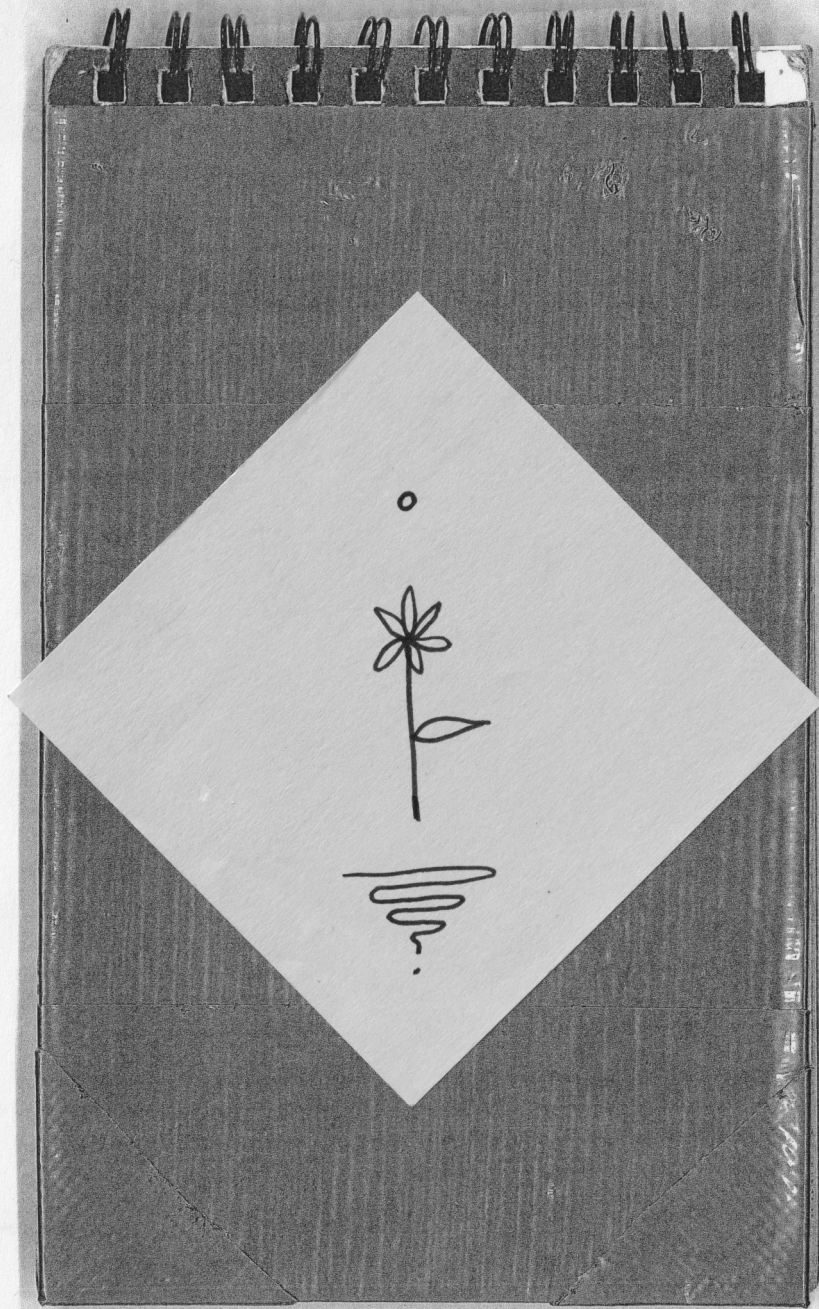
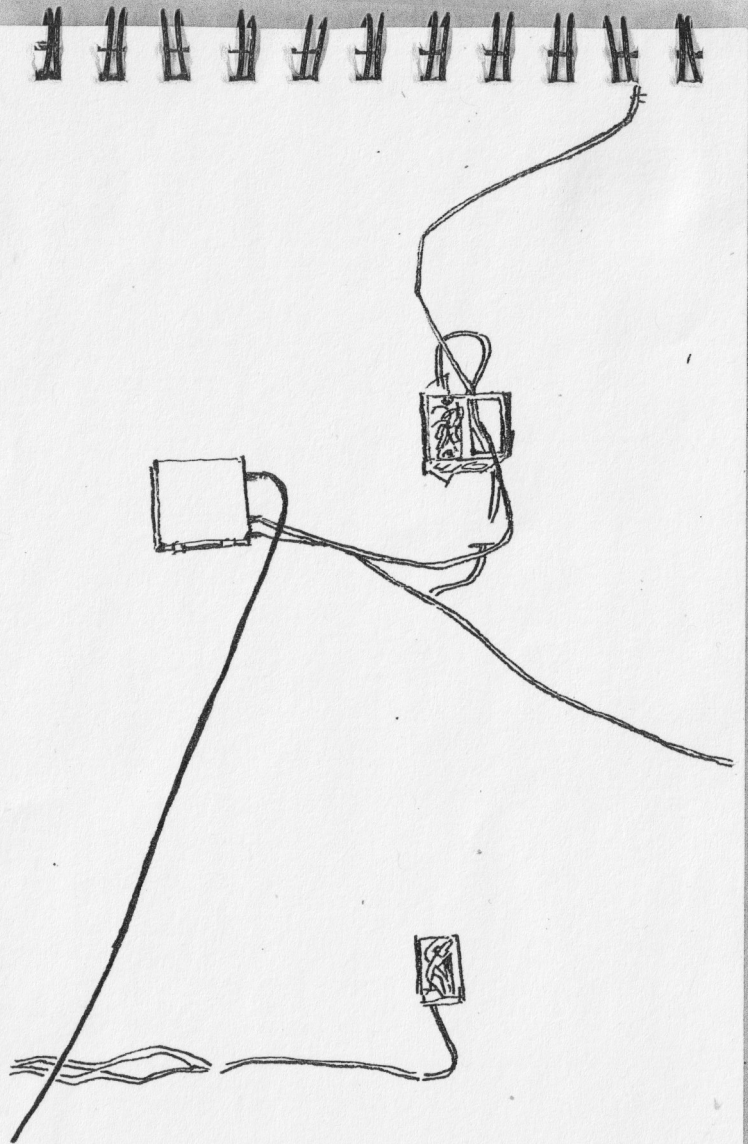
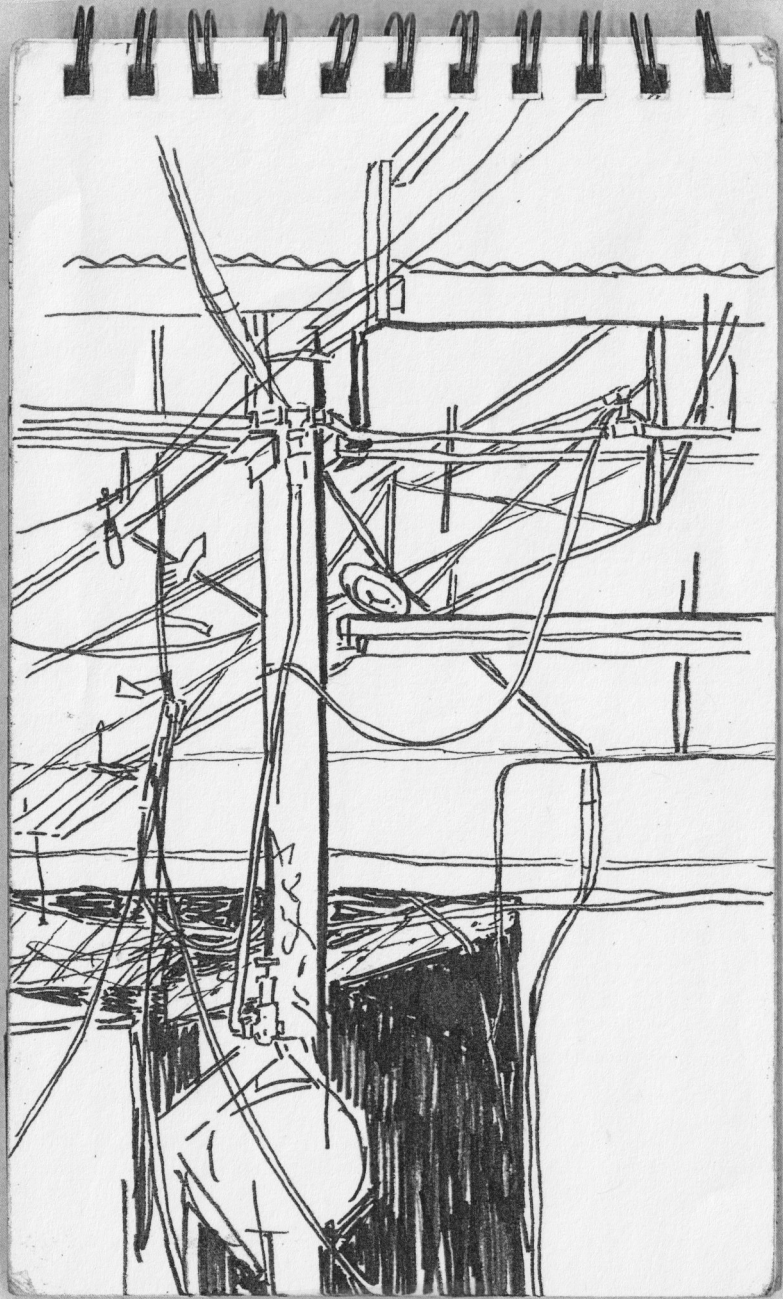
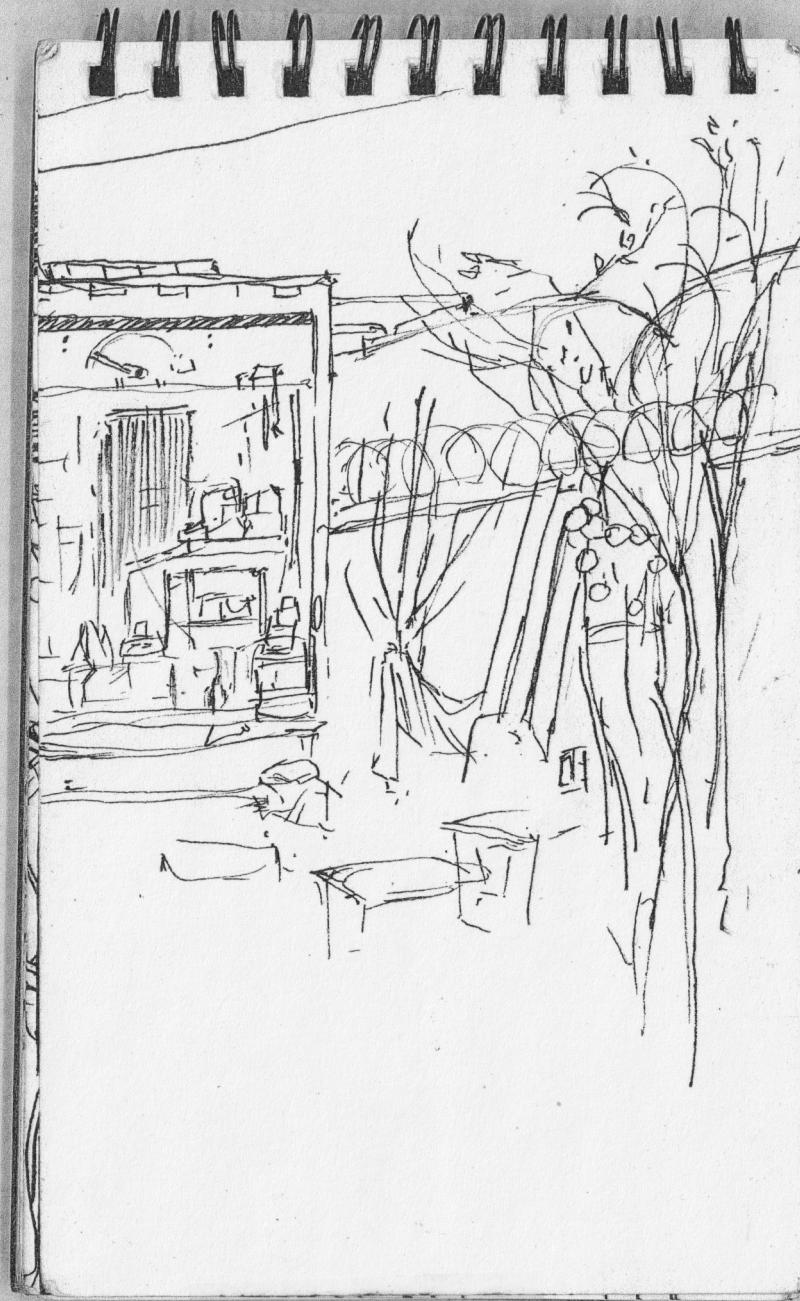
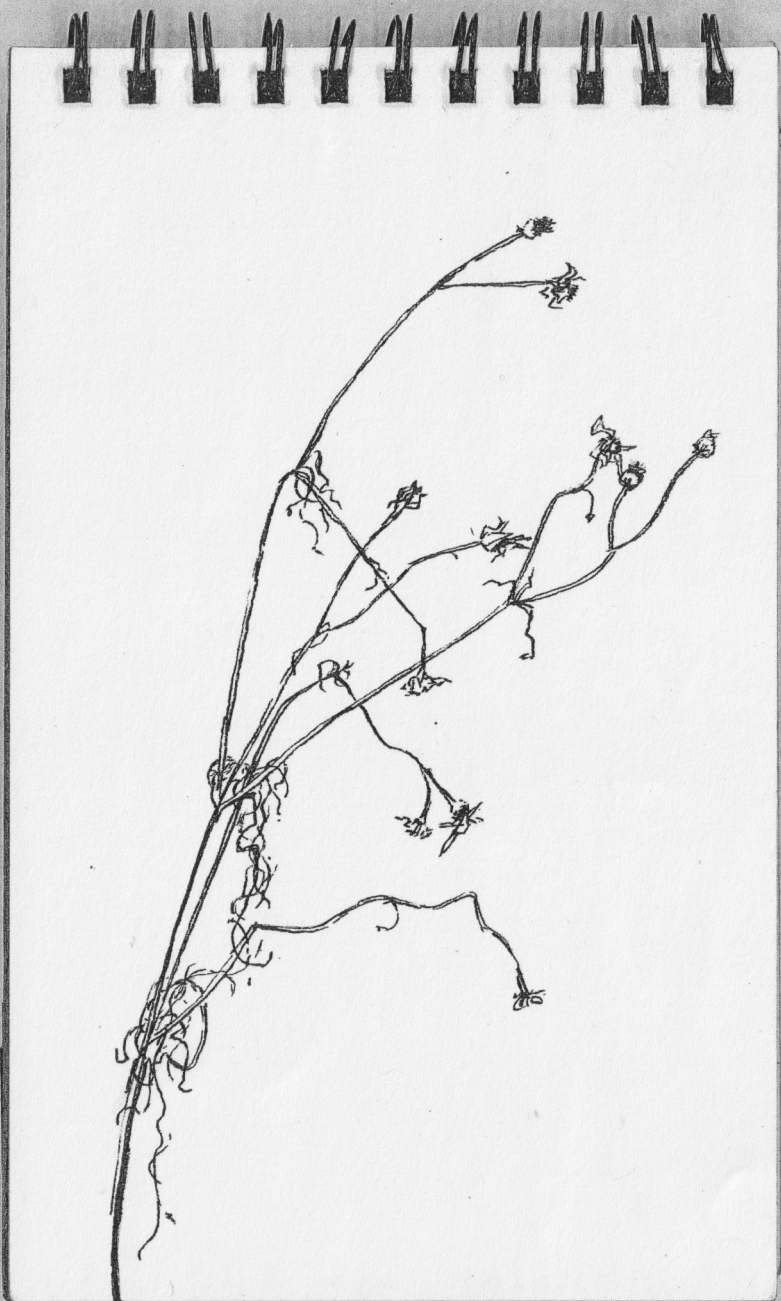
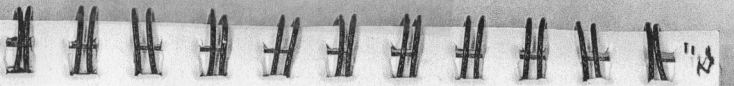


elmer · 2022
NEW ORLEANS, LA









5 MIN PEA & MINT SOUP

Eternal favorite. Serves 2.

Place all ingredients in blender with 2 cups boiling water. Blend, add to medium saucepan and warm through.

- 2 2/3 cup frozen peas
- 1 can white beans (any)
- 1 vegetable stock cube
- Mint leaves

Garnish with hemp hearts & serve.

MUGWORT MISO

for when yr sick

- Miso soup base
- Mugwort - preferably native
- Chiles (any)
- Sticky rice - can be found in frozen section @ an asian market

FARM PUNK GATORADE

Water, with...

- lemon juice
- apple cider vinegar
- maple syrup
- pinch of salt

IGNORANT PESTO

I dumpstered a bunch of fresh basil and decided to make pesto, despite never making it before and not looking at a recipe.

In blender...

- fresh basil
- garlic
- olive oil
- tahini
- apple cider vinegar

