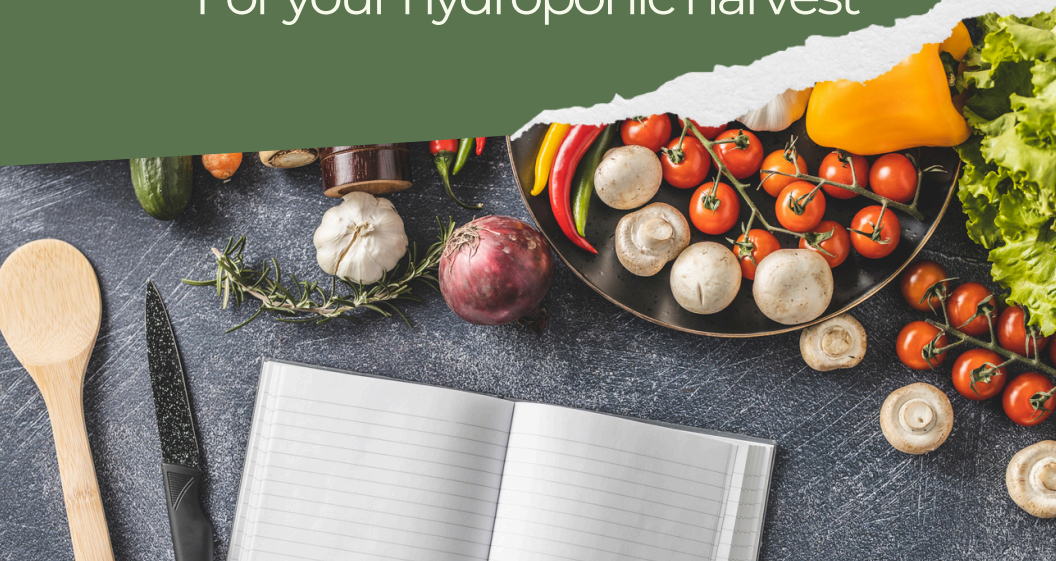




Simple Home Growing *Recipes*

For your hydroponic harvest





What's Inside?

DIY Herb Infused Dressing **03**

Herb Infused Butter **10**

Basil Pesto **04**

Simple Cilantro **11**
Guacamole

Black Bean Taco Bowls **05**

Basil Lemonade **12**

Kale Chips **06**

Butter Lettuce Salad **13**

Thai Basil Strawberry **07**
Mocktail

DIY Herbal tea **14**

Rainbow Wraps **08**

Chimichurri **15**

Roasted Potato Salad **09**
with Dill



GREENS AND
HERBS

DIY Herb Infused Dressing

SERVINGS: 4

PREP TIME: 5 MIN

TOTAL TIME: 20 MIN

Directions

1. Choose an oil, acid, emulsifier, and seasoning(s) from below
2. Whisk your emulsifier and acid in a bowl or add to a jar & shake
3. Add seasoning(s), whisk or shake
4. Add oil, whisk or shake

Oil	Acid	Emulsifier	Seasoning
4 TBSP	2 TBSP	2 TSP	1-2 TBSP
<ul style="list-style-type: none"> • Olive • Sesame • Grapeseed • Flax 	<ul style="list-style-type: none"> • Juice (lemon, lime, apple or orange) • Vinegar (apple cider, balsamic, red wine, rice) 	<ul style="list-style-type: none"> • Honey • Maple Syrup • Dijon Mustard • Yogurt • Almond butter 	<ul style="list-style-type: none"> • Herbs (Basil, parsley, mint, cilantro) • Spices (Salt, pepper) • Other (Garlic, onion, shallots)

Try it: Lemon Herb Vinaigrette

- 4 TBSP olive oil
- 2 TBSP lemon juice
- 2 TSP honey
- 2 tsp Dijon mustard
- 1 tbsp herbs





Basil Pesto

SERVINGS: 8

PREP TIME: 5 MIN

TOTAL TIME: 20 MIN

Ingredients

- 2 cups packed fresh basil
- 3 tbsp pine nuts, walnuts, or sunflower seeds
- 3 large garlic cloves, peeled
- Juice of 1 lemon
- 3-4 tbsp nutritional yeast
- 1/2 TSP salt
- 2 TBSP olive oil
- 1/4 cup water



Directions

1. In a food processor or blender, add all ingredients with the exception of olive oil and water.
2. Blend until a loose paste forms.
3. Add olive oil a little at a time, scraping down sides as needed
4. Add water until desired consistency is reached
5. Serve with veggies, zucchini noodles, pasta, or bread!

LETTUCE
AND
CILANTRO



Black Bean Taco Bowls

SERVINGS: 8

PREP TIME: 30 MIN

TOTAL TIME: 45 MIN

Ingredients

- 2 15oz cans black beans
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 package taco seasoning
- 2 cups cooked brown rice
- Lettuce, chopped
- Avocado, chopped
- Tomatoes , chopped
- Cilantro, chopped



Directions

1. In a medium saucepan, heat 2 TBSP of water over medium heat.
2. Add onion and garlic. Cook until onions are soft
3. Add black beans, taco seasoning, and 1/2 cup water.
4. Simmer for 15 minutes
5. Stir in fresh cilantro
6. Assemble bowls: add rice, black beans, salsa, and desired toppings!



Kale Chips

SERVINGS: 4

PREP TIME: 5 MIN

TOTAL TIME: 20 MIN

Ingredients

- 4 cups kale, stems removed and roughly chopped into bit sized pieces
- 1 TBSP olive oil
- 1 tsp salt

Directions

1. Preheat oven to 300 degrees F
2. On a baking sheet (lined with parchment paper recommended) drizzle olive oil salt over kale
3. Gently mix to combine
4. Bake for 10-15 minutes
5. Add time as needed to allow for kale to crisp, watching closely to avoid burning





Thai Basil Strawberry Mocktail

PREP TIME: 5 MIN

TOTAL TIME: 60 MIN


Ingredients

- 16 oz whole strawberries
- 2 tbsp Thai basil leaves
- 1 cup granulated sugar
- Sparkling water to taste
- Ice

Directions

1. Blend strawberries until liquid
2. Pour blended strawberries into saucepan and add Thai basil leaves and sugar
3. Bring to boil and simmer for 5 minutes
4. Pour syrup through a sieve to remove seeds
5. Let cool and keep chilled in the fridge
6. Once chilled, pour 50 ml of the Thai basil strawberry syrup over ice, top with sparkling water to taste and garnish with Thai basil





SWISS CHARD,
LETTUCES,
CILANTRO

Rainbow Wraps

SERVINGS: 2-4

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 4 large leaves of Swiss chard, butter lettuce or romaine lettuce
- 1-2 cups of vegetables of choice, of chopped or julienned
 - Carrots, purple cabbage, yellow bell pepper, cucumber, tomato, cilantro
- 2-4 TBSP spread of choice
 - Hummus, guacamole
- Optional: Dressing of choice



Directions

1. Spread your spread of choice across Swiss chard or lettuce leaves
2. Top with julienned vegetables and dressing (if using)
3. Roll Swiss chard or lettuce leaves into wrap
4. Enjoy!



DILL!

Roasted Potato Salad with Dill

SERVINGS: 4

PREP TIME: 10 MIN

TOTAL TIME: 45 MIN


Ingredients

- Potatoes
 - 2 cups white potatoes, cubed
 - 2 TBSP avocado oil
 - Seasoning to taste (salt, pepper, cumin)
- Sauce
 - ½ c olive oil
 - ⅓ c vinegar of choice
 - 2 tbsp dijon mustard
 - 2 tbsp tahini
 - ½ lemon, juiced
- Toppings
 - 1 bunch dill, chopped
 - ¼ c red onion
 - 4 stalks celery



Directions

1. Toss potatoes in oil, seasonings, roast at 400 degrees until crisp
2. Combine and whisk all sauce ingredients together
3. Add cooked potatoes to a bowl and toss with sauce and toppings
4. Enjoy!



WORKS GREAT WITH
CREAM CHEESE TOO!

Herb Infused Butter

SERVINGS: 8

PREP TIME: 5 MIN

TOTAL TIME: 10-60MIN

Ingredients

- ½ cup butter
- Herbs of choice
 - Recommendations:
 - Basil
 - Sage
 - Oregano
 - Rosemary
 - Thyme
 - Chives



Directions

1. Set out butter to soften
2. Add softened butter to a bowl
3. Chop herbs and add to bowl
4. Mix well
5. Place herb butter in the center of parchment paper or plastic wrap, roll to form a log
6. Refrigerate for an hour, or use right away



Simple Cilantro Guacamole

SERVINGS: 8 PREP TIME: 5 MIN TOTAL TIME: 10 MIN

Ingredients

- 2 avocados
- ¼ c red onion, chopped
- ¼ c tomato, chopped
- ⅓ c cilantro, chopped
- Juice of ½ lime
- Salt to taste



Directions

1. Remove pits from avocados and scoop into bowl
2. Gently mash avocado
3. Gently mix in chopped red onion, tomato and cilantro, and lime juice
4. Season with salt to taste
5. Enjoy!



Basil Lemonade

SERVINGS: 4

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- ½ c light packed fresh basil
- 3 tbsps sugar
- 4 cups water
- ½ c lemon juice
- 1-2 sprigs fresh basil for garnish



Directions

1. In a large bowl or pitcher, add basil and sugar.
2. With a wooden spoon, crush leaves with sugar
3. Add water and lemon juice, stir until sugar dissolves
4. Strain mixture and add to serving glasses with ice, if desired
5. Garnish with fresh basil sprig
6. Enjoy!



Butter Lettuce Salad

SERVINGS: 4

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 1 head butter lettuce, chopped (easily sub another lettuce of your liking!)
- 1 cucumber, thinly chopped
- 1 avocado, chopped
- 1 tbsp chives
- Dressing of your choice
- Grated parmesan cheese to taste (optional)



Directions

1. Combine lettuce, cucumber, avocado, chives, and grated parmesan to a large bowl. Toss to combine.
2. Add dressing to taste (see our DIY herb infused dressing recipe for inspiration!)
3. Enjoy!



DIY Herbal Tea

SERVINGS: 4

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 1 c boiled water
- Herbs of choice
 - 3-5 tbsp fresh or 1-2 tbsp dry
 - Recommended herbs:
 - Mint, chamomile, lemon balm, thyme, basil



Directions

1. Gently muddle fresh herbs or gently crush dried herbs
2. Pour boiling water over herbs
3. Let steep for 3-5 minutes
4. Strain and serve with sweetener of choice
5. Optional: garnish with fresh herbs



Chimichurri

SERVINGS: 4-8

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 1 c parsley, chopped
- 2-3 cloves garlic
- 4 tbsp oregano
- 2-4 tbsp olive oil
- Red pepper flakes, to taste



Directions

1. Add all ingredients to a food processor, pulse to combine
2. Enjoy over vegetables, eggs, steak, and more!



We hope you enjoy incorporating fresh,
home grown produce in your daily
meals.

Visit our Home Hydroponics page for
more!



Happy Harvesting!

