

# Local Walla Walla Recipes







Created by the Walla Walla Valley Farm to School Program;  
composed by Whitman interns Melanie Kirtland and Olivia Myers

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# The Recipes

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- Hummus

**Tbsp: tablespoon**  
**tsp: teaspoon**

A favorite recipe during first grade math lessons

# Salsa

## Ingredients:

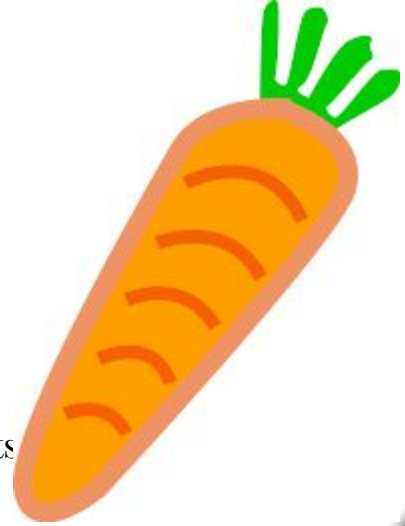
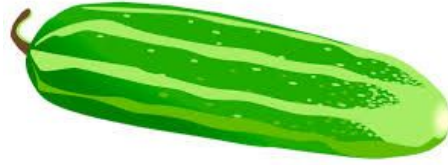
- 4 cups diced tomatoes
- $\frac{1}{4}$  cup onion diced
- $\frac{1}{2}$  cup bell peppers chopped
- $\frac{1}{2}$  jalapeno diced
- 1 clove garlic minced or pressed
- 2 Tbsp fresh squeezed lime juice
- $\frac{1}{2}$  cup fresh cilantro
- 1 tsp salt

Mix together and serve with corn chips.

Enjoy!



# Carrot Cucumber Salad



## Ingredients:

- ★ 1 pound (2 medium) cucumbers, sliced thin
- ★ 1-2 large carrots, grated
- ★ 1 Tbsp canola oil
- ★ 2 Tbsp rice vinegar or white vinegar
- ★ 1 tsp sesame seed oil
- ★ 2 tsp sugar or honey
- ★ 2 tsp soy sauce
- ★ 1 Tbsp toasted sesame seeds

## Directions:

1. Combine the cucumbers and carrots in a bowl. Set aside.
2. In another bowl, whisk together the oil, vinegar, sesame seed oil, sugar, and soy sauce. Taste for seasoning and adjust to individual preference.
3. Toss the cucumbers and carrots with the dressing. Sprinkle the sesame seeds on top. Enjoy!







A favorite after-school garden club recipe

## Kale Apple Salad with flowers

### Ingredients:

- ★ 20 kale leaves
- ★ 3 apples
- ★ 1 cup toasted sunflower seeds
- ★ borage flowers

### For Dressing:

- ★ 3 Tbsp honey
- ★  $\frac{1}{2}$  cup apple cider vinegar
- ★  $\frac{1}{3}$  cup olive oil
- ★  $\frac{3}{4}$  tsp salt

### Directions:

Wash and tear kale leaves into bite sized pieces place in a large bowl. Mix all the dressing ingredients well and pour over the kale leaves only. Mash the kale leaves with a potato masher until they are softened, about 5 minutes. Wash and cut the apple into small pieces and place in separate bowl. To Make the salad: Add the cut apple and sunflower seeds and toss. Top with flowers and enjoy.

Cooking outside on the campstove during garden club is a hit with kids

# Kale Stir Fry

## Ingredients:

- ★ 4 cups of kale leaves
- ★ 10 medium radish roots
- ★ 5 large green onions
- ★ 1 Tbsp canola oil
- ★ 1 Tbsp soy sauce

## Directions:

- ★ Pick, wash, and tear kale leaves into small pieces.
- ★ Pull, wash and cut radish roots.
- ★ Pull wash and cut onion roots and stems.
- ★ Heat a skillet on medium high heat, add oil and onions – cook for 3 minutes.
- ★ Add radish and kale and cook for 4-5 minutes stirring.
- ★ When cooked, add soy sauce and eat.







# Lavender Lemonade

An end of season  
celebration drink

## Ingredients:

- ★ A handful of freshly picked and rinsed lavender flowers
- ★ 1 cup white, granulated sugar
- ★ 2 cups of boiling water for the infusion
- ★ 1 ½ cups freshly squeezed lemon juice
- ★ 2 cups or more of cold water
- ★ Ice

## Directions:

1. Rub the lavender flowers from the stems and place in a medium glass or metal bowl. Pour the sugar over the flowers and use your (clean) fingers to gently rub the flowers into the sugar.
2. Pour 2 cups of boiling water over the lavender sugar and stir with a spoon until the sugar has melted. Cover the bowl and let infuse for 30 minutes or up to several hours.
3. Strain the lavender-infused simple syrup and pour into a pitcher.
4. Stir in the lemon juice. Add another two cups of water. Taste and adjust for tartness. Add more lemon juice if too sweet. Add more sugar if too tart. Add ice and more water to desired level of concentration.

# Strawberry Lemonade

## Pick, wash and crush

- ★ 20 strawberries
- ★ 2 Tbsp sugar

## Pick, wash, and boil

- ★ 2 cups lemon balm leaves
- ★ 1 cup sugar
- ★ 1 ½ cups water

## Squeeze all juice from

- ★ 5 lemons

Strain the lemon balm leaves from the syrup into a pitcher. Add the crushed strawberries and lemon juice. Add 5-10 cups of water. Pour over ice and Enjoy!

An end of spring  
garden club treat





# Salad with Vinaigrette

## For the Vinaigrette:

In a small bowl, mix into a paste:

- ★ A clove of pressed/minced garlic
- ★  $\frac{1}{2}$  tsp salt
- ★  $\frac{1}{8}$  tsp pepper

Add and mix:

- ★  $\frac{1}{2}$ -1 tsp Dijon mustard
- ★ 1 Tbsp honey
- ★  $\frac{1}{4}$  cup vinegar(s)

Slowly add and whisk together:

- ★  $\frac{1}{3}$  cup olive oil

Optional ingredients include honey, herbs, Dijon mustard, garlic, and shallots. Try different types of vinegar.



## For the Salad:

Pick a variety of greens like lettuces, spinach, arugula and kale. Wash and tear into bite sized pieces

Pick wash and slice strawberries and radishes. Pick borage, nasturtium or calendula flowers to add at the end after the salad has been tossed with the dressing

Third Grade Salad Party! Are all 6 parts of a plant included?





These snacks have been baked in a solar oven during summer garden club!

## Kale Chips

### Ingredients:

- ★ 1 large bunch kale
- ★ 1 - 2 Tbsp olive oil
- ★ 1/4 to 1/2 tsp kosher salt
- ★ other spices, to taste

### Directions:

1. Preheat oven to 300F.
2. Remove the stems and ribs from the kale. Tear into pieces. Rinse and pat the pieces dry.
3. Spread the kale over the baking sheets in a single layer. Add olive oil and mix with your hands to make sure the kale is coated evenly. Sprinkle with salt, pepper, and other spices.
4. Bake for 10 -12 minutes, until chips are dry, crispy and evenly baked.



A favorite fall after-school garden club recipe. Add to a little cream cheese for a great bread topping snack!

# Classic Basil Pesto

## Ingredients:

- ★ 3 cups firmly packed basil
- ★  $\frac{1}{2}$  cup grated Parmesan or Romano cheese
- ★  $\frac{1}{2}$  cup walnuts
- ★ 2 large garlic cloves
- ★  $\frac{1}{2}$  tsp salt
- ★  $\frac{1}{4}$  cup olive oil

## Directions:

1. Use a blender or a food processor to puree the top 5 ingredients together.
2. Slowly drizzle in olive oil for 30-60 seconds



# Herb Pesto

Pesto simply means “sauce” in Italian, and does not need to be limited to basil! Choose whatever herbs or greens are flourishing in the garden at the moment, mix and match, and see how it tastes!



## Ingredients:

- ★ 3 cups of herbs and greens (parsley, oregano, basil, spinach, kale etc.)
- ★  $\frac{3}{4}$  cup grated Parmesan or Romano cheese
- ★  $\frac{1}{2}$  cup walnuts, almonds, or any other nut
- ★ 3 large garlic cloves
- ★  $\frac{1}{2}$  tsp salt
- ★  $\frac{1}{4}$  cup olive oil

## Directions:

1. Harvest and remove stems from desired herbs.
2. Add nuts, garlic, cheese, salt, and herbs to the food processor or blender and process.
3. With the food processor on low, slowly drizzle in olive oil.



This recipe was served at Harvest of the Month  
2014 to highlight Walla Walla grown chickpeas!

# Chickpea Soup

## Ingredients:

- ★ 1 cup dried chickpeas (garbanzo beans) cooked until tender (1-2 hours) or 2 cans of chickpeas
- ★ 4-6 cups chicken broth
- ★ 1 onion, diced
- ★ 4 cloves garlic, minced
- ★ 2 Tbsp olive oil
- ★ 1 28 oz. can diced tomatoes with juice
- ★ 1 bunch chopped spinach
- ★ ½ cup chopped fresh basil or 1 Tbs. dried basil
- ★ salt and black pepper to taste

## Directions:

If using dried beans, cook them in the broth. If using canned beans, add them with the tomatoes. Heat oil in a pot and add onion and cook for 5 minutes. Add garlic, broth, tomatoes and canned garbanzo beans. Let simmer for 30 minutes. Add chopped spinach, salt and pepper and cook for 15 minutes. Add basil and cook for 5 minutes more. Serve and enjoy!

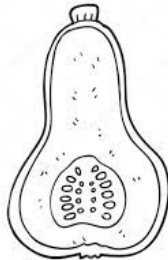


# Chickpea & Squash Stew

This chickpea stew recipe was a hit at the 2019 Food Focus event at Blue Ridge Elementary!

## Ingredients:


- ★ 1 ½ Tbsp olive oil
- ★ 2 medium onions, chopped (2 ½ cups)
- ★ 8 large cloves garlic, minced or pressed
- ★ 1 ½ tsp ground cumin
- ★ 1 tsp paprika
- ★ 1 tsp ground coriander
- ★ 1 medium butternut or other similar squash, cut into 1 inch pieces (6 cups)
- ★ 3 medium carrots, chopped
- ★ 1 can crushed tomatoes (28 ounces)
- ★ 2 ½ cups cooked chickpeas (either from dry beans or from two 15-ounce cans)
- ★ 2-3 cups water or broth
- ★ ½ cup roughly chopped parsley leaves



## Directions:

1. In a large skillet or pot, warm 1 ½ Tbsp. olive oil over medium-high heat. Add onions and a pinch of salt and pepper. Cook for 3 to 4 minutes. Stir in garlic and cook for 3 minutes. Stir in, cumin, paprika and coriander and cook for 1 minute.
2. Add squash and carrots, and 1 cup water and bring to a boil over high heat. Reduce heat to low and simmer, covered, until carrots are tender, 10 minutes.
3. Add tomatoes and chickpeas. Raise heat to medium-high and simmer for 10 minutes. Stir in chopped parsley leaves, and remaining 1-2 cups broth or water, for desired texture. Simmer, uncovered, until flavors meld, another 3 minutes. Season with salt and pepper to taste.



The background is a blue and white checkered pattern, resembling a quilt or a picnic blanket. The squares are of varying shades of blue and white, creating a textured, woven appearance.

Enjoy!