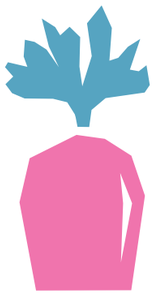
CARROT GREENS PESTO



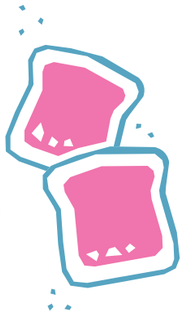
1/4 cup walnuts
2 cup carrot greens
1 cup basil
1 garlic clove
1 tbs lemon juice
1 tsp nutritional yeast (optional)
1/4 cup olive oil
Salt & Pepper

In a food processor, blend walnuts until smooth. Add carrot greens, basil, garlic, lemon juice, yeast & mix again.

Add olive oil and mix for the desired consistency. Season with salt and pepper, and store in the fridge.

KNODEL

1 onion chopped
2tbs chopped parsley
2 tsp butter
1/2 loaf bread toasted in cubes 2 eggs beaten
1 cup milk
Salt and pepper



Grease a baking dish. In a pan, mix onion, parsley and butter & cook until brown. Add bread cubes and toss. Whisk eggs, milk, salt and pepper and pour over bread and onion mix. Let it sit for 1 hour. Press and make balls. Place into a baking dish & cover with aluminum foil. Place this baking dish in a rack in a larger pot with 3 inches of water. Cover the pot & let it cook with the steam for an hour.

Serve and drizzle with melted butter.

RADISH LEAF SOUP

2tb butter, 2tb olive oil, 1 large onion, 1/2 tb sea salt, black pepper, 4 garlic cloves, 2 medium potatoes, 2 cups water, 12 cups radish leaves, 3 cups chicken stock, 1 tb mustard, 1/8 tsp cayenne pepper, 1/2 cup cream

Heat olive oil & butter in a soup pot, add onions & stir for 5 min. Add garlic & stir for another 2 min. Add salt & pepper. Add potatoes & water, cover and bring to a boil. Then bring heat down to simmer and cook until potatoes are soft. (10-15 min) Add radish leaves and stock, bring to a boil & then to simmer for a few minutes. Shut the heat. Blend everything with cream, mustard & cayenne until smooth.

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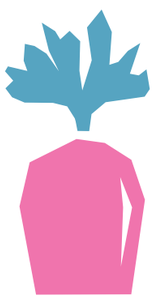

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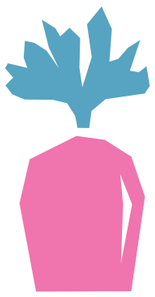

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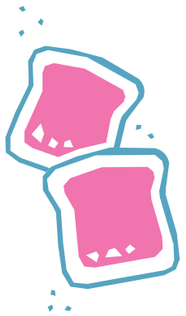

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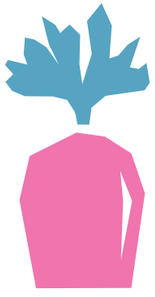

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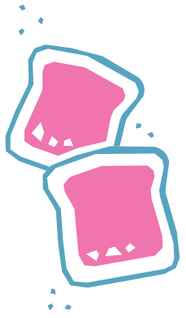

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BEETROOT LEAF SALAD

10-15 beetroot leaves
2 tsp oil, 1/8 tsp mustard seeds, 1/8 tsp cumin seeds
Pinch asafoetida/hing
2 tbs toasted peanuts
Lemon juice
1/4 tsp sugar
Salt to taste

Wash leaves and chop them bite size. Grind peanuts into a coarse powder or use them whole.

In a small pan heat the oil and add mustard & cumin seeds. Add the asafetida & turn off heat. Pour the mix into the leaves & add salt, sugar, lemon juice & peanuts.

Toss well and serve.

APPLE PEEL CHIPS

Cut the peels (5 apples) into desired strips and shapes. To the peels, add 1 tbsp cinnamon & sugar in a bowl & shake well. Spread loosely on baking paper & bake in the oven at 150 degrees for 15-20 minutes.

OTHER TIPS

Use the old coffee grounds as fertiliser for your plants

You can simply put the dried Papaya seeds into the pepper mill. They grind very well. Of course, they can also be crus hed in a mortar.

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