



Module 6: Garden to Table

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Review the techniques for preparation and cooking of vegetables herbs and fruit from the garden

- Choose the freshest and most delicious fruits and veggies you can find.
- Before touching any food, thoroughly cleanse your hands with a lather of warm, sudsy water for at least twenty seconds.
- Make sure that your fruits and veggies are washed in clean water.
- Using paper towels, pat dries the various fruits and vegetables.
- By cutting off any stems or roots that aren't necessary before eating, storing, or cooking food.
- Place fresh produce in the refrigerator to keep it fresh.
- Fruits and vegetables should be cut into large pieces.
- Cook fruit and veggies.
- Put frozen veggies and fruits back into the freezer until you are ready to consume them.
- Be sure to follow all of the specific preparation instructions that come with the recipes and methods that you are using to prepare or preserve fruits and vegetables.
- Use the processing methods that are recommended by the United States Department of Agriculture or the Food and Agriculture Organization of the United Nations in order to preserve fruits and vegetables (FAO). Some of the ideas are to dehydrate the food, keep it fresh by heating it, or use chemicals.

Vegetable methods

Fresh veggies are an essential component of our diet since they are so rich in flavour and minerals. In addition, as this tutorial demonstrates, there is not just one method to get the most out of them.

One of life's greatest pleasures is the flavour of vegetables that have been freshly prepared and cooked to perfection, which is fortunate because we are all aware of the need to include vegetables in a diet that is high in nutritional value. If you want to get the most out of the vegetables in terms of their nutritional value, cook them with as little heat as possible and consume them as soon as possible after purchasing them. This will help to keep not just the flavour but also the important components intact.

If you ask any nutritionist, they will tell you that eating a wide variety of foods is crucial for optimum health. Because of this, you should take advantage of Waitrose's wide selection of fresh foods and dishes. Take advantage of Nature's abundance and wide selection of garden-fresh veggies.

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The following are some of our favourite ways to prepare veggies when they are cooked:

- Boiling
- Steaming
- Blanching
- Roasting
- Stir-frying
- Griddling

The herb must be prepared correctly in order to preserve its freshness.

Try to find herbs that are vibrant, have an even colour, and are not withering. Place them with the stems down in a large glass of water, cover them loosely with a plastic bag, and place them in the refrigerator for anywhere between four and six days. Woodier herbs, such as rosemary and thyme, should be refrigerated after being wrapped in a damp paper towel, placed in a plastic bag, and frozen. To maintain their flavour and aroma for as long as possible after drying, herbs should be placed in sealed containers and kept in a dark, cold location. Always make sure to replace any stale herbs for the best flavour. It is common practice to substitute 1 tablespoon fresh herbs for 1 teaspoon dry herbs; however, you should always check the recipe for specific substitution instructions.

When you are cooking, you should time the use of the herbs.

- When cooking, it is best, to begin with, whole herbs, such as bay leaves, because it takes longer to extract the flavour from them when they are in their original form. The cells of the herb leaves are broken open when they are chopped, which allows the aroma to be released. Before serving is the ideal time to incorporate chopped herbs.
- Herbs that have been dried out need some time to rehydrate, and they should be added to a dish at an early stage so that the heat can bring out their flavours. Crush dry herbs between your fingers to bring out more of their flavour before adding them to a recipe.

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Prepare, eat and clean up a healthy delicious snack or salad made from your garden produce

When it comes to maintaining a healthy diet, snacks are likely to be the greatest challenge. When you're hungry for a snack, it's tempting to grab something pre- packaged and simple to find, but snacks that fit into a healthy diet should be, well, cleaner. Snacks that are appropriate for clean eating should be created from whole foods that are healthy, such as fruits, vegetables, and healthy fats. You can find clean- packaged snack items, but you should study the ingredient list to ensure that it is short and straightforward and that there is not a significant amount of added sugar hiding somewhere in the product (if any). Because you are in charge of the ingredients when you make your own snacks, you will always know precisely what you are getting. Here are five ideas for making, eating, and cleaning up after a healthy and delicious snack to keep snacking from getting boring.

1. Combine Fruit with a Protein Source
2. Maintain Simplicity
3. Save money by doing it yourself.
4. Eat a wider variety of unprocessed whole foods.
5. Satisfy Your Sweet Tooth without Endangering Your Health

After finishing module 6 read over the information again if you need then take the quiz.

After completing your meditation and write in your journal how you felt after

Module 6: Quiz

1. Reflection quiz

Write out how you feel the garden to table concept? Describe a time when you had a dish or prepared a dish with veggies that were fresh. Was there a difference in taste how did your body respond? What do you remember about the flavours.

**"don't forget to share your story with us
Customersupport@flavorbyfaith.com**

**Check out recipe book pick out a dish to make tag us and or email us how
@flavorbyfaith #gardentotable**

**Write in your journal any new thoughts ideas or feelings you have
pertaining to gardening or the course**