



Dear Produce Recipient,

Common Roots Urban Farm is a hybrid garden right in front of QEII Emergency, on part of the old Commons where the Queen Elizabeth High School once stood, on the corner of Bell and Robie.

All the garden soil for the farm was generously donated by **Kynock Resources**.

The farm includes a market garden, edible landscaping, garden plots and places to sit and relax. Everyone is welcome to wander and work.

This year the produce grown in the **Market Garden** is being donated to the **Parker Street Food Bank**. Fresh lettuce, snap peas, spinach, Swiss chard, kale, cucumbers, tomatoes, beans, or herbs will be dropped off weekly depending on what is being harvested.

If you are at all curious about where this food is grown, drop by for a visit. You can drop by for a tour 3-6 pm daily, or come to our 'Open Farm Day' 2-6 pm on Fridays. You might catch the gardening bug!

At the very least you can give us a call at 441-4288, or E-mail urbanfarmers@partnersforcare.ca. To find out more information go to: http://partnersforcare.ca/urban_farm/engagement-opportunities#sthash.NJHZHXrg.dpuf

We are providing some **general tips** and **recipe ideas** to help you make the most of your fresh produce.

Sincerely,
The folks at Common Roots Urban Farm

Cucumbers



- Cucumbers contain 95% water so they are very refreshing in hot weather
- They are also a great thirst quencher
- Cucumbers contain vitamin C, vitamin A, and folic acid. The skin is rich in fiber and is a good source of minerals.
- Cucumbers are a great choice to include in smoothies
- Cucumbers are in season from mid to late summer
- Cucumbers are synonymous with pickling

Recipe ideas:

Cucumber Sandwiches

Peel and thinly slice fresh cucumbers. Spread a thin layer of mayo, salad dressing or butter on each slice of bread, add cucumber slices and salt & pepper to taste. Cut them into triangles, squares, or fingers if desired and serve.

Alternatively you can use cream cheese as the spread seasoned with a touch of garlic powder, onion powder, Worcestershire sauce and a bit of mayonnaise.

Cucumber Dill Salad

In bowl toss together 2 cups of diced cucumbers, with 1/3 cup of chopped onions, 2 tablespoons of lemon juice, 1 tablespoon of chopped fresh dill (or ½ teaspoon of dried dill) and 1 tablespoon of vegetable or olive oil and salt to taste. You can make this more substantial by adding a ½ cup of crumbled feta cheese if desired.

Low Fat Cucumber Salad

2 medium cucumbers thinly sliced. Combine and shake 1/3 cup of white vinegar 1/3 cup of water, 2 tablespoons sugar, ½ teaspoon salt, 1/8 teaspoon black pepper. Pour over cucumbers. Cover and refrigerate at least 3 hours to blend flavors. Drain salad and garnish with freshly chopped or dried parsley if desired. Store covered in the refrigerator until served.

Greek Salad

Combine chopped tomato wedges, or cherry tomatoes halved with chopped cucumbers (seed removed), bell peppers, sliced black olives and feta cheese. Drizzle with purchased Greek salad dressing and serve.

Classic Tossed Salad

Combine chopped fresh tomatoes (or halved cherry tomatoes), and cucumbers with torn lettuce leaves (washed and thoroughly dried). Toss with your favorite dressing. Add grated cheese and croutons if desired.

Lettuce



- Lettuce is a good source of chlorophyll and vitamin K. It may also contain minerals, vitamin A, Folic Acid, B1 and B2 vitamins
- In general the darker the lettuce the greater the nutrient content
- Lettuce gives sandwiches extra crunch and nutrients
- When it comes to salads the only limit is your imagination....be creative....use a variety of lettuce types, add your favorite foods whether they be vegetables, fruits, seeds, nuts, whole grains, soy products, meats, cheeses or herbs; almost every food goes with lettuce
- To avoid a soupy salad, dry lettuce thoroughly with paper towel or a lettuce spinner. This will ensure the salad dressing readily clings to the lettuce
- Lettuce is in season starting in early summer and onwards if replanted

Recipe ideas:

Taco Kit with Fresh Vegetables

Follow the directions on the taco kit box. Spoon taco mixture into shell and top with plenty of freshly shredded lettuce and chopped tomatoes

Asian Lettuce Wraps

1 pound ground beef
2-inch piece ginger, peeled and finely grated
1 small onion, chopped
2 cloves garlic, minced
2 tablespoons soy sauce
1 teaspoon red pepper flakes
1/4 cup hoisin sauce
1/4 cup chopped peanuts
Salt and freshly ground black pepper
1 head Boston lettuce, leaves separated, cleaned and dried (or a generous bunch of leaf lettuce)
In a skillet over medium-high heat, sauté beef until brown. Stir in ginger, onion, garlic, soy sauce, red pepper flakes, and hoisin and cook for 1 minute. Remove from the heat and stir in the peanuts. Season with salt and pepper and serve warm wrapped in lettuce.

Meat and Veggie Submarine Sandwich

Layer meat slices of choice, cheese, thinly slice cucumbers, thinly sliced tomatoes and shredded lettuce. Top with mustard and or mayo. Serve with kale chips on the side. (See recipe for kale chips).

Snap Peas



- Snap peas are pod-edible peas also know as sugar snap peas
- They differ from snow peas in that their pods are round versus flat
- Before eating, snap the top of the pod to remove the tough indigestible string that runs down the straight edge of the pod
- Fresh peas are a good source of protein, B vitamins, a variety of minerals, vitamin C , vitamin K and carotenes
- Snap peas are in season starting in early summer and onward if replanted

Recipe ideas:

Raw Snap Peas

Remember to include snap peas on your veggie tray with dip. They are especially good dipped in hummus. Don't forget to remove the tough string. They are also delicious on their own.

Steamed Snap Peas

Steam for 1-2 minutes (don't over steam or they will go limp). Drain, add butter, salt and pepper to taste. Garnish with fresh or dried dill or parsley if desired. Serve as side vegetable.

Tuna and Snap Pea Casserole

Add 2 cups of uncooked pasta (elbow, shells or rotini) to 1 quart of boiling water. Cook until tender, drain slightly so pasta remains wet.

Steam 1 cup of snap peas cut into thirds crosswise for 1-2 minutes and drain. Combine pasta, peas, and 1 can of drained tuna, flaked, with $\frac{3}{4}$ cup of salad dressing, and salt & pepper to taste. Chill and serve.

Rice & Snap Peas

Sauté 1 cup of snap peas cut into thirds crosswise with three chopped green onions in 1 tablespoon of oil for 1-2 minutes. Add 1 tablespoon of low sodium soy sauce and continue to sauté for another 30 seconds. Then add 2 $\frac{1}{2}$ cups of cooked rice and thoroughly mix to distribute peas and onions. Serve as a side dish or add seasoned sautéed chicken, beef, pork or beaten egg, cut into strips, for a one dish meal.

Snap Pea Potato Salad

For a twist add 1 cup of snap peas cut into thirds crosswise (pre-steamed) and or 2 cups of torn lettuce to your favorite potato salad recipe.

Tomatoes



- Tomatoes are considered a fruit botanically, but for culinary purposes they are considered a vegetable
- Tomatoes are very rich in nutrients. They contain beta-carotene (especially lycopene), biotin, vitamin C, vitamin K, B vitamins, pantothenic acid, folic acid, and fiber
- Tomatoes come in a number of sizes, shapes and colors to add variety to soups, salads, sauces and main dishes
- Tomatoes are best stored at room temperature (usually one week depending on initial ripeness)
- Tomatoes are in season from mid to late summer depending on the variety

Recipe Ideas:

Toasted Tomato Sandwiches

Add freshly slice tomatoes, salt pepper, mayo or salad dressing and fresh lettuce if available to lightly buttered toasted bread of choice. Turn it into a BLT by adding low salt crispy bacon strips. Great with a cold glass of milk.

Tomato Pita Pizza Snacks

Split pita bread (6 inch diameter) in half with a knife around the edges. Chop fresh tomatoes and place on the inside of each pita round. Sprinkle tomatoes with dried or fresh basil and

oregano, and salt & pepper to taste. Top with grated mozzarella. Place under broiler until golden and bubbly. Serve immediately. *Alternatively you may use any other bread of choice, but toast it a bit first.*

To freeze fresh tomatoes for later use

Blanch fresh tomatoes by adding whole tomatoes to boiling water for approx 1 minute. Remove and place in cold water. This will allow the tomato skins to be removed easily. After skins are removed, press 6-8 tomatoes per freezer bag, remove air with a straw and freeze immediately. Use as you would for recipes that call for stewed tomatoes like chili or spaghetti sauce.

Bruschetta with tomato and basil

Combine about 5 ripe tomatoes (quartered with seeds removed and chopped), with 2 cloves of minced garlic, 1 teaspoon of balsamic vinegar, 6-8 fresh chopped basil leaves (or 1/2 tsp of dry basil), and salt & pepper to taste. Slice a baguette, French or Italian bread. Brush with oil and place under the broiler until golden brown. Remove, and top with tomato mixture and serve immediately, or alternatively serve toasted bread and tomato mixture separately so people can serve themselves. *Tip: If you leave the tomato mixture on the bread for too long it can become soggy.*

Roasted Tomato Soup

Combine 4 cups of cored tomato halves with six peeled garlic cloves and 2 small onions, sliced. Spread out on a baking sheet, drizzle with ¼ cup vegetable or olive oil, salt and pepper and roast for 30-35 minutes, or until caramelized. Remove roasted tomatoes, garlic and onion from the oven and transfer along with any roasting juices into a large stock pot. Add 3 cups of the vegetable stock and bay leaves. Bring to a boil,

reduce heat and simmer for 20 minutes or until liquid has reduced by a third. Discard bay leaves. Puree soup until smooth. Season to taste with salt and freshly ground black pepper. (Optional: add $\frac{3}{4}$ cup of light cream to make cream of tomato soup). Garnish in bowl with chopped fresh basil or cilantro and croutons.

Bacon, Lettuce and Cherry Tomato Pasta Salad

1 box small to medium sized pasta, cooked (shells, rotini, penne, fusilli, rotelle, farfelle, or whatever you have on hand)

1/2 lb low salt bacon (cooked crisp and crumbled)

2 cups cherry tomatoes (halved)

1 cup shredded cheddar cheese

1/4 cup herbs (chopped, basil, parsley, dill, chives, and oregano)

1 cup lettuce (torn)

Combine above ingredients and toss with vinaigrette below.

Vinaigrette:

1 1/2 tablespoons Dijon mustard

3 garlic cloves (minced)

1 pinch sea salt (and black pepper)

1/2 cup apple cider vinegar (raw)

1 1/2 cups extra-virgin olive oil

Combine above ingredients, shake and toss into pasta mixture. *Alternatively toss with purchased vinaigrette.*

Swiss-Steak

Mix 3 tablespoons of flour, 1 teaspoon dry mustard, and $\frac{1}{2}$ teaspoon of salt. Sprinkle and pound in the flour mixture to both sides of 1 $\frac{1}{2}$ lbs of boneless beef, round, tip, or chuck steak (about $\frac{3}{4}$ inch thick).

Cut into 6 servings sized.

Heat 2 tablespoons of vegetable oil in skillet.

Add beef and cook until brown turning once (about 15 minute's total). Add 5 whole blanched tomatoes and 2 cloves of finely chopped garlic. Break up tomatoes. Heat to boiling, reduce heat. Cover and simmer until beef is tender, about 1 $\frac{1}{4}$ hours. Add 1 cup of water, 1 large onion sliced, and 1 large sliced green pepper. Cover and simmer until vegetables are tender (5-8 minutes). Serve with rice, mashed potatoes or pasta.

Fresh Tomato Salsa

Combine 4 medium tomatoes (quartered with seeds removed and chopped), $\frac{1}{2}$ cup chopped green pepper, $\frac{1}{2}$ cup of chopped onion, 2 cloves of minced garlic, 1-2 tablespoons of minced fresh parsley or cilantro, 1 tablespoon finely chopped jalapeno chillies. Drizzle with oil, the juice of 1-2 limes and salt & pepper to taste. Serve with nacho chips, fish or meat.

Beans



- Fresh string beans can be yellow and green, or purple in colour. The purple ones turn green when cooked, and can be used for recipes that call for green beans
- String beans can be boiled, steamed, sautéed, baked, or blanched
- Beans are a good source of fiber, protein, folic acid and a number of minerals
- String beans are in season beginning in mid summer

Recipe Ideas:

Raw String Beans

Don't forget to include them on your vegetable tray with dip. Enjoy them with hummus dip or solo.

Nova Scotia Hodge Podge

1 cup each of fresh green and waxed yellow beans, trimmed and snapped; 1 cup diced carrot; 2 cups of cubed new potatoes. Place all vegetables in a large saucepan and add enough water to cover the vegetables. Lightly salt the water, and bring to a boil. Cook for 30-40 minutes or until vegetables are tender. Drain slightly and stir in 1/3 cup of butter and if desired, ½ cup of light cream. Garnish with fresh or dried dill if desired. Remove from heat and serve hot.

Green Bean Casserole

Combine 1 can of cream of mushroom soup, ½ cup milk, dash of ground black pepper, 4 cups of steamed cut green beans, and 2/3 cup of crispy onions (canned) in a 1 ½ quart casserole dish. Bake at 350°F for 25 minutes. Stir the bean mixture sprinkle with another 2/3 cup of crispy onions. Bake another 5 minutes or until onions are golden.

Steamed French Beans with Dill

Cut up 3 cups of green beans length wise into strips (French style) or use a French bean utensil. Steam or softly boil in small amount water with a covered lid until tender. Drain and add butter, freshly chopped dill, butter, salt and pepper to taste, and serve.

Alternatively: leave beans whole or cut in ½ inch lengths.

Green Bean Pasta Salad

1 1/2 cups rotini (uncooked, corkscrew or pasta of choice)

1 1/2 cups cooked green beans (2-inch cut, about 6 ounces)

2 cups chicken breast (diced cooked chicken, about 3/4 pound)

1/4 cup grated cheese (or crumbled blue)

1/4 cup vinaigrette (Sun-Dried Tomato)

Add uncooked pasta to 1 quart of boiling water.

Cook until tender, drain and allow to cool.

Combine pasta with remaining ingredients, and serve.

Salmon and Green Bean Salad

2 cans of sockeye salmon drained (remove skin and bones if desired)

1 pound of steamed green beans

1 medium onion, finely chopped

2 tablespoons of fresh lemon juice

¼ cup of olive or vegetable oil

1 tablespoon of chopped fresh dill or 1 tsp of dried

1 tablespoon of fresh chopped parsley or 1 tsp of dried

Place the beans in a large bowl. Add the onions and dill; mix well. In a small screw top jar, shake up the lemon juice, oil, and salt and pepper to taste. Pour dressing over beans. Flake the salmon over the beans and toss everything together well. Sprinkle the herbs over the top and serve.

Green Bean Packages

For each serving:

8 skinny green beans, steamed

1 teaspoon butter, melted

Pepper

1 slice of low salt bacon

Preheat oven to 400°F. Steam the beans for 4 minutes or drop them into boiling water for the same amount of time. Drain them. Dry and roll them in the butter and sprinkle with pepper.

Wrap the bacon in a spiral around each bundle of beans and bake in the center of a foiled baking sheet for 20 minutes. Serve hot.

Sichuan Green Beans

In a small bowl, stir together and set aside: 2 tablespoons low sodium soy sauce, 2 tablespoons water, 1 tablespoon of dry cherry or cider vinegar, 1 teaspoon sugar, ½ teaspoon cornstarch, ¼ tsp ground pepper, ¼ teaspoon red pepper flakes, ¼ teaspoon dry mustard.

Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Add 1 pound of green beans cut into 2-inch lengths. Cook until crisp-tender and the skins are shriveled and blackened in spots (5-8 minutes). Transfer beans to a large plate.

Over medium heat add ¼ lb of pork to the now empty skillet. Cook, breaking the pork apart into small pieces, until no pink remains (about 2

minutes or so). Add 3 minced cloves of garlic, and 1 tablespoon minced ginger, stirring constantly for another 30 seconds. Add the sauce mixture and the beans to the pork mixture in the skillet. Toss and stir until the sauce is thickened, 10 to 15 seconds. Remove from skillet and add 3 sliced scallions, and 1 teaspoon of toasted sesame oil. Serve immediately over steamed rice.

For a meatless option substitute mushrooms and a teaspoon of oil, in place of the pork.

Three-Bean Salad

1 ½ cups precooked cut green beans

1 ½ cups precooked cut yellow wax beans

1 can (15-16 oz) of kidney, black or garbanzo (chick peas) beans rinsed and drained

¼ cup of chopped green onions

1/4 cup of chopped parsley

Combine above ingredients in a plastic or glass bowl.

Mix 1 cup of purchased Italian dressing mixed with 1 tablespoon sugar and 2 cloves of garlic, finely chopped and toss into bean mixture.

Stir-Fried Green Beans

1 quart fresh green beans

2 tablespoon vegetable oil

¼ teaspoon ground ginger or 1 teaspoon of fresh, peeled and finely chopped ginger

3 drops hot sauce

½ teaspoon sugar

Salt to taste

2 tablespoons sesame seeds

2 tablespoons vinegar

Chopped green onion or 1/8 cup of finely chopped onion

Wash beans, and remove ends. Heat oil in wok or skillet, add beans and cook quickly over high heat, tossing constantly, for 2 to 3 minutes. Add remaining ingredients, toss and serve.

Kale, Spinach and Swiss Chard



- Until the end of the Middle Ages kale was one of the most common green vegetables throughout Europe
- Kale, spinach and Swiss chard are highly nutritious vegetables; an excellent source of carotenes, chlorophyll, vitamin C, B vitamins and fiber. Swiss chard and spinach are also a good source of folic acid and vitamin K. Kale is particularly rich in calcium and B6.
- Kale is often cooked but the young tender leaves can also be enjoyed in a salad of mixed greens or on their own.
- Kale, spinach or Swiss chard makes a great addition to vegetable juices. Add no more than 1/3 kale when juicing to avoid dominance of the kale flavour

- Kale, spinach and Swiss chard can often be interchanged in recipes depending on what you have on hand
- Spinach is usually in season in early summer unless replanted; Kale can be in season from early spring to late fall; Swiss chard is in season from midsummer to late fall

Recipe Ideas:

Country Style Greens

4 lbs of greens, such as kale, or Swiss chard.

1 lb of pork shoulder butt, slashed to the bone in 3 places.

Salt and pepper to taste

1 tablespoon of flour

Pepper or cider vinegar

Remove the stems from the greens and clean thoroughly. Put them in a large pot with just enough water to cover. Add the pork butt. Bring the water to a boil, lower the heat, and simmer, partially covered, for 2 hours or until the greens are soft and the meat is falling apart. Add salt and pepper to tastes with the flour, mixing well. Serve in soup with vinegar on the side.

White Pizza with Kale

4 tortilla breads or 2 flat bread rounds

2 tablespoons of vegetable oil

2-3 tablespoons of finely chopped onion

2 bunches kale (about 12 oz.), Swiss chard or spinach

4-5 tablespoons of water

About 2-3 cups grated cheese (mozzarella, or a mixture).

½ teaspoon dried oregano (if fresh increase to 2 teaspoons, chopped)

½ teaspoon dried basil (if fresh increase to 2 teaspoons, chopped)

¼ teaspoon ground black pepper.

Preheat 425°F. If using kale or Swiss chard remove the center rib from leaf. Chop the

leaves into small pieces. Heat 1 tablespoon of vegetable in a medium skillet. Add the chopped leaves and chopped onion to the skillet. When sufficiently heated, add the water. Cover and steam for about 4-5 minutes or until leaves are soft and water has cooked off. Sprinkle grated cheese on the tortillas. Scatter the sautéed leaves on top of the cheese. Top with spices and more cheese. Place on a baking sheet and bake in preheated oven for about 3 minutes, or until golden brown and bubbly. Cut into wedges or strips and serve.

Spectacular Garden Squares

¼ cup butter or margarine
½ cup green onion, finely chopped
3 eggs
1 cup all-purpose flour
1 cup milk
½ teaspoon salt
½ teaspoon baking powder
½ lb of fresh kale or spinach
2 cups of white cheddar cheese, grated
1 teaspoon of butter or margarine
¼ cup red pepper, diced (optional)
Melt ¼ cup of butter in a small pan. Add the green onions and sauté until soft. In a large bowl, beat the eggs; add the sautéed onion, flour, milk, and baking powder. Mix well. Lightly grease the baking dish with 1 teaspoon of butter or margarine. Spread the kale or spinach and cheese evenly in the pan. Pour the liquid mixture evenly over the kale or spinach and cheese, so it is all covered. If using red pepper sprinkle over the top. Bake for about 35 minute or until firm. Remove from oven, cut into squares. Great for breakfast, lunch and dinner.

Sautéed Kale or Swiss chard

Sauté a bunch of chopped kale greens or Swiss chard (with the center rib removed if desired) with 1 small onion chopped in 1-2 tablespoons

of vegetable oil or butter. Stir constantly over medium heat for 10 minutes. Add a splash of water if they start to stick to the skillet. Turn off heat and add ¼ cup of sour cream and 2-3 teaspoons of prepared mustard and salt & pepper to taste. Serve immediately as a side vegetable. Great with pork.

Alternatively, add 2-3 tablespoons of vinegar and 2-4 tablespoons of butter in place of the sour cream and mustard or ½ tablespoon of lemon juice and a handful of walnut pieces.

Fizzled Kale

2 packed cups of Kale cut into skinny slivers (shredded)
2 tablespoons butter
Salt and pepper to taste
Melt the butter in a wide skillet and when foaming, add the 2 cups of kale. Cook the kale over medium heat, turning frequently until it begins to wilt, about 10 minutes. Lower the heat and continue to cook until the kale begins to brown and caramelize a bit, another 10 minutes or so, but don't let it burn. Serve immediately as a side dish or as a nest for meatballs or a bunless burger. This method of cooking brings out the sweetness of the kale.

Kale Pasta Salad

Combine chopped young kale leaves or spinach leaves, sunflower seeds or pine nuts, and feta cheese with cooked whole grain pasta and drizzle with olive oil.

Kale Soup

Puree cooked kale and potatoes together and season with salt, pepper and cumin for a delicious soup. Add vegetable stock if needed.

Kale Salad

4 slices of bacon, chopped
1/3 cup sugar

½ teaspoon salt
1 tablespoon cornstarch
1 egg beaten
¼ cup cider vinegar
1 large bunch of kale or spinach
1 onion, chopped
3 hard boiled eggs, chopped
Ground black pepper to taste
Fry bacon slowly until crisp. Mix together sugar, salt, cornstarch, then add egg, vinegar and 1 cup of water and stir until smooth. Remove all but 1 to 2 tablespoons of dripping from bacon pan, and stir in liquid mixture. Cook over medium heat, stirring until thickened. Cool Slightly.
Wash kale, and remove heavy center rib and tear leaves into bite-sized pieces. Place in large bowl, add onion, eggs and pepper and toss with dressing. Serve warm or chilled.

Lentil, Kale & Mushroom Stew

3 potatoes, cubed
1 can of mushrooms, drained (or 1 cup of precooked)
2 carrots, sliced
½ cup lentils
1 clove garlic, crushed
¼ cup butter
¼ cup soy sauce
1 bunch of kale, chopped
Combine all ingredients except for soy sauce and kale in large, heavy pot. Cover with water and bring to a boil. Reduce heat and simmer for 1 hour. Add soy sauce and kale and simmer for another hour.

Kale Chips

Remove the tough stems from the kale and wash and spin dry the kale thoroughly. Some people cook them at a higher temperature, California-style, which makes a crunchier, drier kale chip than those cooked at lower

temperatures. They are good both ways. If you wish to roast them in a 425°F (218°C) oven, they'll take about 12 minutes to cook.
Start with 6 to 8 cups (140 to 200 g) kale leaves; if large, tear them into bite-sized pieces
1 tablespoon olive oil
Regular, sea or coarse kosher salt
Preheat the oven to 350°F (180°C.)
Put the kale on a baking sheet and drizzle with the olive oil, then massage it into the leaves.
Spread the kale leaves in an even layer on the baking sheet and put in the oven. After about 5 minutes, use a spatula to separate any kale leaves that are clumped together.
Continue cooking the kale for about 20 minutes, until the leaves are crisp. Remove from the oven and sprinkle fairly generously with salt.

Spiced Carrot Kale Muffins

1 1/2 cup all purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1/2 cup brown sugar
1 egg
1/2 cup plain or vanilla Greek yogurt
4 tablespoon butter, softened
1 teaspoon vanilla
1 cup carrots, shredded
1 cup kale, finely chopped
1/2 cup golden raisins
zest of 1 orange
Preheat the oven to 400° F. Grease a muffin tin. In a large bowl combine the flour, baking soda, and powder, cinnamon, nutmeg, and ginger. In a medium mixing bowl cream the brown sugar and butter. Add in the Greek yogurt and mix well followed by the egg and vanilla. Pour the wet mixture into the flour mixture and combine. Stir in the carrots, kale, raisins, and orange zest. Mix until just combined. Spoon the mixture into the muffin tin filling each cup 2/3 full. Bake for 15-18 min. or until golden brown.