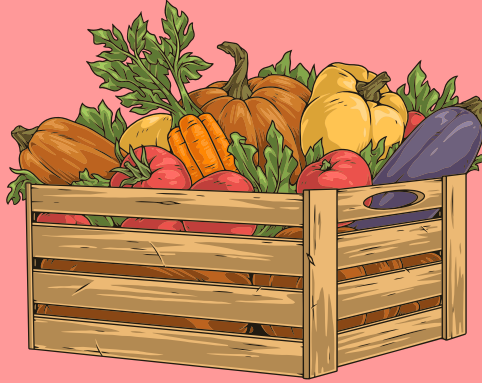


FROM PATCH TO PLATE

Five Delicious Ways with...



Red Capsicum



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 red capsicum — sweet, crunchy, and bursting with colour.



Red Capsicum in a nutshell

How to Enjoy!

- **Raw:** Add crunch and colour to salads, wraps, or enjoy as a snack straight from the garden.
- **Cooked:** Perfect for roasting, grilling, stir-frying, baking, or stuffing with tasty fillings.
- **Preserved:** Try pickling, blending into sauces, or even dehydrating for a savoury snack.

Nutrition Highlights!

- **Vitamin C** → Supercharged! One red capsicum gives you more than 100% of your daily needs.
- **Vitamin A** → Supports eye health and glowing skin.
- **B6 & Folate** → Fuel your metabolism and energy levels.
- **Antioxidants** → Rich in carotenoids for anti-inflammatory benefits.

☀️ Fun Fact ☀️

Red capsicums are actually green capsicums that stayed on the plant longer! The extra ripening time means they're sweeter and packed with more nutrients.

Growing Conditions

- **when to plant (subtropical):** spring
- **time to sprout:** 10-21 days
- **plant height:** 60-90cm
- **time to harvest:** 2-3 months
 - Pick early green fruit to encourage more fruit
 - In fruit fly areas, protect fruit by bagging

Harvesting tips

- Use scissors or garden shears to cut the fruit.
- Leave a small piece of stem attached.
- Pick regularly to keep the plant producing - it only fruits while it's actively growing.

How to Store

- Keep in a paper or perforated plastic bag in the fridge.
- Store unwashed until ready to use (moisture speeds up spoilage).
- Lasts up to 1 week fresh.
- You can also chop and freeze for cooking later.





Breakfast: Red Capsicum, Chorizo & Sweet Potato Hash with Poached Egg

Prep: 10 mins | Cook: 15 mins | Serves: 1

Ingredients

- ½ red capsicum, diced
- ½ small sweet potato, diced
- 50 g chorizo or spicy chicken sausage, chopped
- 1 egg
- 1 tsp olive oil
- 1 tbsp chopped parsley or chives
- Salt & pepper

Directions

1. Heat olive oil in a pan over medium heat. Add sweet potato and cook for 5–6 minutes until starting to soften.
2. Add chorizo and red capsicum. Cook for another 5–6 minutes until golden and tender.
3. Poach the egg separately.
4. Serve hash in a bowl, top with poached egg, herbs, and cracked pepper.

Lunch: Capsicum & Fennel Slaw Chicken Wrap with Sumac Yogurt

Prep: 15 mins | Cook: 0-10 mins | Serves: 1

Ingredients

- ½ cooked chicken breast, shredded (or use pre-cooked sliced roast chicken)
- ¼ red capsicum, finely sliced
- ¼ fennel bulb, finely shaved
- ¼ cup purple cabbage or carrot, shredded
- 1 wholegrain wrap or pita
- Yogurt dressing:
 - 2 tbsp Greek yogurt
 - ½ tsp sumac or lemon zest
 - Pinch of salt & pepper



Directions

1. Mix capsicum, fennel, and cabbage into a fresh slaw.
2. Stir together yogurt, sumac/lemon zest, and seasonings.
3. Warm wrap if desired. Spread yogurt dressing, layer slaw and chicken, and roll tightly.
4. Slice in half and serve with cucumber spears or a boiled egg.

Dinner Capsicum & Cashew Cream Pasta with Charred Greens

Prep: 10 mins (plus soaking) | Cook: 15 mins | Serves: 2

Ingredients



1 roasted red capsicum (or from jar, rinsed)	1 tsp lemon juice
$\frac{1}{4}$ cup soaked cashews	$\frac{1}{2}$ cup water
1 garlic clove	150 g wholemeal pasta
1 tbsp nutritional yeast or parmesan	1 cup chopped broccolini or zucchini
	Olive oil, chilli flakes

Directions

1. Blend cashews, capsicum, garlic, lemon, yeast, and water until creamy.
2. Boil pasta. Sauté greens in olive oil until charred.
3. Toss drained pasta with capsicum sauce and greens. Season to taste.

Green Thumb Farm, Samford Valley QLD 4520.



A top-down view of a white bowl filled with a vibrant red, creamy dip. To the left of the bowl are several golden-brown, rectangular seed crackers speckled with green herbs. To the right are several sticks of fresh vegetables, including green celery and orange carrot sticks.

Snack: Roasted Red Capsicum Dip with Herby Seed Crackers & Crunchy Veg

Prep: 10 mins | Cook: 20 mins | Serves: 2

Ingredients

- 1 large red capsicum, halved and deseeded
- 1 tbsp extra virgin olive oil
- ¼ cup canned white beans or chickpeas (optional for protein boost)
- 1 tbsp tahini
- 1 garlic clove
- Juice of ½ lemon

Directions

1. Roast capsicum halves at 200°C for 20–25 min until skin is blistered and soft.
2. Cool slightly, peel off the skin.
3. Blend roasted capsicum with tahini, garlic, lemon juice, olive oil, beans (if using), and seasoning until creamy.
4. Store refrigerated up to 5 days.

Herby Seed Crackers (Optional Homemade)

Prep: 10 mins | Cook: 20 mins | Serves: 2

Ingredients Directions

- ¼ cup sunflower seeds
- ¼ cup sesame seeds
- ¼ cup flaxseeds
- ¼ cup rolled oats
- ¼ tsp dried oregano or
thyme
- ¼ tsp salt
- ¼ cup water

1. Mix everything into a dough, spread thinly on a lined tray.
2. Bake at 160°C for 30–35 min until crisp. Cool and break into pieces.

(Or substitute with your favourite wholegrain/seeded crackers)

Assemble your snack box

- 2–3 tbsp roasted capsicum dip
- ½ cup veggie sticks (carrot, cucumber, celery)
- Small handful of crackers
- Optional: olives or a wedge of cheese for bonus satiety

Lunchbox-Friendly: Red Capsicum & Tuna Rice Cakes with Lemon-Herb Ricotta

Prep: 15 mins | Cook: 0 mins | Serves: 1 (2-3 cakes)

Ingredients

- ½ cup cooked brown rice
- 1 small tin tuna in olive oil
- ¼ red capsicum, finely diced
- 1 tbsp chopped parsley
- 1 egg (or flax egg)
- Salt & pepper
- Topping: 2 tbsp ricotta + zest of ½ lemon + chopped mint



Directions

1. Mix rice, tuna, capsicum, parsley, and egg. Form into 2–3 patties.
2. Pan-fry in a non-stick pan until golden on both sides. Cool.
3. Top or pack with lemon-herb ricotta.



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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,