

GREENS & things FARM MRKT

**FARMSTAND
& MARKET**

**SATURDAYS
11 AM - 4 PM**

*Winter 2022/2023
Schedule*

154 Clinton Ave. BKLYN, NY 11205



LOCAL PRODUCE



WEEKLY CSA MEAL BOX



FARMERS GRAB AG



ONLINE ORDERING



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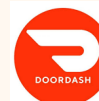
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Available In This weeks Bag!

ORGANIC MANGO TOMMY ATKINS MEXICO

ORGANIC BEETS CHIOGGIA

ORGANIC KALE GREEN

ORGANIC LETTUCE LITTLE GEM RED

ORGANIC MUSHROOMS OYSTER

ORGANIC GARLIC GREEN

ORGANIC SWEET POTATOES WHITE # 2

ORGANIC ONIONS SWEET

ORGANIC GINGER PERU

Creamy Coconut Quinoa Pudding



INGREDIENTS:

- 1 cup cooked red quinoa
- 1 cup coconut cream
- 1 cup almond milk
- ½ cup coconut sugar
- 1 cinnamon stick
- ½ tbsp vanilla extract
- ½ cup diced mango(optional, for garnish)



TOOLS AND NOTES:

- Medium Saucepan
- Rubber Spatula
- Cup
- Plate for garnish

PROCEDURE:

1. In a medium saucepan, combine the milk and coconut sugar, cinnamon stick and whisk together well.
2. Add the cooked quinoa and cook over medium-low heat for about 15-20 minutes, or until the mixture has thickened and is the consistency of a rice pudding.
3. Stir in the vanilla, cinnamon, and nutmeg and cook for another 2-3 minutes.
4. Finally, Remove from heat and allow to cool
5. Serve in bowls and garnish with diced mango & pumpkin seeds. Serve warm or chilled, and enjoy!

Delicious Overnight Oats



INGREDIENTS:

- ½ cup rolled oats
- ¾ cup almond milk (or non-dairy milk)
- ½ cup chopped strawberries, plus extra for topping
- 3 tablespoons strawberry jam
- 2 teaspoons honey or coconut sugar
- ¼ teaspoon vanilla extract



PROCEDURE:

- Add all ingredients to a mixing bowl and stir well to combine.
- Transfer the oats to a jar or other airtight container and store in the fridge for at least 6 hours, or preferably overnight.
- In the morning, optionally top your oats with extra fresh chopped strawberries, and serve.

TOOLS AND NOTES:

The oats are better enjoyed after being slightly warmed up



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