FROM PATCH TO PLATE



Five Delicious Ways with...



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick ✓

This edition features Lebanese Cucumber - crisp,

refreshing, and bursting with cool, mild flavour.



Lebanese Cucumber in a Nutshell

How to Enjoy!

- **Cooked:** Sauté, steam, stir-fry, or grill, Lebanese cucumber brings a refreshing crunch to warm dishes and keeps its light, crisp texture.
 - **Tip:** For extra flavour, lightly char slices on a grill or toss through a hot pan at the end of cooking.
- **Flavour Pairings:** Pairs beautifully with garlic, lemon, mint, dill, yoghurt, feta, or sesame.
 - Balance its cool, mild flavour with tangy, creamy, or herby ingredients.
- **Preserved:** Pickle in vinegar or brine to add a bright, zesty kick to salads and wraps.

Nutrition Highlights!

- Vitamin C → supports immunity and collagen formation
- Potassium → helps regulate fluid balance and muscle function
- Hydration → high water content keeps you refreshed
- Fibre → supports healthy digestion and gut health



Lebanese cucumbers are about 95% water, making them a natural hydrator on hot days!

Growing Conditions

· When to plant (subtropical): early Spring

• Time to sprout: 4-12 days

• Plant height: 25cm

• Time to harvest: ~2 months

Harvesting tips

- Pick Lebanese cucumbers when they're firm, smooth, and bright green, ideally before they grow too large, for the best crunch and flavour.
- Use clean scissors or gently twist the cucumber off the vine to avoid damaging the plant.
- Harvest regularly to encourage the plant to keep producing fresh fruit throughout the season.

How to Store

- Keep unwashed cucumbers in a breathable bag or wrapped in a paper towel inside the fridge crisper.
- They stay fresh for up to a week.
- Avoid storing near ethylene-producing fruits (like bananas) to prevent them from softening too quickly.
- For extra crispness, you can soak slightly limp cucumbers in cold water for 10–15 minutes before using.





pancakes

Ingredients

- ¼ cup grated cucumber (squeeze moisture)
- ¼ cup ricotta or Greek yoghurt
- 1 egg
- 2 tbsp wholemeal flour
- Zest of ½ lemon
- Pinch salt
- Olive oil or butter for pan
- Dollop of labneh or thick yoghurt to serve

- Mix cucumber, ricotta, egg, flour, lemon zest, and salt into a thick batter.
- Cook spoonfuls in an oiled pan on medium heat until golden on both sides.
- 3. Serve warm with labneh and optional drizzle of honey.

Lunch: Grilled Halloumi, Cucumber & Charred Peach Flatbread

Prep: 10 mins | Cook: 10 mins | Serves: 1

Ingredients

- 1 wholemeal flatbread or pita
- 3 slices halloumi
- 1/4 cucumber, thinly sliced
- ½ peach, sliced
- 1 tsp olive oil
- Fresh mint leaves
- Optional: balsamic glaze drizzle

- 1. Grill halloumi and peach slices until golden and caramelised.
- 2. Layer onto warmed flatbread with cucumber and mint.
- 3. Finish with balsamic drizzle if using.



Dinner: Cucumber & Green Curry Tofu Stir-Fry

Prep: 10 mins | Cook: 10 mins | Serves: 2

Ingredients

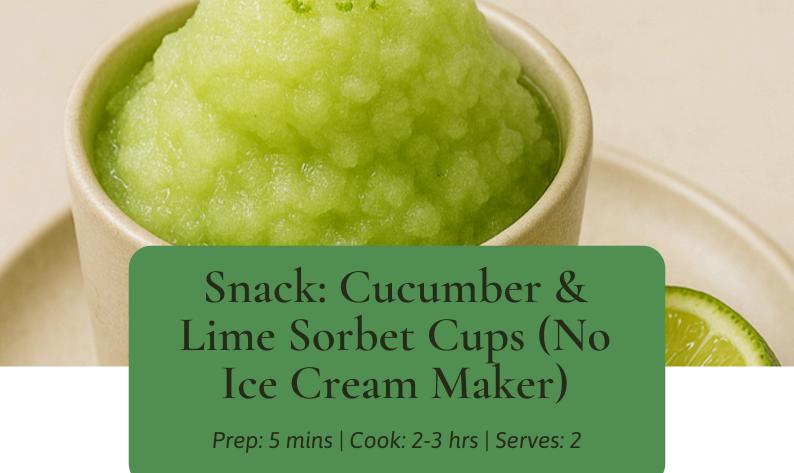
- 1 cucumber, chopped into thick half-moons
- 200g firm tofu, cubed
- 1 tbsp green curry paste
- ½ cup coconut milk
 - 1 tsp fish sauce or soy sauce
 - 1 tsp oil
 - Thai basil (optional)



- 1. Sear tofu until golden, remove from pan.
- 2. Add oil and sauté curry paste. Stir in coconut milk, cucumber, and tofu.
- 3. Simmer 5–6 min until cucumber is just tender.

Green Thumb Farm, Samford Valley QLD 4520.





Ingredients

- 1 cup chopped cucumber (peeled)
- Juice of 1 lime
- 1 tbsp maple syrup or honey
- · Pinch salt
- Optional: mint

- Blend everything until smooth.
- Pour into small silicone moulds or cups and freeze.
- 3. Stir with a fork after 1 hour for softer texture, or freeze solid and scrape like granita.

Lunchbox-Friendly: Cucumber & Herbed Goat Cheese Pinwheels

Prep: 10 mins | Cook: 0 mins | Serves: 4 pinwheels

Ingredients

- 1 wholemeal wrap
- 2 tbsp goat cheese or light cream cheese
- ¼ cucumber, thinly sliced lengthwise
- Chopped fresh dill or chives
- Black pepper

- 1. Spread cheese over the wrap, layer cucumber slices and herbs.
- 2. Season, roll tightly, and slice into pinwheels.



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Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,