



LocalHarvest.org lists some 2,500 community gardens in its database, as does the American Community Gardening Association (CommunityGarden.org).

Vegetarian Nori-Wrapped Sushi

Yields 6 servings

Creatively rolled layers of nori, a super-nutritious dried seaweed paper, plus fish, rice and vegetables, make an amazing visual display. This veggie sushi travels well, though it's best eaten within the first five hours, as the rice dries out and may harden over time.

2 cups cooked sushi rice, cooled
½ cup carrots, julienned (1/8-inch-thick "matchsticks")
½ cup sugar snap peas
½ cup lettuce, shredded
½ cup spinach, shredded
4 sheets (standard size) nori
¼ cup soy sauce (for dipping)

1. Cook rice and cool.
2. Place nori on a flat surface. Arrange approximately ½ cup rice and ½ cup vegetables on long edge of nori. Use carrots, sugar snap peas, lettuce, spinach or any preferred combination.
3. Gently roll nori, starting with the rice/veggie side.
4. Using a serrated knife, slice nori into 1-inch pieces. Slicing on a diagonal makes attractive pieces. Serve as a vegan appetizer with soy sauce on the side.

Source: Farmstead Chef, by Lisa Kivirist and John Ivanko

Garden-Fresh Recipes

Lemon Balm Iced Tea

Yields 8 servings

Lemon balm grows prolifically and is ideal for a refreshing summertime iced tea. Slowly simmer the flavor out of the lemon balm in a slow cooker or simmer on the stove. Vary proportions depending on the pot size and desired sweetness.

Big bunch of fresh lemon balm stalks with leaves
½ cup honey
¼ cup lemon juice
8 cups purified water

1. Stuff as much rinsed lemon balm into a slow cooker as will fit. Cover with approximately 8 cups of water, depending on the size of the slow cooker, and let simmer about three hours on low heat.
2. Drain the resulting liquid into a pitcher.
3. While it's still warm, add honey and lemon juice. It is easier to add the honey while the tea is still warm, because it readily dissolves. Add more water to taste.
4. Chill before serving.

Strawberry Spinach Salad

Yields 4 servings

Foodies prefer strawberries that are red inside and out, quarter-sized and organically grown. The dressing helps accent the sweetness of the fresh strawberries and spinach, with a nutty crunch from the chopped peanuts.

Note: Mega-mutation versions of California strawberries are often sprayed with poisonous pest fumigants that harm people and the planet.

8 cups fresh spinach; wash, remove stems and tear into small pieces
3 cups fresh strawberries, sliced

For the dressing:

½ cup water
1 cup vegetable oil
½ cup salted peanuts
⅓ cup honey
3 Tbsp apple cider vinegar

1. Mix spinach and strawberries in a large salad bowl.
2. Combine all dressing ingredients in a blender. Pour to taste over salad.