

A close-up photograph of a person's hands holding a carrot in a garden bed. The person is wearing a light blue and white striped shirt and light blue shorts. The garden bed is filled with various green leafy vegetables, including lettuce and spinach. The background is slightly blurred, showing more of the garden and some wooden structures.

LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Basil Pesto

Featured Item: Herbs

Serving Size: 2 tbsp • Yield: 4

Fun Facts:

- Spinach is part of the mint family.
- Eating parsley helps with bad breath!

Try It!

- Use dried herbs if fresh ones are out of season.



INGREDIENTS

Basil, Fresh, Local :	1/2 cup
Olive Oil, Extra Virgin:	3 tablespoons
Cheese, Parmesan, Grated:	1 tablespoon
Lemon Juice:	2 teaspoons
Garlic, Fresh, Peeled:	1 teaspoon
Black Pepper:	1/4 teaspoon

DIRECTIONS

- 1.** In the food processor, add basil, along with all other ingredients, except olive oil.
- 2.** Process until smooth, drizzling in olive oil as needed.
- 3.** Taste: Cheese typically provides enough salt. Could add up to 1/2 teaspoon.
- 4.** This is a versatile and easy to make. It can be used on pasta, or to jazz up fish, chicken, or sandwiches. Can be frozen up to 1 month.

Source: *Pisanick Partners, LLC.*