



RECIPE GROW LIST

The best way to determine what you should grow is to know what you cook most often. Use the below worksheet to jot down the ingredients from a meal/snack you make every week.

Put a star next to the ingredient you want to grow.

RECIPE 1

RECIPE 2

RECIPE 3

RECIPE 4



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MINE LOOKS LIKE THIS

RECIPE 1 Cauliflower Stir Fry

- Cauliflower 

- Red Bell Peppers 


- Green Bell Peppers 

- Raw Cashews


- Brown Jasmine Rice


- Parsley 


RECIPE 2 Grain Bowl

- Sweet Potatoes 

- Chick Peas

- Broccoli 

- Kale 

- Tomatoes 

- Quinoa

RECIPE 3

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RECIPE 4

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