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 Cherry Tomatoes - juicy, sweet, and bursting with summery flavour.



Cherry Tomato in a Nutshell

How to Enjoy!

- **Cooked:** Roast, grill, sauté, stir-fry, or burst them in a hot pan for a quick sauce.
 - **Tip:** Leave them on the vine for roasting, it locks in flavour and looks beautiful on the plate.
- **Flavour Pairings:** Pair perfectly with garlic, basil, olive oil, balsamic vinegar, lemon, feta, or mozzarella.
 - Balance their natural sweetness with salty, creamy, or tangy ingredients.
- **Preserved:** Slow-roast or sun-dry to intensify flavour, or freeze whole for sauces and soups later.

Nutrition Highlights!

- Vitamin C → supports immunity & iron absorption
- Folate → essential for cell repair & DNA synthesis
- Fibre → promotes good digestion & gut health



Cherry tomatoes were first cultivated by the Aztecs in Mexico centuries ago, making them one of the oldest types of tomatoes still enjoyed today!

Growing Conditions

- When to plant (subtropical): Autumn to Winter
- Time to sprout: 1-2 weeks
- Plant height: 1.5m (needs support)
- Time to harvest: ~2-3 months

Harvesting tips

- Pick cherry tomatoes when they're fully coloured and slightly soft to the touch for the best flavour.
- Gently twist or snip the fruit off the vine with clean scissors to avoid damaging the plant.
- Harvest regularly to encourage the plant to keep producing more fruit.

How to Store

- Keep tomatoes unwashed at room temperature if using within a few days (helps preserve their flavour).
- For longer storage, place ripe tomatoes in a paper bag or breathable container in the fridge crisper.
- Let chilled tomatoes come back to room temperature before eating to bring out their sweetness.
- Stored properly, they stay fresh for 5–7 days.







Ingredients

- ½ cup cherry tomatoes, halved
- ½ cup canned white beans,
 rinsed
- 1 garlic clove, minced
- 1 tsp olive oil
- ½ tsp dried oregano or thyme
- 1 egg (optional)
- Salt & pepper

- 1. Heat olive oil in a small skillet and sauté garlic for 1 min.
- 2. Add cherry tomatoes and herbs; cook until soft (3–4 min).
- 3. Stir in beans and cook another2–3 min.
- 4. Optional: crack in an egg, cover and cook until just set.
- 5. Season and serve with sourdough or rye toast.

Lunch: Roasted Cherry Tomato, Basil & Zucchini Focaccia Sandwich

Prep: 10 mins | Cook: 20 mins | Serves: 1

Ingredients

- 2 slices focaccia or sourdough
- ½ cup cherry tomatoes, halved
- 1/4 zucchini, sliced
- 1 tbsp pesto or olive tapenade
- Handful of fresh basil
- Olive oil

- 1. Roast cherry tomatoes and zucchini at 200 °C for 15–20 min.
- 2. Spread pesto or tapenade on bread.
- 3. Layer roasted veg and basil leaves.
- 4. Press lightly and toast if desired.



Dinner: Cherry Tomato & Red Lentil Ragu over Polenta

Prep: 10 mins | Cook: 25 mins | Serves: 2





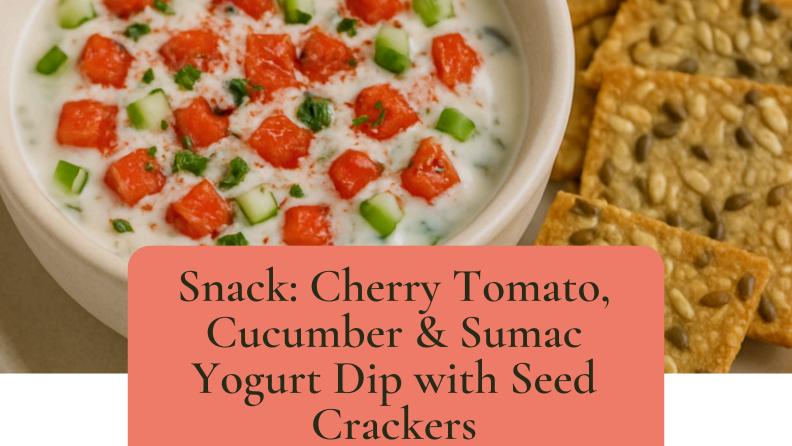
- 1 cup cherry tomatoes,
 1 small onion, chopped halved (or crushed
- 1 garlic clove, minced
- 1 tsp olive oil
- canned tomatoes)
 1 tsp balsamic vinegar
 1/2 cup red lentils, rinsed
 1 cup polenta + water (or pasta/rice)
 - Optional: parmesan or nutritional yeast

Directions

- 1. Sauté onion and garlic in olive oil.
- 2. Add tomatoes, lentils, and 1 cup water; simmer for 20 min until thick.
- 3. Stir in balsamic, salt, and pepper.
- 4. Cook polenta or pasta as directed.
- 5. Serve ragu over base and top with cheese or herbs.

Green Thumb Farm, Samford Valley QLD 4520.





Prep: 10 mins | Cook: 0 mins | Serves: 1 snack plate

Ingredients

- 4–5 cherry tomatoes, finely chopped
- 2 tbsp Greek yogurt
- ¼ cucumber, finely chopped
- ½ tsp sumac (or lemon zest)
- Salt & pepper
- Seed crackers or veggie sticks

- Mix yogurt, tomato, cucumber, and sumac.
 Season to taste.
- 2. Chill for 5–10 min if time allows.
- 3. Serve with crackers or sliced veggies.

Lunchbox-Friendly: Cherry Tomato & Chickpea Couscous Cakes

Prep: 10 mins | Cook: 15 mins | Serves: 3-4 mini cakes

Ingredients

- ¼ cup cooked couscous
- 4–5 cherry tomatoes, finely chopped
- ¼ cup canned chickpeas, mashed
- 1 egg
- 1 tbsp chopped parsley
- 1 tbsp grated cheese (optional)
- Salt, pepper, olive oil spray

- 1. Mix everything into a sticky mixture.
- 2. Form small patties and pan-fry until golden on both sides.
- 3. Cool and pack with yogurt dip, salad, or a boiled egg.



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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,