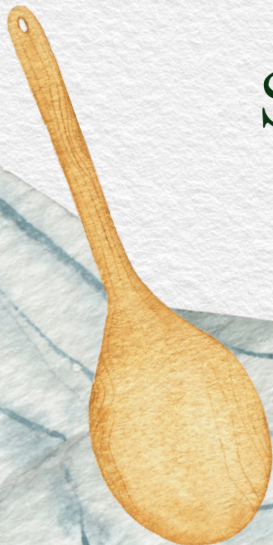




FARM-FRESH *Cookbook*

VENTURA & SANTA BARBARA YOUTH WELLNESS
INITIATIVE

BROUGHT TO YOU BY
SEE  AG



THIS COOKBOOK BELONGS TO:
ESTE LIBRO DE COCINA ES DE:



Look for rainbows throughout the
cookbook for FUN FACTS about
Ventura and Santa Barbara County's
top crops.

ABOUT THIS BOOK

The purpose of this cookbook is to share fun, easy, kid-friendly recipes that highlight a rainbow assortment of Ventura and Santa Barbara County's top crops.

We hope you try (and enjoy) all the recipes!

This cookbook was created by SEEAG, which stands for "Students for Eco-Education & Agriculture." As a 501(c)3 non-profit organization, our mission is to educate students and the greater community about the farm origins of their food and agriculture's contribution to our nutritional well-being.

To find more recipes and activities, visit www.seeag.org and/or follow us at @seeag_org!

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THANK
YOU

SPROUTS
HEALTHY COMMUNITIES
FOUNDATION

Thank you to Sprouts for making this cookbook possible!
The Sprouts Healthy Communities Foundation drives lasting change in the health of our communities.

SOBRE ESTE LIBRO

El propósito de este libro de cocina es compartir fácil, divertido recetas adaptados a los niños que resaltan los cultivos superiores del Condado de Ventura y Santa Barbara.

¡Esperamos que prueban (y disfrutan) todas las recetas!

Este libro de cocina fue creada por SEEAG, que se significa "Estudiantes por Eco-Educación y Agricultura." Como una 501(c)3 organización sin fines de lucro, nuestra misión es educar estudiantes y la gran comunidad sobre de los orígenes de la granja de sus alimentos y la contribución de la agricultura a nuestro bienestar nutricional.

Para aprender más acerca de nuestra organización, visita www.seeag.org o síguenos en @seeag_org!

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GRACIAS **SPROUTS**
HEALTHY COMMUNITIES
FOUNDATION

¡Gracias a Sprouts por hacer este libro de cocina posible!
La Fundación de Sprouts Comunidades Sanas impulsa cambios duraderos en la salud de nuestras comunidades.

El arco iris es un maravilloso recuerdo para comer tantos colores del arco iris que puedas cada día.





WHAT ARE TOP CROPS?



A crop is a plant that is grown in large quantities that will be used for food or fuel, especially a grain, fruit, or vegetable.



Ventura County and Santa Barbara County farmers grow over 200 different kinds of crops, but 5 crops in particular are the most popular for each county.



VENTURA COUNTY



STRAWBERRIES



LEMON



AVOCADO



RASPBERRIES



CELERY

SANTA BARBARA COUNTY



STRAWBERRIES



LETTUCE



CAULIFLOWER



GRAPES



BROCCOLI

These 5 crops bring in the most money for the farming community from the growers to the farm workers. Buying these fruits and vegetables at the store supports your local farming community.

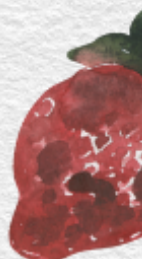


QUE SON CULTIVOS SUPERIORES?

Un cultivo es una planta que se cultiva en grandes cantidades y se utiliza como alimento o combustible, especialmente un grano, fruta, o vegetal.



Agricultores del Condado de Ventura y Santa Barbara cultivan más de 200 diferentes tipos de cosechas, pero hay 5 que son mas popular.



VENTURA COUNTY



FRESAS



LIMON



AGUACATE



FRAMBUESA



APIO

SANTA BARBARA COUNTY



FRESAS



LECHUGA



COLIFLOR



UVAS



BROCOLI

Estos 5 cultivos aportan la mayoría del dinero de la comunidad agrícola, desde los productores hasta los trabajadores agrícolas. Comprando estas frutas y vegetales apoya a su comunidad agrícola local.

VENTURA COUNTY TOP CROPS 1 & 4

Strawberry/Raspberry

RECIPE



SUPERFOOD ENERGIZER BERRY SMOOTHIE

INGREDIENTS

- 1 cup strawberries
- 1 cup raspberries
- 1 cup blueberries
- 1 cup orange juice
- 1 banana
- 2 cups spinach OR kale
- 6 oz. plain yogurt (optional)
- 1 cup ice

COOKING TOOLS

- cutting board
- a knife
- a blender
- mason jar

DIRECTIONS

1. Rinse strawberries, raspberries, blueberries, and leafy greens (spinach OR kale) under cold running water.
2. Remove the stems from the strawberries and leafy greens.
3. Peel, and slice a ripe banana.
4. Blend 1 cup orange juice with 1 cup strawberries, 1 cup raspberries, 1 cup blueberries, and 1 banana. Pulse with 2 cups leafy greens (spinach OR kale).
5. Mix in 6 oz. plain yogurt (optional), and ice (as needed). Enjoy!



FUN FACT: Ventura County farmers grow enough strawberries to feed 25 million people!

VENTURA COUNTY TOP CROP 2

Lemon RECIPE



RAINBOW KALE SALAD WITH
LEMON DRESSING

INGREDIENTS

- 4 cups chopped curly kale
- 1/2 tsp olive oil
- 1/8 tsp salt
- 1 cup chopped fresh baby spinach
- 1 cup chopped red cabbage
- 1/2 cup shredded carrots
- 1 red bell pepper
- 1/4 cup lightly salted pumpkin seeds
- crumbled feta cheese (optional)

Lemon Dressing

- 1/4 cup olive or avocado oil
- 2 tbsp fresh lemon juice
- 1-2 tbsp red wine vinegar
- 1 clove garlic (smashed/peeled minced)
- Salt and pepper
- 1 tsp sweetener of choice (honey, agave, sugar)

DIRECTIONS

1. Make the dressing by combining all ingredients in a lidded mason jar. Seal, and shake well. Dip a kale leaf in to taste!
2. Clean and dry kale leaves and remove from stem. Finely chop. Drizzle with olive oil and a pinch of salt, and massage using fingers to tenderize.
3. Chop the remaining veggies (the finer the better).
4. In a large bowl, combine kale, spinach, cabbage, carrots, and pumpkin seeds.
5. Shake the dressing jar once more and pour about 1/2 of it over the salad. Toss to coat and add additional dressing to taste!
6. Top with optional crumbled feta. Enjoy!



FUN FACT: Almost half of all lemons in the U.S. are grown in Ventura County.

VENTURA COUNTY TOP CROP 3

Celery RECIPE



RAINBOW CELERY SNACK

INGREDIENTS

For the rainbow celery snack:

- Celery stalks
- Peanut butter or cream cheese
- Sliced apple
- Sliced orange
- Sliced banana
- Sliced cucumber
- Blueberry
- Red grape (optional)

DIRECTIONS

To make the rainbow celery snack:

Fill celery stalks with peanut butter or cream cheese to hold food rainbow slices in place. On top of the peanut butter or cream cheese, add an apple, orange, banana, cucumber, blueberry, and red grape slice.

For the caterpillars:

- Celery stalks
- Peanut butter or cream cheese
- Grapes
- Blueberries
- Grape tomatoes
- Candy eyes
- Celery or radish matchsticks

COOKING TOOLS

- cutting board
- a cutting knife for slicing produce
- a butter knife for spreading peanut butter or cream cheese



FUN FACT: Ventura County farmers produce 80% of the celery that is available in the U.S.



VENTURA COUNTY TOP CROP 5

Avocados

RECIPE



GUACAMOLE
WITH CHIPS

INGREDIENTS

- 3 avocados
- Half a small onion, diced
- 1 crisp roma tomato, diced
- Cilantro, finely diced
- *1 ½ serrano peppers, finely diced
- Salt and lime to taste

* Depending on how spicy you would like your guacamole, you can add more or less serrano.

DIRECTIONS

1. To a bowl add the tomato, onion, serrano, and cilantro.
2. Dice the avocado and add it to the bowl.
3. Squeeze fresh lime juice on the guacamole, and add salt to taste.
4. Mix the guacamole, mashing some of the avocado chunks.
5. Serve as a topping, in tortillas, or eat with chips.

SANTA BARBARA COUNTY TOP CROP 2

Lettuce

RECIPE



RAINBOW VEGETABLE
SPRING ROLLS

INGREDIENTS

- 1/4 red cabbage, thinly sliced
- 1/2 yellow bell pepper, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 1 large carrot, cut into matchsticks
- 1/4 head of lettuce, thinly sliced
- 8-10 rice spring roll papers

DIRECTIONS

1. Prep the vegetables, and set aside.
2. Add hot water to a large skillet, and submerge one rice paper at a time to soften (8-10 seconds per paper).
3. Once pliable, transfer to a flat surface, and gently smooth out into a circle.
4. Add the red bell pepper, carrots, yellow bell pepper, lettuce, and red cabbage to create a rainbow of colors.
5. Fold bottom over the filling. Then, gently roll over once and fold in the side to seal. Then roll until completely sealed.



SANTA BARBARA COUNTY TOP CROPS 3 & 5

Cauliflower/Broccoli

RECIPE



CAULIFLOWER, BROCCOLI
AND APPLE SALAD

INGREDIENTS

- 1 head of fresh broccoli florets
- 1 head of fresh cauliflower
- Shredded carrots
- Red onion
- 2 large apples (pick sweet ones, like Gala apples)
- Dried cranberries
- Pecans (optional)

Creamy Dressing

- light mayonnaise
- low-fat Greek yogurt
- lemon juice
- sugar
- salt & pepper

DIRECTIONS

1. Chop broccoli, cauliflower, red onion, and pecans.
2. In a large bowl, combine chopped ingredients with dried cranberries.
3. To make the dressing, whisk together mayonnaise, Greek yogurt, lemon juice, sugar, salt, and pepper.
4. Add the dressing to the salad, and toss to coat. Chill in the fridge!



SANTA BARBARA COUNTY TOP CROP 4

Grapes RECIPE



INGREDIENTS

- Strawberries
- Mandarins
- Pineapple
- Kiwi
- Blueberries
- Red Grapes
- Vanilla Greek yogurt

DIRECTIONS

1. Wash, and prepare all of the fruit! Peel the kiwi and mandarins. Chop everything.
2. Use clear glasses, and layer the fruit in rainbow order. Strawberries, mandarins, pineapple, kiwi, blueberries, and then the grapes.
3. Top each parfait with a dollop of Greek yogurt, and enjoy!





INICIATIVA DE BIENESTAR INFANTIL
DEL CONDADO DE VENTURA

AGRÍCOLAS FRESCOS

Libro de Cocina

Con Cultivos Superiores
del Condado de Ventura

PRESENTADO POR
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