

FARM TO TABLE

SEASON 1

COOKBOOK

Recipes by Nina Shirley



the
design
NETWORK

BEET BUTTER

SERVES: 8

TOTAL TIME: 30 MINUTES

Ingredients

8 DARK RED BEETS
1 C WALNUTS
2 TBSP OLIVE OIL
1/2 TSP SEA SALT
1 TSP VANILLA EXTRACT
2 TBSP MAPLE SYRUP

Directions

**CUBE THE BEETS & BOIL FOR FOR
20 MINUTES UNTIL FORK TENDER.**

**BLEND BEETS AND ALL OTHER
INGREDIENTS IN THE FOOD
PROCESSOR UNTIL COMPLETELY
SMOOTH.SERVE WITH CRACKERS
OR BREAD.**

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GARDEN ROOT ROAST

SERVES: 8

TOTAL TIME: 1 HOUR

Ingredients

2 DARK RED BEETS

2 GOLDEN BEETS

2 GARLIC CLOVES

3 SWEET POTATOES

4 CARROTS

2 TURNIPS

3 TBSP OLIVE OIL

1/4 C CHOPPED PARSLEY

1/2 CHOPPED ONION

SALT & PEPPER TO TASTE

Directions

- 1. PREHEAT OVEN TO 425 WITH PAN INSIDE**
- 2. CUBE ALL VEGGIES THE SAME SIZE.**
- 3. BOIL VEGGIES FOR 10 MINUTES.**
- 4. DRAIN WATER**
- 5. TOSS WITH OLIVE OIL.**
- 6. ADD PARSLEY, ONION, SALT.**
- 7. ROAST IN PRE-HEATED PAN FOR 45 MINUTES
TURNING EVERY 15 MINUTES**

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FARM FRITTATA

SERVES: 8

TOTAL TIME: 30 MINUTES

Ingredients

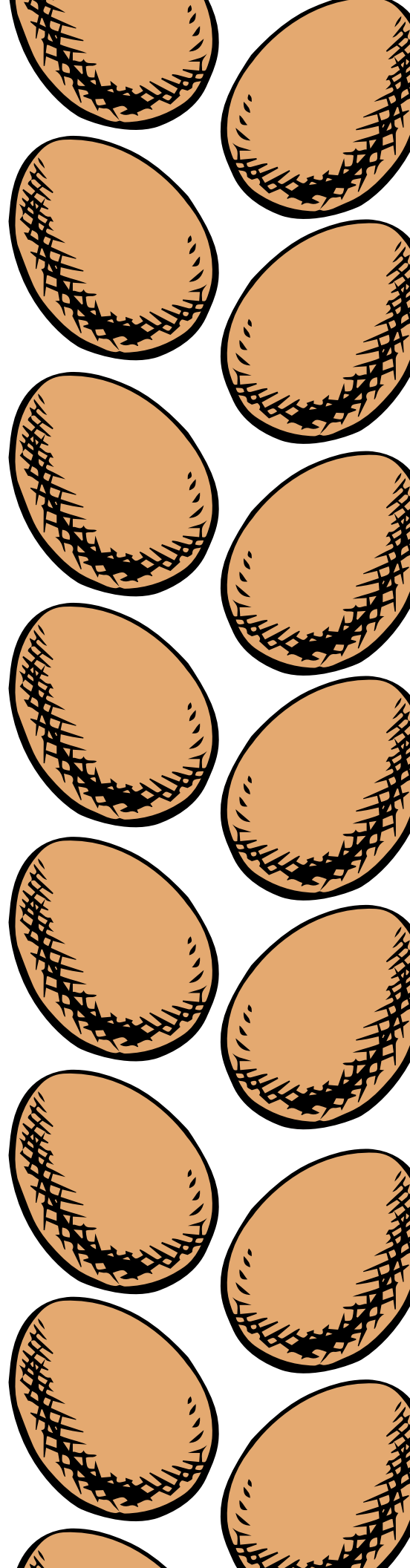
2 C CHOPPED POTATOES
2 TBSP OLIVE OIL
1 C CUBED HAM
1/2 ONION, CHOPPED

1/4 C CHOPPED HERBS
2 C CHOPPED SPINACH
8 TO 12 EGGS, BEATEN
1 C GOAT CHEESE

Directions

- 1. PREHEAT OVEN TO BROIL**
- 2. STEAM POTATOES UNTIL FORK TENDER**
- 3. IN CAST IRON, BROWN HAM IN OLIVE OIL**
- 4. REMOVE HAM FROM SKILLET & SAUTÉ ONION. ADD CHOPPED HERBS.**
- 5. ADD POTATOES & COOK UNTIL BROWNE**
- 6. ADD GREENS & STIR UNTIL COOKED**
- 7. REMOVE SKILLET FROM HEAT. ADD EGGS**
- 8. ADD HAM, GOAT CHEESE, SALT & PEPPER**
- 9. BROIL FOR 5-10 MINUTES AND WATCH CAREFULLY FOR EGGS TO GET PUFFY**

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CITRUS MANGO SALSA

SERVES: 8

TOTAL TIME: 30 MINUTES

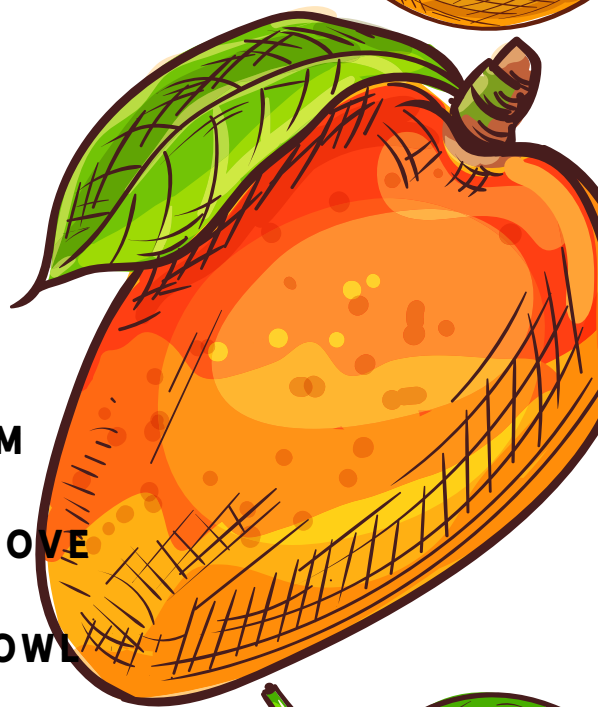
Ingredients:

1/4 C OLIVE OIL
1/4 C CHOPPED RED ONION
1/4 C CHOPPED PARSLEY
3 TBSP LEMON JUICE
3 TBSP LIME JUICE
1 CHOPPED SERRANO PEPPER
1 GRAPEFRUIT
1 NAVAL ORANGE
1 BLOOD ORANGE

Directions

- 1. MIX FIRST 6 INGREDIENTS IN A MEDIUM BOWL.**
- 2. PEEL CITRUS FROM THE OUTSIDE, REMOVE WHITE PITH & REMOVE MEMBRANES.**
- 3. ADD CHOPPED CITRUS & MANGO TO BOWL.**
- 4. SERVE WITH CHIPS OR ON TACOS.**

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SANTI'S PROVOLETA -CAST IRON CHEESE-

SERVES: 8

TOTAL TIME: 30 MINUTES

Ingredients

**1/2 LB THICK SLICED PROVOLONE
CHEESE (FROM THE DELI)**

**3 GARLIC CLOVES (CRUSHED IN
MORTAR AND PESTLE)**

1 TSP OREGANO

**1/2 TSP RED CHILI FLAKES
SALT & PEPPER**

Directions

- 1. HEAT OLIVE OIL IN CAST IRON.**
- 2. ADD CHEESE & 1/2 OF THE GARLIC**
- 3. IN A SMALL BOWL, MIX 1/2 OF THE
GARLIC, OREGANO & CHILI POWDER.**
- 4. WHEN CHEESE IS MELTED, POUR
SPICES ON CHEESE.**
- 5. CHEESE IS DONE WHEN IT'S MELTED
AND SLIGHTLY BROWNED ON SIDES.**

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FRIDGE PICKLES

MAKES 3 PINT SIZE MASON JARS
TOTAL TIME: 45 MINUTES

You'll Need:

**3 PINT MASON JARS
3 LID & RING SETS
6 PICKLING CUCUMBERS
9 SPRIGS OF FRESH DILL**

**2 C WATER
2 C VINEGAR
3 TBSP SALT
3 TSP MINCED GARLIC
3 TSP RED PEPPER FLAKES**

Directions

- 1. SLICE CUCUMBERS INTO SPEARS.**
- 2. BOIL A LARGE POT OF WATER & SANITIZE MASON JARS, LIDS & RINGS**
- 3. BOIL WATER, VINEGAR, & SALT.**
- 4. PUT 3 SPRIGS OF FRESH DILL, 1/2 TSP GARLIC, 1/2 TSP RED PEPPER FLAKES (OPTIONAL) IN JARS**
- 5. PACK JARS TIGHTLY W/ CUCUMBER PIECES**
- 6. ONCE SALT IS DISSOLVED IN BOILING VINEGAR MIXTURE, FILL THE JARS TO 1/2 INCH FROM THE RIM WITH LIQUID**
- 7. PUT LIDS & RINGS ON TIGHTLY. LET COOL.**
- 8. REFRIGERATE. PICKLES ARE READY IN 48 HRS**

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SHIRLEY FAMILY SALSA

MAKES 3 PINTS

TOTAL TIME: 2 HOURS

Ingredients

3 PINT MASON JARS, LIDS, RINGS	2 MINCED GARLIC CLOVES
4 C CHOPPED PEELED TOMATOES	1 TBSP SUGAR
2 C CHOPPED GREEN PEPPERS	1 TBSP SALT
2 C CHOPPED RED PEPPERS	1 TSP PAPRIKA
1 C CHOPPED ONIONS	1 TSP DRIED OREGANO
1 C SEEDED CHOPPED JALAPEÑOS	1 (6 OZ) CAN TOMATO PASTE
3/4 C VINEGAR	1/4 C CHOPPED CILANTRO

Directions

- 1. IN A LARGE SAUCEPAN, COMBINE FIRST 11 INGREDIENTS & BRING TO A BOIL**
- 2. REDUCE HEAT & SIMMER UNCOVERED FOR 1 HOUR OR UNTIL MIXTURE THICKENS. STIR IN TOMATO PASTE AND CILANTRO. SIMMER 10 MORE MINUTES**
- 3. SANITIZE JARS IN BOILING WATER**
- 4. POUR SALSA INTO HOT JARS WITH A CANNING FUNNEL & LEAVE 1/4 SPACE AT THE TOP**
- 5. WIPE THE RIM OF THE JAR CLEAN, SCREW ON LID & RING TIGHTLY**
- 6. LAY A TOWEL ON THE COUNTER, FLIP HOT JARS UPSIDE DOWN & DO NOT TOUCH THEM FOR 12 HOURS SO THEY SEAL.**

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NINA'S GRANOLA

SERVES: 12

TOTAL TIME: 1 HOUR

Step-by-Step:

1. PREHEAT OVEN TO 350.
2. IN A LARGE MIXING BOWL, COMBINE:
 - 8 C OATS
 - 1 1/2 C CHOPPED ALMONDS
 - 1 1/2 C CHOPPED PECANS
 - 1 1/2 C CHOPPED WALNUTS
 - 1 1/2 C UNSWEETENED COCONUT
 - 3/4 C PUMPKIN SEEDS
3. IN A SMALL PAN, MELT ON LOW:
 - 1/2 CUP MAPLE SYRUP
 - 1/3 CUP COCONUT OIL
 - 2 TBSP VANILLA EXTRACT
 - 1 TBSP SALT & 4 TBSP CINNAMON
 - 1/2 C CHIA SEED
4. POUR MELTED INGREDIENTS ONTO OAT MIXTURE & STIR TO COMBINE.
5. SPREAD ONTO A COOKIE SHEET EVENLY.
6. BAKE FOR 30 MINUTES, STIR EVERY 10 MINUTES.
7. LET COOL. ADD 1/2 C RAISINS & 1/2 C DARK CHOCOLATE CHIPS IF DESIRED.

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