
Siloam Greenhouse Kitchen Garden Menu

AUTUMN/WINTER Collection Vol 1.

Properties: warm / woody-spicy aromatics for undertones / colorful + russet

The autumn 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

Stone fruits, hardy root vegetables, cool-season crops, and bush beans are excellent baseline ingredients for a variety of culinary dishes and any topical or comestible multipurpose concoctions complementary to the autumnal weather. Seasonal perennial and annual herbs, edible tree bark (cambium), and underground stems such as rhizomes, corms, 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.

Mac and Cheese Cups w/ Hemp Seed Roux Substitute

An alkaline-based side dish with alternative pie and unbaked forms for serving. Cavatappi noodles. Soaked hemp seeds, chickpea flour, roasted red bell peppers, garlic, and onions, nutritional yeast flakes, hemp milk, vegetable broth, seasonings and herbs. Blend until smooth.

Yuca Puree or Yam Puree

A suggested plate-spread alternative side dish. Boiled sweet potato of choice, coconut cream, cinnamon bark, a pinch of salt, honey, vanilla bean or extract. Blend. Or boiled yuca, coconut cream, roasted garlic, salt, black pepper. Blend.

The garden for restoration and healing

Microgreens w/ Lemon Basil Oil

Microgreens, lemon juice, chopped basil, SILOAM GREENHOUSE* olive oil, salt, pepper, oregano.

Coconut Curry Chickpea and Vegetables

A flavorful gravy alternative. Chickpeas, mixed vegetables of choice, curry seasoning blend, salt, pickled pimentos, coconut milk, lime juice.

One-pot Farro con Gandules

Italian emmer farro, capers, tomato sauce or paste, seasonings of choice, fresh parsley, SILOAM GREENHOUSE* olive oil, pigeon peas.

Marinated Smoky Tofu (baked or sauteed)

Vegan friendly and neutral-based. Extra firm tofu, liquid smoke, coconut aminos, seasonings of choice, lemon juice, date syrup, gochujang.

The garden for restoration and healing

SILOAM GREENHOUSE* Sparkling Peppermint and Orange Tonic

Seltzer water or sparkling water, orange slices, fresh peppermint leaves, celtic sea salt.