# Online Help

Main Page:

Upon accessing the page you will see several drop-down menus at the top of screen, as well as a generate recipes button. There will also be an area for the generated produce to appear.

When a time period and a region have been selected, the produce area will be populated.

At this time items of produce can be selected, or deselected. When your desired items have been selected, you may select the “Generate Recipes” button, which will navigate you to the Recipes page.

Recipes Page:

The recipes page at this time will display various recipes containing the ingredients that you’ve selected. You may click on them to further investigate them. A “Find local farmers” button also exists, directing you to the SoilMate parent site, allowing you to find specific local farms to purchase your items.