Seed Song Farm Camp
Recipe Book: Jun 29 - Jul 10
Kale Biscuits

*Ingredients:*

2 cups flour  
1 tbsp sugar  
1 tbsp baking powder  
¼ tsp salt  
½ cup softened butter  
2/3 cup milk  
1 large handful chopped kale  
(optional- 1 cup chocolate chips OR ½ cup cheddar cheese)

*Directions:*

Grease baking sheet and preheat oven to 450°.  
Mix flour, sugar, baking powder and salt. Cut diced butter into it and combine until the mixture is fine and crumbly. Stir in the milk and mix well. Fold in the kale, and optional chocolate or cheese.  
Drop dough by spoonful onto the greased baking sheet and bake for 10-12 minutes, until slightly golden.

Kale Chips

*Ingredients:*

10-12 kale leaves  
olive oil  
sea salt  
optional- favorite herbs  
optional- garlic powder

*Directions:*

Preheat oven to 450°. In a large mixing bowl, lightly coat the kale leaves with olive oil and then sprinkle with sea salt (and optional herbs/garlic) and toss.  
Spread on a baking sheet and bake 10-12 minutes or until crispy. For even crisping, flip once during the baking time.

Zucchini Bread

*Ingredients:*

1 cup unbleached white flour  
1 cup whole wheat flour  
1 tsp cinnamon  
2 ½ tsp baking powder  
½ tsp salt  
½ cup honey  
2 eggs  
6 tbsp melted butter  
½ tsp vanilla extract  
2 cups grated zucchini  
optional- ¾ cup chocolate chips

*Directions:*

Preheat oven to 350° and grease a muffin pan (or two).  
Allow zucchini to rest in a strainer and squeeze excess water out. Cream the honey, butter, eggs, and vanilla together, until smooth and light.  
In a separate bowl, sift the dry ingredients together. Alternate adding the dry mix and zucchini to the honey mix, beginning and ending with dry. Fold in optional chocolate.  
Portion batter into muffin cups and bake for 35-45 minutes, or until inserted toothpick comes out clean.
Fresh Veggie Frittata

Ingredients:

12 farm fresh eggs
olive oil
2 ½ tsp salt
1 tsp pepper
butter for greasing
half and half
¼ cup cheddar
¼ cup parmesan
3 cloves garlic, minced
½ cup diced scallions
seasonal vegetables- kale, broccoli, squash, onion, tomato, peppers, potatoes, spinach

Directions:

Preheat oven to 425°. Place the seasonal veggies on a sheet pan. Drizzle with the olive oil and sprinkle 1 ½ tsp salt and ½ tsp pepper, toss well. Bake for 15 minutes, then add the garlic and mix well before baking another 15 minutes. Remove from the oven and turn temp down to 350°.

Meanwhile, whisk together eggs, 1 tsp salt and ½ tsp pepper, parmesan, and half and half to preference in a large bowl.

In a 10-inch ovenproof saute pan, melt butter and saute the scallions over med-low heat for about 1 minute. Add the roasted vegetables and mix, then pour the egg mixture over. Cook for about 2 minutes without stirring before transferring the pan to the oven. Bake for 20-30 minutes, until the middle is set and slightly puffy. Sprinkle the cheddar on top and bake for another 3 minutes or until cheese is melted. Cut into wedges and serve hot.

Summer Vegetable Pasta Salad

Ingredients:

1 lb rotini pasta
2 bell peppers
2 tomatoes
1 zucchini
1 summer squash
1 onion
1 ½ cup cheddar cheese
½ cup olive oil
¼ cup apple cider vinegar
handful basil, chopped
2-3 springs oregano, chopped
sea salt

Directions:

Boil pasta. Meanwhile, dice all veggies and cheese. In separate bowl make dressing by mixing oil, vinegar, herbs, and sea salt to taste. Drain pasta and while it is still warm, toss with veggies, cheese, and dressing. Season with salt and pepper to taste.
**Easy Pizza Dough**

*Ingredients:*
- 2 ½ cups all-purpose or whole wheat flour
- 1 (.25 oz) package active dry yeast
- 1 tsp sugar
- 1 cup warm water
- 2 tbsp olive oil
- 1 ½ tsp salt

*Directions:*
Mix yeast and warm water, let sit for 5 minutes. Measure flour into separate bowl and add yeast water, oil, and salt. Stir until the mixture forms a slightly sticky dough ball. Cover and let rise for at least 1 hour. Roll out (with flour or oil if too sticky) and add your favorite toppings!

**Sunflower Basil Pesto**

*Ingredients:*
- 2 cups chopped basil
- ½ cup raw sunflower seeds
- ¼ cup olive oil
- sea salt

*Directions:*
In a blender or food processor, blend basil, seeds, and oil until well combine. Add more olive oil if it's too thick, and add sea salt to taste.

Seed Song Center is a 501(c)3 nonprofit organization that provides educational and cultural experiences of sustainable agriculture and agroecology. We offer all people access to quality food, shared meals, and farm-based arts and education experiences. By growing, sharing, and celebrating our food together, we evolve our local culture toward an equitable and sustainable land access and stewardship.

160 Esopus Ave Kingston, NY 12401
(845) 383-1528 | info@seedsongfarm.org