



Garden Harvest

10 September 2013

FRESH TOMATO HERB & CUCUMBER SALAD

Cucumbers, sliced thinly
Cherry Tomatoes, sliced in half (red, yellow, orange)
1-2 cloves garlic, crushed
Fresh Herbs Of Choice, chopped
(basil, oregano, Thai basil, garlic chives, parsley, tarragon)
½ onion, diced small (any kind-red, yellow, white, green)
Salt & Pepper, to taste

Add all ingredients to a large bowl, toss gently, adjust seasonings and serve.



ZUCCHINI LATKES

2 zucchinis, coarsely grated
1 medium white potato, coarsely grated
¼ c yellow, white or red onion, diced
¼ c quinoa flour (or other flour of choice)
½ tsp baking powder
Salt & pepper to taste
2 TBSP fresh herbs of choice
2 TBSP olive oil, divided

Mix all ingredients together in a small bowl - reserve
1 TBSP oil for cooking.

Heat remaining oil over medium in a deep sauté pan.

Form mixture into "patties" - the batter is very moist and doesn't seem to want to stick initially. Just form those patties and trust the veggies.

Cook on each side for 4-5 minutes, until browned and sticking. Just like a pancake, you'll know when to "flip" because it will actually do so (vs. crumbling into tiny zucchini+potato pieces).

BREADED EGGPLANT SANDWICHES

1-2 medium sized Eggplant, sliced
Salt
1-2 TBSP flax seeds
½ c water

BREADING:

½ c slivered raw almonds
1 TBSP nutritional yeast
2 TBSP oat flour
2 TBSP quinoa flour
2 tsp garlic powder or granules
Salt & Pepper, to taste

Toppings of choice-Lettuce, Tomatoes, onion, etc

Bread of choice
Oil for cooking

Place eggplant in a colander over a bowl and lightly salt. Allow to sit, about 20 minutes. Set aside.

In a blender, mix together flax seeds and water. Mix until well blended. Transfer to a small bowl. This will be your "glue" to hold the breading on. (It gets thicker the longer you let it sit).

Prepare breading mix by adding almonds, nutritional yeast, flours, garlic powder and S&P to a food processor. Pulse until everything is well incorporated. Remove from food processor and place on a plate. Set aside.

Rinse off any extra salt from eggplant with cool water. Pat dry, then dip each piece of eggplant into the flax mixture. Coat each piece of eggplant in breading on both sides. Repeat until all eggplant has been prepared.

Heat oil in a skillet and cook each piece of breaded eggplant until crispy & golden brown on both sides.

Serve on bread of choice and top with favorite toppings.

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BEST VEGAN SANDWICH BREAD!

1 c boiling water
1 c old-fashioned whole rolled oats
(not quick cook or instant)
2-1/4 tsp instant dry yeast + 1/4 c lukewarm water
1 c wheat pastry flour
1 c all purpose flour
1/2 c warm water
2 -3 TBSP vegetable oil
2 TBSP light brown sugar, packed
pinch salt, optional and to taste

In a small bowl, pour boiling water over oatmeal, stir to combine. Set aside and allow to cool slightly (too hot and it will kill the yeast; too cool & it won't rise)

In a large mixing bowl, add yeast, 1/4c water, and brown sugar. Allow to sit until frothy (5-10 minutes).

Add flour, 1/2 cup water, oil, and slightly cooled oatmeal. Knead for 5 to 7 minutes until a moist dough forms. The dough is fairly moist and sticky, but resist the temptation to add additional flour, unless it's so moist that it won't combine. Conversely, if it's too dry, add up to one-quarter cup water. Erring on the side of too moist is always preferable to dry in bread-making.

After kneading, turn the dough out into a large, greased bowl, cover with plastic wrap or a damp towel, and let it rise in a warm, draft-free place for 60- 90 minutes, or until doubled in size.

After the dough has doubled, punch it down, turn it out onto a floured surface and knead for about 3 minutes. With your fingers, shape it into a 10-inch by 6-inch rectangle. The long side should be slightly longer than the baking pan. Then, fold the short sides in so that dough is about 8 inches in length. Roll to form a tight cylinder. There's not much to roll, about 3 turns.

Lightly grease and flour the pan and place the cylinder in the pan, seam side down. Cover with plastic wrap, and allow dough to rise in a warm, draft-free place until doubled, about 60 to 75 minutes.

Preheat oven to 350°F.

Bake for about 30 minutes or until golden brown and has risen. Gently tap on top to see if is cooked thoroughly throughout- it should sound hollow.

Allow to cool in the pan for a minimum of 5 to 10 minutes before turning out onto a wire rack to cool completely before slicing.

CREAMY RANCH DRESSING

12 oz Silken Extra Firm Tofu
juice of 1/2 lemon
1-2 TBSP olive oil
1 TBSP Organic No Salt Seasoning
1/2 tsp dijon mustard
up to 1/4c soy, nut or rice milk
Salt & Pepper, to taste

Mix all ingredients together in a blender or food processor and chill 30 minutes or more before serving.

Great as a dip for veggies or chips or as an actual dressing for salads or as a condiment for anything that includes dairy-based Ranch as part of a recipe or tradition...

The mission of EarthSave is to help people make food choices that promote health, reduce health care costs, and provide greater health independence.

The EarthSave Foundation was founded in 1988 by celebrated author John Robbins. EarthSave was the direct result of the overwhelming reader response to the 1987 publication *Diet for a New America*. John continues to support the ongoing educational activities of the EarthSave Foundation as Chairman Emeritus of its Board of Directors. His latest bestseller is *The NEW Good Life: Living Better Than Ever in an Age of Less*. Visit John's site <http://www.johnrobbins.info>

EarthSave continues the educational work that *Diet for a New America* began. EarthSave educates, inspires and empowers people to shift toward a plant based diet centered on fruits, vegetables, grains and legumes - foods that are healthy for people and the planet.

Free educational materials can be downloaded and printed here:
<http://www.earthsave.org/support/index.html>

UPCOMING EVENTS

SAT 9/14 Summer Evening Soiree \$50 per person
12 Course Garden Dinner-Ching Sanctuary Benefit
RSVP BY CALLING 801-636-9759
<http://www.brownpapertickets.com/event/450835>

TUES 9/17 Italiana Vegan with Amanda Rock \$25
Tasting class hosted by Caputo's Market & Deli
<http://www.caputosdeli.com/products/tasting-class-italiana-vegan-with-amanda-rock.html>