





SPRING HAS ARRIVED IN FLOWERVILLE.
AT 10 GARDEN STREET, EVERYONE IS BUSY
IN THE GARDEN: DIGGING, PLANTING,
SOWING, AND GATHERING.

JULY

JUST OUTSIDE THE CITY, CUCUMBERS
HAVE SLOWLY CREEPT UP A TRELIS.
THEY ARE COOL AND CRISP.

TORPEDOS FULL OF WATER ON HOT DAYS.
RAMON IS ABOUT TO FIND OUT
IF THEY CAN FLOAT.





Tzatziki

GRATE THE CUCUMBER, SPRINKLE WITH A PINCH OF SALT, AND SQUEEZE THE WATER OUT THROUGH A SIEVE OR IN A CLEAN CLOTH. COMBINE YOGURT, GARLIC, OIL, HONEY, CUMIN, LEMON, AND 1/2 TSP SALT AND LET IT REST IN THE FRIDGE FOR A COUPLE OF HOURS. ADD CUCUMBER AND DILL AND MIX WELL. SERVE WITH TOASTED FLAT BREAD. MAKES 2 CUPS



Roasted Beet Dip

PREHEAT OVEN TO 350°F (180°C). PUT BEETS IN A SMALL ROASTING PAN WITH HALF A GLASS OF WATER. COVER WITH FOIL AND BAKE FOR 1 HOUR. LET THE BEETS COOL AND THEN PEEL THEM, CUT THEM INTO CHUNKS, AND PUREE THEM WITH AN IMMERSION BLENDER ALONG WITH THE GARLIC. ADD OLIVE OIL, YOGURT, TAHINI, LEMON JUICE, AND SALT TO TASTE. POUR INTO A BOWL AND SPRINKLE WITH TOASTED PINE NUTS. SERVE WITH TOASTED BREAD.

MAKES 1½ CUPS



DECEMBER

POTATOES ARE STORED
FOR THE WINTER
IN FATIMA'S CELLAR.
THEY LOVE DARK, COOL PLACES.
IT REMINDS THEM OF
WHEN THEY WERE BABIES,
DEEP INSIDE THE EARTH.

MARCH

A FOREST OF HERBS
GROWS INSIDE THIS HOME.
SAMUEL WISHES HE COULD GO
CAMPING IN A REAL FOREST.
"SOON," SAYS GRANDPA.
"WHEN THE RAINY SEASON STOPS."





9 OUNCES
(250g) DRY
CHICKPEAS

CORIANDER

PARSLEY

DILL

MINT



EXTRA-
VIRGIN
OLIVE
OIL

1 GARLIC
CLOVE,
MINCED



1 TBSP FLOUR MIXED WITH 1/2 TSP BAKING POWDER



1/2 RED ONION,
FINELY CHOPPED



1 TSP GROUND
CUMIN



1/2 TSP GROUND
CORIANDER
SEEDS



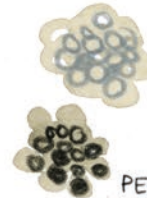
ZEST OF
1 LEMON



1/2 CUP TAHINI



JUICE OF
1 LEMON



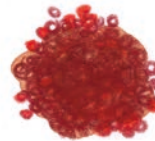
1 TSP
SALT

PEPPER,
TO TASTE

VEGETABLE
OIL



1/2 TSP SMOKED PAPRIKA



Herb Falafel with Tahini Sauce

SOAK THE CHICKPEAS OVERNIGHT WITH THE BAKING SODA. DRAIN THE CHICKPEAS AND, IN A MIXER, COMBINE WITH THE GARLIC, ONION, HERBS, AND SPICES. BLITZ UNTIL FINELY GROUND, THEN PLACE IN A BOWL WITH THE SALT AND PEPPER, FLOUR MIXED WITH BAKING POWDER, A DRIZZLE OF OLIVE OIL, AND THE LEMON ZEST. MIX WELL AND SHAPE INTO ROUND BALLS USING ABOUT 2 TSP OF THE MIXTURE FOR EACH ONE, THEN FLATTEN THEM A LITTLE. HEAT THE VEGETABLE OIL IN A DEEP POT AND FRY THE FALAFEL IN BATCHES FOR 1-2 MINUTES ON EACH SIDE UNTIL GOLDEN BROWN. TO MAKE THE SAUCE, WHISK THE LEMON JUICE AND TAHINI TOGETHER WITH A BIG PINCH OF SALT AND PAPRIKA. AS IT COMES TOGETHER, ADD WATER LITTLE BY LITTLE AND WHISK UNTIL SMOOTH AND CREAMY. SERVE FALAFEL WITH THE TAHINI SAUCE AND A GREEN SALAD.

MAKES 18-20

GARDENING TOOLS

HERE ARE SOME THINGS YOU CAN USE TO START YOUR OWN VEGETABLE GARDEN. YOU CAN USE TOOLS FROM YOUR HOUSE TOO, LIKE A FORK!



POTS



GOOD SOIL

GARDEN FORK



GARDEN TROWEL



RAKE



SHOVEL



RAISED GARDEN BED



GARDENING GLOVES



RUBBER BOOTS

WATERING CAN



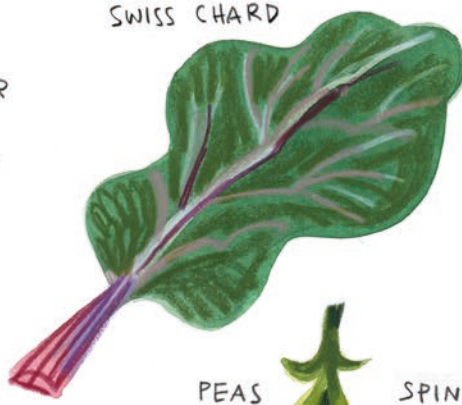
PRUNING SHEARS

FRUITS + VEGETABLES

IT'S GOOD FOR YOU AND GOOD FOR THE EARTH WHEN YOU EAT FRUITS AND VEGGIES THAT ARE IN SEASON. HERE ARE A FEW EXAMPLES:



ASPARAGUS



SWISS CHARD



FAVA BEANS



ARTICHOKE



TURNIP



LETTUCE



PEAS



SPINACH



STRAWBERRY



SPRING ONION



RADICCHIO

Spring



ROSEMARY

THYME

OREGANO

SAGE



ZUCCHINI



CHERRY



STRING BEANS

Summer



DILL

HERBS: ALL YEAR

CUCUMBER



PEACH

BERRIES



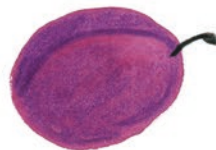
MELONS



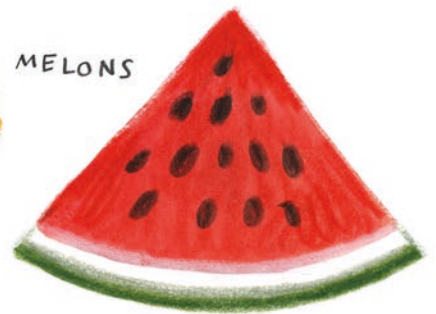
EGGPLANT



PLUM



BELL PEPPER



MELONS



TOMATO