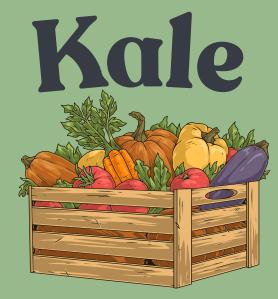
## FROM PATCH TO PLATE



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 Kale - bold, leafy, and packed with deep, earthy flavour.



#### Kale in a Nutshell

#### How to Enjoy!

- **Cooked:** Sauté, steam, stir-fry, or bake, kale holds its shape beautifully while cooking, keeping its deep green colour.
  - **Tip:** Remove the tough stems and chop the leaves finely for even cooking and a tender texture.
- **Flavour Pairings:** Kale pairs well with garlic, lemon, olive oil, chilli, parmesan, tahini, or toasted seeds.
  - Balance its earthy flavour with zesty, creamy, or nutty ingredients.
- Preserved: Blanch and freeze kale leaves for soups, stir-fries, or smoothies later on.

#### **Nutrition Highlights!**

- Vitamin K → supports bone and blood health
- Vitamin C → boosts immunity and iron absorption
- Iron → helps transport oxygen and support energy
- Fibre → promotes good gut health and digestion



Kale was once so popular in Europe that during World War II, it was promoted as a "victory crop"

#### **Growing Conditions**

• When to plant (subtropical): Autumn - Winter

• Time to sprout: 3-10 days

• Plant height: 35cm

• Time to harvest: ~1-2 months

#### Harvesting tips

- Pick kale by snipping or gently pulling the outer leaves close to the base, leaving the inner crown untouched so the plant keeps producing.
- Harvest when the leaves are firm, deep green, and slightly curled for the best flavour and texture.
- Regular harvesting encourages tender new growth and prolongs the plant's life.

#### **How to Store**

- Keep unwashed kale wrapped in a damp cloth or stored in a breathable bag in the fridge crisper.
- Use within 5–7 days for the freshest flavour.
- If the leaves start to wilt, revive them by soaking in cold water for a few minutes before cooking or serving.







Prep: 10 mins | Cook: 25 mins | Serves: 2-3 slices

# Ingredients

- ½ cup finely chopped kale (stems removed)
- ½ cup cooked millet (or quinoa)
- 2 eggs
- 2 tbsp crumbled feta
- 1 tbsp chopped herbs (parsley or dill)
- Salt & pepper

- 1. Preheat oven to 180°C.
- 2. Mix all ingredients and pour into a small lined loaf tin or baking dish.
- 3. Bake for 25 minutes or until set and golden on top.
- 4. Slice and serve warm or cold.

# Lunch: Kale & Orange Salad with Roasted Carrot & Seed Crumble

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

# Ingredients

- 1 cup shredded kale
- ½ orange, segmented or sliced
- ½ cup roasted carrots (cooled)
- 1 tbsp sunflower or pumpkin seeds
- Dressing: 1 tsp olive oil
   + ½ tsp Dijon + ½ tsp
   honey + lemon juice

- 1. Massage kale with a drop of olive oil to soften.
- 2. Toss with carrots, orange, and seeds.
- 3. Drizzle with dressing and serve.



# Dinner: Creamy White Bean, Kale & Mustard One-Pot Gnocchi

Prep: 10 mins | Cook: 15 mins | Serves: 2

# Ingredients

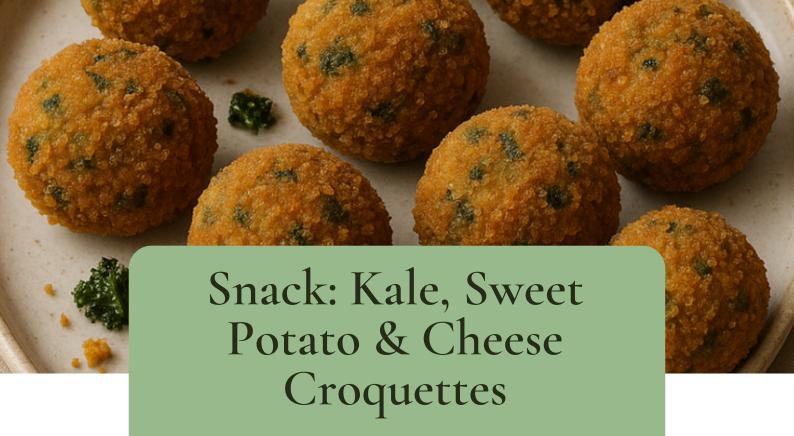
- 1 cup chopped kale
- 1 cup shelf-stable potato gnocchi
- ½ can white beans
- 1 tsp wholegrain mustard
- ½ cup milk (or oat/soy milk)
- 1 garlic clove, minced
- · Olive oil, salt & pepper

## Directions

- 1. Sauté garlic in olive oil. Add beans, milk, mustard, and gnocchi.
- 2. Simmer 5–6 min, then stir in kale and cook until wilted and gnocchi are soft.
- 3. Season and serve with black pepper and lemon zest.

Green Thumb Farm, Samford Valley QLD 4520.





Prep: 15 mins | Cook: 20 mins | Serves: 6-8 croquettes

# Ingredients

- ½ cup mashed sweet potato
- ½ cup sautéed finely chopped kale
- ¼ cup grated cheese (tasty or cheddar)
- 1 egg
- ¼ cup breadcrumbs
   (plus extra for rolling)
- Paprika, salt

- Mix all ingredients and chill briefly if soft.
- 2. Shape into logs or balls, roll in breadcrumbs.
- 3. Bake or air-fry at 200°C until golden and crisp.

# Lunchbox-Friendly: Kale & Brown Rice "Sushi Burrito" Wraps

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

# Ingredients

- 1 wholegrain or nori wrap
- ½ cup cooked brown rice
- ½ cup shredded kale (massaged)
- 1/4 avocado, sliced
- 1/4 cucumber, matchsticks
- · Tamari or tahini-lime dressing

- Lay ingredients along the centre of the wrap.
- 2. Roll tightly like a sushi roll or burrito.
- 3. Slice in half and pack with dip.



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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,