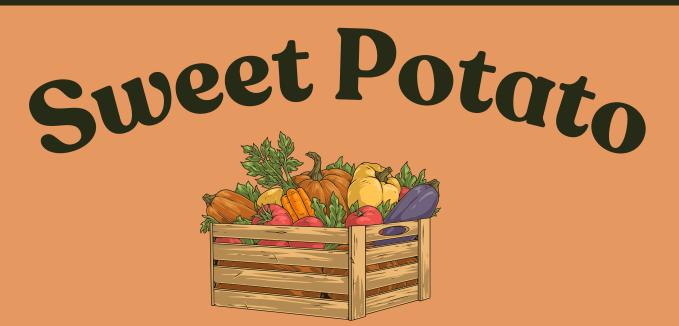
## FROM PATCH TO PLATE







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  $\checkmark$ 

This edition features sweet potato — naturally sweet, hearty, and glowing with vibrant orange goodness.



#### Sweet Potato in a nutshell

#### **How to Enjoy!**

- **Cooked:** Roast into wedges, mash into creamy sides, bake whole, grill slices, or sauté into nourishing bowls.
- **Sweet or Savoury:** Naturally sweet, it's perfect in curries, fritters, tacos, nourish bowls, muffins, and even brownies.
- **Preserved:** Cube and freeze for soups and mash, or roast and store chilled for lunchboxes and meal prep.

#### **Nutrition Highlights!**

- Vitamin A → Powerful antioxidant for healthy eyes and glowing skin.
- Vitamin C → Supports immune function and helps absorb iron.
- Low GI carbs → Provides long-lasting energy without the sugar spike.
- Fibre → Keeps digestion regular and supports gut health.

#### **Fun Fact**

Sweet potatoes don't grow on trees or bushes — they grow underground like buried treasure, and you have to dig them up like a veggie pirate!

#### **Growing Conditions**

· when to plant (subtropical): spring

time to sprout: 10-21 daysplant height: 60-90cm

• time to harvest: 3-4 months

#### **Harvesting tips**

- Gently dig around the base of the plant with hands or a trowel.
- Loosen the soil first to avoid damaging the tubers.
- Harvest when leaves start to yellow and growth slows.
- Let tubers sit (cure) in a warm, dry place for 7–10 days to sweeten and store better.

#### How to Store

- Store whole, uncut and unwashed, in a cool, dry, dark spot.
- Ideal storage temp: 13-16°C (like a pantry).
- Can last 1–2 months if cured and stored properly.
- Chop and freeze (blanched or roasted) for soups, mash, or baking later on.







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

## Ingredients

- ¼ cup black beans
- 1 tomato, diced
- 1 tsp olive oil
- 1/4 tsp cumin
- 2 wholegrain or corn tortillas
- Optional: poached egg or avocado

### Directions

- ½ small sweet potato, cubed 1. Sauté or roast sweet potato with olive oil + cumin until tender.
  - 2. Warm black beans and mix with tomato.
  - 3. Assemble tacos with sweet potato mix and toppings.

# Lunch: Sweet Potato & Halloumi Stuffed Pita with Herbed Yogurt

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

# Ingredients

- 1 small sweet potato, peeled and cubed
- 1 tsp olive oil
- ½ tsp smoked paprika
- 100 g halloumi, sliced
- 2 wholemeal pita pockets
- 1 cup baby spinach or rocket
- 2 tbsp Greek yogurt
- 1 tsp lemon juice
- 1 tbsp chopped parsley or mint
- Salt & pepper



#### Directions

- 1. Preheat oven to 200°C. Toss sweet potato cubes with olive oil, smoked paprika, salt, and pepper. Roast for 15–20 min until golden and soft.
- 2. Grill or pan-fry halloumi slices until golden on both sides.
- 3. Mix yogurt with lemon juice, herbs, and a pinch of salt for the dressing.
- 4. Cut pita pockets open and stuff with spinach, roasted sweet potato, and halloumi.
- 5. Drizzle with herbed yogurt and serve warm or pack for lunch.

Green Thumb Farm, Samford Valley QLD 4520.

# Dinner: Thai-Inspired Sweet Potato & Lentil Coconut Curry



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

# Ingredients

- 11 cup sweet potato, cubed
- ½ cup red lentils
- 1 cup light coconut milk
- 1 tbsp red curry paste
- 1 tsp grated ginger
- 1 cup baby spinach or mizuna
- 1 tsp lime juice

## Directions

- 1. Sauté curry paste + ginger in oil.
- 2. Add sweet potato, lentils, coconut milk. Simmer 20 min.
- 3. Stir in greens and lime before serving.



Prep: 10 mins | Cook: 0 mins | Serves: 8 balls

# Ingredients Directions

- ½ cup mashed sweet potato
- ½ cup oats
- 2 tbsp almond butter or tahini
- 1 tbsp cacao
- 1 tbsp maple syrup
- · Cinnamon, desiccated coconut (optional)

- 1. Blend all ingredients until sticky.
- 2. Roll into balls, coat with coconut.
- 3. Chill 20 min before eating.

# Lunchbox-Friendly: Sweet Potato & Turkey Patties

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

# Ingredients

- 100 g turkey mince
- ½ cup grated sweet potato
- 1 spring onion, chopped
- 1 egg
- 1 tsp parsley or sage
- Salt & pepper
- Side: cooked grain + greens + lemon wedge

#### Directions

- 1. Mix ingredients, form into patties.
- 2. Pan-fry 5-7 min each side.
- 3. Serve with grain + salad box. Keeps well cold.



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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,