Online Help

Main Page:

* Select your desired region
* Select your desired time period
* Select the generate produce button
* Peruse the generated list of produce
* Select the produce you are interested in creating recipes from by left-clicking them
* When you are happy with your selections, click the Generate Recipes button

Recipes Page:

* You may now view the recipes that have been generated, by clicking upon one you will be brought to a pane that has further information on the recipe. This recipe can then be printed.
* By clicking the Find Local Farmers button you will be directed to the SoilMate parent site that will show you specific local farms.