



SEED2FEED Summer Youth Program 2015
Farming Instruction by
Farmer Christian Melendez





Cooking Instruction by Zenful Bites (Chef Yolanda & Josphine) and Chef Sade

Favorite Recipes

Black Bean Green Chile Enchiladas From Zenful Bites

Prep Time: 10 minutes; Cook Time: 20 minutes

Yield: 4 servings

Ingredients

4 cups black beans, cooked

2 medium onions, diced

2 red bell peppers, diced

2 garlic cloves, minced

Juice of 2 limes

½ cup diced green sauce

1 bunch cilantro, minced

2 tablespoons extra virgin olive oil

6 cups Mexican Style Blend Cheese

4 cups enchilada sauce

8 10-inch whole wheat or corn tortillas

Toppings: Diced green onions (scallions), avocado, salsa, sour cream, grilled fajita vegetables, sour cream

Preparation

Coat sauté pan with olive oil and sauté onions, bell peppers and garlic until transparent (5 mins). Add cooked black beans and continue to stir. Add green chiles, cilantro and fresh lime juice continue to stir. Warm enchilada sauce, coat bottom of dish with enchilada sauce. Using your hands carefully tip the tortillas in the warmed sauce until both sides are well coated. Transfer the tortilla to the baking dish, scoop in 2 Tablespoons of the black bean filling and roll up. Place seam side down and continue until the pan is filled – 10-12 tortillas.

Black Bean Salad with Corn, Red Peppers and Avocado in a Lime-Cilantro Vinaigrette From Chef Sade

Servings: 6-8

Total Time: 30 Minutes

Ingredients

2 15-ounce cans black beans, rinsed and drained

3 ears fresh cooked corn, kernels cut off the cob

2 red bell peppers, diced

2 cloves garlic, minced

2 tablespoons minced shallots, from one medium shallot

2 teaspoons salt

1/4 teaspoon cayenne pepper

2 tablespoons sugar

9 tablespoons extra virgin olive oil

1 teaspoon lime zest (be sure to zest limes before juicing them)

6 tablespoons fresh lime juice

1/2 cup chopped fresh cilantro, plus more for garnish

2 Hass avocados, chopped

Instructions

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.



Bellissimo Smoothie

¾ frozen strawberry

¾ cup frozen mango

½ cup apple juice

1 cup ice

Medicinal Properties:

Good source of antioxidants, rich in Vitamin C, high in disease fighting phytochemicals.



Beekeeping Instruction by Benny Erez & Viviana Lindo



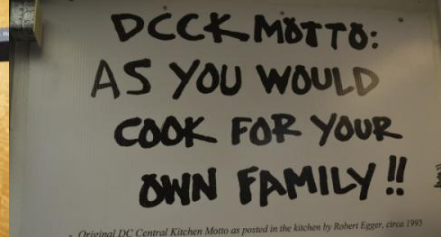


Composting Instruction by Benny Erez

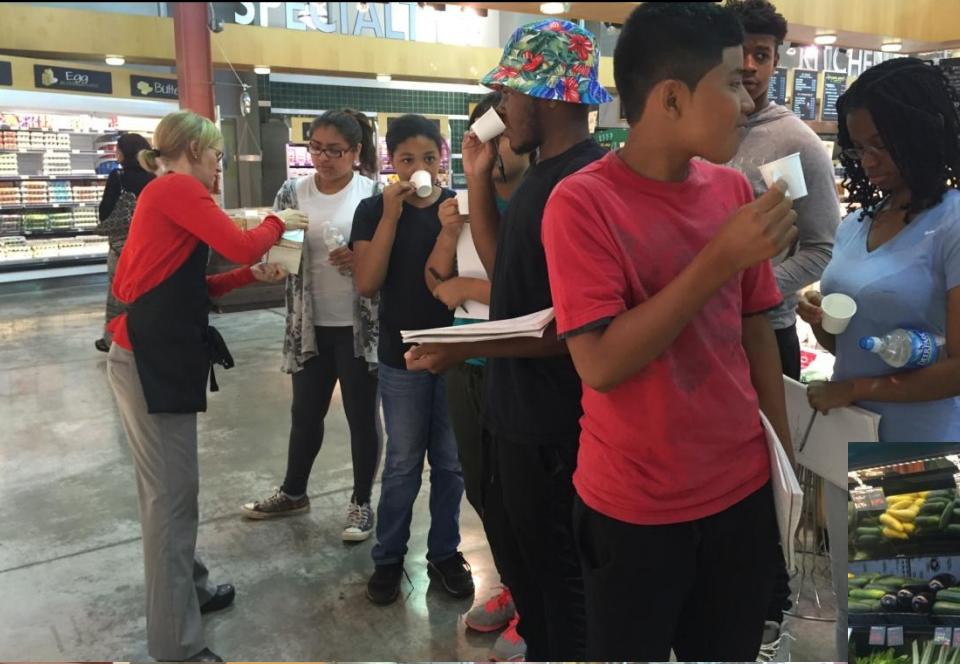




DC Central Kitchen Washington, DC



Whole Foods Silver Spring, MD



MOM's Organic Market Ivy City, DC



Glut Food Co-Op Mount Rainier, MD

Green Farmacy Fulton, MD





Claggett Farm Upper Marlboro, MD





Accokeek Foundation National Colonial Farm Accokeek, MD





Crossroads Farmers Market
Takoma Park, MD





Beltsville Agricultural Research Center Bee Research Laboratory Beltsville, MD





Art Instruction by Antonio Hernandez





Performance at the Riverdale Park Farmers Market. Poetry Instruction by Sharrieff Muhammad

