

## Food and Biodiversity Harvest Recipes

Before you select which crops you wish to plant have a look at what delicious dishes you can make with your harvest! We have recommended different crops for three age groups. This is based on ease of growing and cooking but are just suggestions so feel free to choose any crop for your class to grow! Check out our Harvest Recipes Booklet to learn how to make each dish.

Class	Suggested Crops	No Cook Recipe	Hob Recipe	Oven Recipe	
<b>Jr Infants -1st</b>	Radishes	Radish Toast/ Radish Pop and Dip			
	Spring Onions	Apple Chard Salad			
	Peas	Pea Shoot Salad	Peas, Mint and Feta		
	Potatoes		Pea and Potato Soup	Oven Roasted Vegetables	
<b>2<sup>nd</sup> to 4th</b>	Carrots	Carrot sticks with Herb Dip	Veggie Pasta	Oven Roasted Vegetables	
	Potatoes		Patatas Bravas/ Boxty		
	Spinach	Rainbow Wraps	Omelette/ Spaghetti Carbona		
	Strawberries	Strawberry salad	Strawberry Jam		
	Herbs		Tomato Sauce	Pizza	
	<b>5<sup>th</sup> to 6th</b>	Lettuces	Strawberry Salad	Shakshuka	
			Rice Paper Rolls		
French Beans			French Bean Curry		
Chards		Chard and Apple Salad	Chard Fajitas		
	Herbs		Tomato Sauce	Pizza	