





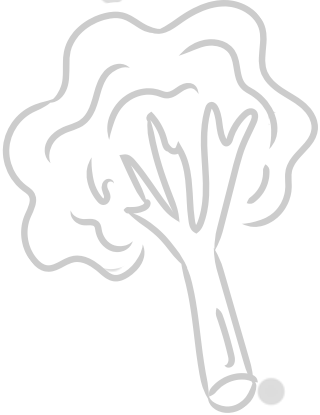


**A GARDENER'S
SEASONAL
MEAL PLAN**



**SUMMER- FALL
POSSIBLE
GARDEN
HARVEST**

May- October



Potatoes, Garlic,
Onions,
Leeks, Tomatoes,
Peppers, Eggplants,
Green beans,
Cucumbers,
Zucchini,
Pumpkin/winter
squah



Sample 1

Weekly Dinner Menu

monday

Vegetable Tlan
Roasted chicken

tuesday

Tomato Basil Soup
Grilled cheese
sandwich

wednesday

Green Bean Potatoes
Tajine
Bread

thursday

Eggplant Moussaka
Garlic Bread

friday

Seven Veggies
Couscous

Saturday

Left-overs

Sunday

Grilled veggies
Home-made pizza


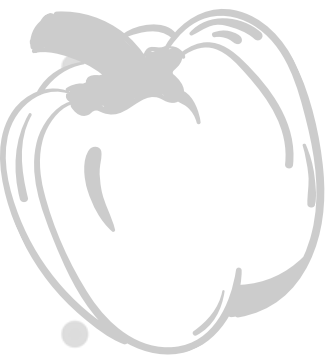







**WINTER- SPRING
POSSIBLE
GARDEN
HARVEST**



November- April



Kale, Collards,
Lettuce, Broccoli,
Choi,
Cauliflower,
Cabbage, parsley,
cilantro, Turnips,
Beets,
Artichokes, Peas,
Fava beans



Sample 2

Weekly Dinner Ideas

monday

Cabbage Fish Pie
Sourdough Bread

tuesday

Broccoli Cheese Soup
Popovers

wednesday

Broccoli chicken Stir Fry
Rice

thursday

Vegetable soup
kale Quiche

friday

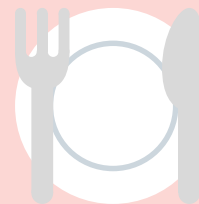
Couscous with
steamed vegetables
Steak

Saturday

Left-overs

Sunday

Home-made pizza
topped with kale



A Gardener's Dinner

40 Ideas

SEASONAL

SUMMER- FALL

1. Asian Eggplant salad
2. Beef Tacos
3. BLT Sandwich
4. Chicken Paprikash
5. Corn Chowder
6. Corn Garden Salad
7. Eggplant Moussaka
8. Greek Salad
9. Green Bean Casserole
10. Pasta Bolognese
11. Rustic tomato pie
12. Salad Niçoise
13. Spanish Rice
14. Tomato onion Shakshuka
15. Vegetable Biryani
16. Vegetable Dolmas
17. Vegetable Stir Fry
18. Vegetable Fian
19. Zucchini Soup
20. Zucchini Lasagna

WINTER-SPRING

1. Artichoke and Peas Tjine
2. Asian Greens Dolma
3. Beef Stew
4. Broccoli Chicken Casserole
5. Broccoli Cheese Soup
6. Cabbage Fish Pie
7. Cardoon Chicken Tajine
8. Corned Beef and Cabbage
9. Curries Cauliflower Soup
10. Fava Bean Couscous
11. Fava bean Tajine
12. Kale Quiche
13. Manchurian Cauliflower
14. Potato Leek Soup
15. Roasted root veggies
16. Steamed Veggies Couscous
17. Vegetable pot pie
18. Vegetable Soup
19. Vegetable Stir Fry
20. Fennel Potato Gratin



JUNE

A 5-DAY 4-WEEK GARDEN MEAL PLAN

WEEK 1

- MON** Eggplant Moussalka
- TUE** Pasta Pomodor
- WED** Chicken Paprikash
- THU** Salad Nicoise wih grilled fish
- FRI** Green Bean Couccous with steak
- SAT** Eat Out
- SUN** Mediteraenean Bugers

WEEK 2

- MON** Vegetable Biryani
- TUE** Zucchini Soup
- WED** Tomato meatballs tajine
- THU** Shrimp vegetable Stir Fry
- FRI** Vegetable Couscous
- SAT** Eat Out
- SUN** Mediteraenean Pizza

WEEK 2

- MON** Vegetable Lasagna
- TUE** Tomato Soup
- WED** Chicken Tacos
- THU** Salad Composee
- FRI** Algerian Angel Pasta with Zucchini
- SAT** Eat Out
- SUN** Spanish Rice

WEEK 4

- MON** Vegetable Dolma
- TUE** Veggie Bolognese Pasta
- WED** Veggie Tian and Fish
- THU** Zucchini Soup
- FRI** Seven Veggies couscous
- SAT** Eat Out
- SUN** Palestenian Maqlooba