

WINTER SOLSTICE MENU

Salad: Lettuce, Chinese Cabbage,

Sprouts, Carrots, roasted Seeds

Dressing: Oil, Vinegar, Honey, Herbs,
Paprika Pepper

Squash & Roasted Root Veggies:

Winter Squash, Potato, Carrots, Beets,
Turnips, Onions, Celeriac, Rutabaga,
Parsnip

Baked Beans: Beans, Onions, Garlic,
ground Mustard Seed, Celery or
Celeriac, Maple and/or Cider Syrup,
Miso, Vinegar, Herbs

Corn Bread: Corn, Amaranth,
Sorghum, Oats, Poppy Seeds

Apple Crisp Dessert: Apples, Berries
with Crisp made from mixed Grains,
Nuts, Honey and/or Syrup

Beverages: Herbal Tea & Cider

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

Canned or Dehydrated or Live Stored