
Siloam Greenhouse Kitchen Garden Menu

AUTUMN/WINTER Collection Vol 2.

Properties: robust / earthy in seasoning and fragrance / piquant + smoky

The winter collection menu is an encompassment to nature's bountiful deed of seasonal vegetation and its remedial characteristics bore unto earth's keepers (us).

The garden for restoration and healing

Citrus fruits, hardy root vegetables, cool-season greens, and fava beans or snap peas are excellent baseline ingredients for a variety of culinary dishes and any topical or comestible multipurpose concoctions complementary to the prevernal weather. Seasonal perennial and annual herbs, edible tree bark (cambium), and underground stems such as rhizomes, bulbs, and tubers can be flavorful additives and provide fiery elemental attributes for energy, circulation to mind and spirit, and fortifying one's overall well being.

Alkalscent Fermented Vegetable Medley

A low acidic fermentation with both probiotic and prebiotic properties. Radicchio, savoy cabbage, red chard, radish, chopped dill, garlic, black peppercorn, gala apple (optional), celtic salt or iodized sea salt, water or a brine.

Boiled Plantain

A classic savory Caribbean side dish. A pot of boiled water, plantain. Steam for 20-30 minutes.

Immunity Harvest Broth w/ Coconut Milk

Fresh herbs, vegetables, and spices infused and simmered to concentrate the enhanced flavors. Roughly chopped carrots, celery, white onion, savoy cabbage, garlic cloves, ginger, rosemary, and an array of dried spices.

Stewed Jackfruit

A vegan substitution for baked cod or banana wrapped fish. Pan-seared jackfruit with seasonings of choice, tomato paste, chopped and sautéed bell peppers, onions, and lemon slices. Banana leaf wrap to marinate and infuse.

Spelt Roti Skin

Spelt flour, spring water, sea salt, olive oil or virgin coconut oil, and baking powder.

Rainbow Tea Brew

Loose leaf butterfly pea, lavender, hibiscus, and SILOAM GREENHOUSE* lemon balm infused honey.

SILOAM GREENHOUSE Immunity Shots*

Sunrise shot: pineapple, garlic, lemon. Sunset shot: carrot, red apple, tumeric, ginger, black pepper.