preparation Time: 10 minutes | Cook Time: 10 minutes | Yield: 1 dozen

Common Allergens: Milk, Egg

These chocolate brownies deliver a bold cocoa flavor and a perfectly fudgy texture that makes every bite satisfying! Featuring chocolate chunks from Mindo Chocolate Makers, they “capture the true taste of Ecuadorian cocoa, adding complexity and depth of flavor to a classic dessert.”

Founder of Mindo Chocolate Makers, Barbara Wilson, developed this recipe based on other popular brownie recipes, but with a gluten free twist! Pair with locally sourced ingredients, such as butter, eggs, and chocolate, and these brownies are sure to be your go-to decadent treat.

When the Mindo team first started offering brownies in their small cafe, a happy customer reported having a “religious experience” after trying them for the first time!

INGREDIENTS:

- 1 pound Mindo baking chocolate chunks (77% or pure 100% chocolate preferred)
- 1 pound unsalted butter
- 1 Tablespoon sea salt
- 1 1/4 cups cane sugar
- 8 whole eggs
- 4 ounces oat flour
- 4 ounces rice flour

INSTRUCTIONS:

- Preheat the oven to 325° F.
- In a small saucepan over low to medium heat, gently melt the chocolate, butter, and sea salt.
- Remove the pan from the heat and add in the sugar.
- Whisk in the eggs, then sift in the oat and rice flours to avoid clumping.
- Pour the batter onto a 9 x 13-inch parchment-lined baking sheet and spread it evenly.
- Bake the brownies at 325° F for about 40-45 minutes, until the brownies appear evenly cooked on the top and the edges are pulling slightly away from the pan. Start checking the brownies for doneness after about 35 minutes of baking.



Cacao pods growing.

Chocolate is made from the tropical plant, **cacao**.

Cacao production often has a high environmental impact because large swaths of tropical rainforests are often cleared to make way for cacao plants. **Palm oil** is also a common ingredient in chocolate, and is known to be a major driver of deforestation and habitat loss.

Additionally, chocolate production has been associated with human rights abuses, such as low wages and child labor.

DAVIES HOUSE INN BREAD PUDDING

From the Kitchen of: Jan Davies, Owner, Davies House Inn, A²ZERO Ambassador

Preparation Time: 20 minutes | **Cook Time:** 45 minutes | **Yield:** 12 servings

Common Allergens: Wheat, Egg, Milk, Tree Nuts (Optional)

This recipe is a classic bread pudding recipe that Jan says is “great on its own, and enhanced by varying the optional ingredients to make it different each time.” Jan owns the Davies House Inn, a B&B in Ann Arbor. As an A²ZERO Ambassador, Jan is passionate about sourcing local ingredients and minimizing kitchen waste. Often finding partial loaves of bread in the refrigerator, she draws on family recipes, like this one, to craft breakfast dishes for her guests. This recipe has roots in Welsh farm heritage, where leftover bread was combined with fresh eggs and milk to create this family favorite.

INSTRUCTIONS:

- Preheat the oven to 350° F and grease a 13 x 9-inch baking dish.

PREPARE THE BREAD BASE:

- Cube the bread and place it in a bowl, or the baking dish.
- Mix together 2 cups of sugar, 5 beaten eggs, 2 cups of milk, 2 teaspoons of vanilla extract, and fruit (if using) in a bowl.
- Pour the mixture over the cubed bread. Let it sit for 10 minutes, then transfer the mixture into the baking dish.

MAKE THE TOPPING

- In another bowl, mix and crumble the brown sugar and softened butter.
- Add the chopped pecans, or other desired toppings, such as dried cherries, dried cranberries, or raisins.
- Crumble the topping over the bread mixture in the baking pan.
- Bake the bread pudding for 35-45 minutes, or until it has set. Remove the bread pudding from the oven.

MAKE THE GLAZE:

- In a saucepan over medium heat, melt $\frac{1}{2}$ cup of butter, then add the granulated sugar, egg, and vanilla to the saucepan.
- Stir together over medium heat until the sugar is dissolved, then add the brandy (optional), and pour the glaze over the baked bread pudding.
- Serve the bread pudding warm or cold, with a dollop of Greek Yogurt for breakfast, or a scoop of ice cream for dessert.

INGREDIENTS:

FOR THE BREAD BASE:

- 3 cups leftover stale bread (such as French, Italian, cinnamon swirl, raisin, or other fruit bread)
- 2 cups sugar
- 5 eggs, beaten
- 2 cups milk (Optional: substitute 1 cup of liquid with hazelnut coffee creamer)
- 2 teaspoons vanilla extract
- sliced bananas, sliced apples, sliced peaches; blueberries, or raspberries, to taste (optional; reduce milk by 1/4 cup of fruit added)

FOR THE TOPPING:

- 1 cup light brown sugar, packed
- 1/4 cup butter, softened
- 1 cup pecans, chopped (optional)
- dried cherries, cranberries, or raisins (optional)

FOR THE GLAZE:

- 1/2 cup butter, melted
- 1 cup granulated sugar
- 1 egg, beaten
- 2 teaspoons vanilla extract
- 1/4 cup brandy, bourbon, or cinnamon whiskey (optional)

GINGERBREAD MAMAS

From the Kitchen of: Hannah Hotchkiss, Member, A2 Vegans



Preparation Time: 10 minutes | **Cook Time:** 10 minutes | **Yield:** 1 dozen

Common Allergens: Wheat

These Gingerbread “Mamas” are a favorite dessert of the Ann Arbor based social group, A2 Vegans. The A2Vegans meet each month for a plant-based potluck at the First Unitarian Universalist Congregation of Ann Arbor. The A2 Vegans are “dedicated to promoting a planet, animal, and health-friendly way of eating.”

INGREDIENTS:

- 1 cup plus 2 Tablespoons whole wheat pastry flour (gluten free)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 teaspoons ground ginger
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/4 cup unsweetened applesauce
- 1/3 cup 100% pure maple syrup
- 2 Tablespoons molasses
- 1 teaspoon vanilla extract
- 1 Tablespoon granulated sweetener, plus more as needed

INSTRUCTIONS:

- Preheat the oven to 350 °F. Line a baking sheet with parchment paper or a silicone baking sheet.
- In a mixing bowl, sift together the flour, baking soda, salt, ginger, cinnamon, and cloves. Make a well in the center of the mixture and add the applesauce, maple syrup, molasses, and vanilla. Mix the dough well.
- Using a spoon or cookie scoop, drop 12 large tablespoons of dough onto the prepared baking sheet, about 2 inches apart. Sprinkle pinches of granulated sweetener on top of each cookie.
- Bake for 8 to 10 minutes or until the tops are slightly crackly and puffed up. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a cooling rack to cool completely.
- Serve and enjoy!

MORE PLANT-BASED BAKING SWAPS:

Instead of dairy milk: Try plant-based milks, like almond, soy, oat, or coconut milk. Heavy cream can be replaced with full-fat coconut milk or cashew cream.

Instead of butter: Try using vegan butter products or oils, like coconut oil.

Instead of eggs: Try ground flaxseeds, chia seeds, silken tofu, applesauce, mashed banana, vinegar and baking soda, vegan yogurt, chickpea liquid (aquafaba), nut butters, or sweet potato puree.

Other plant-based pantry staples: Vegan sweeteners (like coconut sugar, maple syrup, date sugar, or agave), non-dairy yogurt, vinegar, flours, nut butters, full-fat coconut milk

TOMATO SOUP CAKE

From the Kitchen of: Claire DeBlanc, Sustainability Coordinator - Circular Economy, OSI

Preparation Time: 10 minutes | **Cook Time:** 45 minutes | **Cooling Time:** 20 minutes

Yield: 1 cake, 8 slices | **Common Allergens:** Wheat, Milk (Optional)

"This is a warming spice cake that is great for a cold winter day, or, as tradition in my family, for a grandparent's birthday! Tomato soup cake combines two things that don't usually go together – cake and soup – to make something that is surprisingly good!

"When my grandpa was young and away at school, his mother would send him a cake for his birthday. Instead of sending a "normal" cake, which would spoil too quickly, she sent him a tomato soup cake. According to my grandpa, tomato soup cakes stay fresh for much longer than regular cakes. To this day, tomato soup cake is a comfort food for my grandpa, and he enjoys it on his birthday every year. My grandma likes to add nuts to this recipe and my grandpa likes to add raisins. I see this as an example of my grandfather and his mother practicing sustainability, likely without even being aware of it. Because the cake stays fresh longer, there is less opportunity for food waste."

INSTRUCTIONS:

- Preheat the oven to 375° F.
- Add the spice cake mix, tomato soup, water, banana, and olive oil to a bowl and mix well.
- Add 1 1/2 cups raisins (if using) nutmeg, and cloves, and mix before pouring the batter into a prepared cake pan.
- Bake the batter for around 45 minutes, until you stick a toothpick into the cake and it comes out clean.
- While the cake is baking, make the frosting by adding the cream cheese, powdered sugar, water, and vanilla to a mixer and mix well.
- After the cake is out of the oven, let it cool fully, around 15-20 minutes. Then, spread the frosting on top.
- Serve and enjoy!

INGREDIENTS:

FOR THE CAKE:

- 1 box of spice cake mix (plant based, if desired)
- 1 cup tomato soup
- 1/4 cup water
- 1 banana, well mashed
- 1/3 cup olive oil
- 1 1/2 cups raisins (optional)
- 1 teaspoon nutmeg
- 1/2 teaspoon cloves

FOR THE FROSTING:

- 1 package of cream cheese (plant-based, if desired)
- 1 1/2 cups powdered sugar
- 1 Tablespoon water
- 1 teaspoon vanilla



CLAIRE'S SUSTAINABILITY TIP:

If you have too many tomatoes or bananas and they're about to go bad, stick them in the freezer until you are ready to make your tomato soup cake!

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Land Acknowledgement

Equity and justice are at the center of A²ZERO, and staff in OSI are continuing to ground our work in these critical principles. In that light, we'd like to take a moment to honor the geographic and historic space we share. We acknowledge that the land the City of Ann Arbor occupies is the ancestral, traditional, and contemporary lands of the Anishinaabe and Wyandot peoples. We further acknowledge that our city stands, like almost all property in the United States, on lands obtained, generally in unconscionable ways, from indigenous peoples. The taking of this land was formalized by the Treaty of Detroit in 1807. Knowing where we live, work, study, and recreate does not change the past, but a thorough understanding of the ongoing consequences of this past can empower us in our work to create a future that supports human flourishing and justice for all individuals.

GLOSSARY

A²ZERO: the City of Ann Arbor’s plan for achieving a just transition to community-wide carbon neutrality by 2030

Animal Husbandry: The caring for and raising of domesticated animals, including but not limited to their feeding, health care, shelter, and breeding

Biodynamic Agriculture: An all-encompassing approach to farming that views farms as a closed system where all elements are self-reliant and interconnected

Circular Economy: An economic system that generates value through responsible resource use, reuse, recycling, and repair to support new life for materials, including food, and the regeneration of nature.

Certified Organic: Food raised without the use of synthetic pesticides, fertilizers, or other artificial materials, and which has been certified by a third-party, such as the United States Department of Agriculture

Climate Change: Long-term shifts in average temperatures and weather patterns

Community Resilience: The ability to withstand and adapt to negative stressors, including climate change

Community-Supported Agriculture: A system of farming where community members agree to pay upfront for produce or other farm products on a regular basis in a subscription-style service

Compost: A natural plant fertilizer consisting of organic materials

Confined Animal Feeding Operations (CAFOs): a farming system where animals are raised in tight and densely-populated spaces

Controlled Environment Agriculture: a system of farming where plants are raised in a controlled environment that allows for year-round growth, such as a greenhouse

Cover Cropping: The practice of planting crops for the purpose of covering the soil and increasing its health instead of harvesting for consumption

Crop Rotation: A farming practice where different crops are planted in the same area across different times, which allows for soil health to be constantly regenerated

Deforestation: The process of removing substantial amounts of trees from lands that are forested

Direct-to-consumer: A business model where a business directly sells their product to consumers with no third-parties in between. For example, by selling at a farmers market.

Equity: Providing individuals with the tools and resources so that they can receive equal opportunities as everyone else

Factory / Industrial Farming: A system of farming where the priority is to maximize volume of production of animal products while minimizing costs, often at the expense of animal welfare, labor conditions, and sustainability

Farmers Market: A local market where individuals can purchase food directly from farms

Fertilizer: A substance that is added to soil to increase its fertility and health

Food Rescue: The process of collecting food for distribution that would otherwise go to waste

Food Justice: The idea that everyone has a right to healthy, sustainable, and culturally appropriate food, and the ability to shape the food system that impacts them

Food System: All activities that encompass food, including but not limited to growth, farming, processing, transportation, preparation, consumption, and waste management

Fungicides: A pesticide that is designed to kill fungi or prevent its growth

Grass-Fed Meat: Meat from animals that have been raised on a diet consisting only of grass and foraged plants throughout their entire lives.

Green Mulching: The practice of using plants to provide ground cover instead of materials like woodchips

Greenhouse Gas Emissions: The releasing of gases into the atmosphere that cause a greenhouse effect, usually by means of burning fossil fuels

Irrigation: Controlling of water in order to use for agricultural purposes

Local Food: Food that is produced within a nearby geographic boundary

Monoculture / Monocropping: The growing of a single kind of crop at a time

Organic: Farming practices that exclude synthetic materials, such as pesticides, fertilizers, or other artificial materials

Pastured Meat: Meat from animals that spend a significant portion of their lives grazing on pasture, with access to open, grassy areas. Pastured livestock may receive other supplemental feed, in addition to grass

Pesticides: Chemicals that are used to kill or control pests that can be harmful to food or people

Plant-Based Food: Food products derived entirely from plants, such as fruits, vegetables, whole-grains, nuts, seeds, and legumes

Plant-Forward (Plant-Rich) Diet: A style of diet that primarily consists of eating mainly plants or plant-based products, with occasional consumption of animal products

Producer-Only Market: A market where the only people allowed to sell are the actual producers themselves

Regenerative Agriculture: Farm practices that focus on restoring soil health and fertility

Supply Chain: All activities and actions involved in bringing a product or service to a customer

Sustainability: Using resources in a way where current needs can be met while also making sure that future needs can be met

Vegan: A diet that is completely free of animal products

Vegetarian: A diet that is free of meat while still consuming other animal products such as eggs and cheese



The A²ZERO Community Cookbook was compiled, drafted, edited, and published by the Ann Arbor Office of Sustainability and Innovations, as a part of A²ZERO - Ann Arbor's plan and work to achieve community-wide carbon neutrality by 2030.

To learn more about A²ZERO, and to get involved in Ann Arbor's community sustainability initiatives, visit www.a2zero.org.