

SUMMER SOLSTICE MENU

Salad: Lettuce, Spinach, Mixed Greens,
Radish, Carrots, Peas, Herbs, Violet
Flowers, roasted Pumpkin Seeds
Dressing: Oil, Vinegar, Honey

Spicy Sweet Potatoes: Sweet Potatoes
stir-fried with Garlic & Hot Pepper

Marinara Sauce served on Black Beans
and/or Pasta: Tomatoes, Pepper, Onions,
Garlic, Morels, Herbs & Black Beans,
Pasta

Dessert: Strawberries

Beverage: Iced Herbal Tea
and/or Water

Key to Menu Color Coding

Fresh Harvest

Dry, Mature Seed

Dry, Mature Seed or Purchased

Purchased

Dehydrated

Live Stored ("root cellared")

Fresh or Dehydrated

Fresh or Live Stored

Live Stored or Purchased

Dehydrated or Live Stored

Canned/Bottled or Live Stored

Canned/Bottled

Canned/Bottled or Dehydrated

Fresh or Live Stored or Dehydrated