
Siloam Greenhouse Kitchen Garden Menu

SPRING/SUMMER Collection Vol 2.

Properties: fresh/ true to tropical botanicals/ mélange + nutritious

The summer collection menu is an encompassment to nature's bountiful deed of seasonal vegetation and its remedial characteristics bore unto the keepers.

Stone fruits, starchy + leafy vegetables, and legumes are excellent baseline ingredients for a variety of culinary dishes and any topical or comestible multipurpose concoctions complementary to the estival and serotinal summer weather. Seasonal citrusy herbs, edible tree bark, and underground stems can be flavorful additives and provide fiery elemental attributes for energy, circulation to mind and spirit, and fortifying one's overall well being.

Sautéed and Grilled Vegetables

Rainbow carrots, corn on the cob, chopped cabbage, sweet peppers, onions, cauliflower. The choice of vegetables varies according to preference.

Curry Potatoes and Chickpeas

A main dish paired well with rice, roti skins, naan and a variety of one-pot meals. White potatoes, garbanzo beans, pimentos, white onions, curry seasoning blend of choice, vegetable broth (optional).

Rice and Pigeon Peas Stew

An excellent side dish for any savory or piquant protein. Bell peppers, onions, tomato paste, coconut aminos, dried and fresh herbs of choice, pigeon peas, jasmine rice.

Fried Dumplings

Vegan friendly. Optionally alkaline or gluten-free friendly. Sparkling water, all-purpose or spelt flour.

Fried Sweet Plantains and Tostones

SILOAM GREENHOUSE* Coconut oil, ripe and green plantain.

Mango-Ginger Herbal Soda

SILOAM GREENHOUSE* Mango fruit and ginger herbal honey syrup, seltzer water, fresh cut mango and lemon slices.

SILOAM GREENHOUSE Fresh Pressed Jungle Juice*

A cardiac, solar, sacral, and inferior chakral plexus medley. Oranges, mangoes, cranberries, pineapples, strawberries, cherries, and lime.