



Seasonal Eating Demo with Carol Muncer Open Farm Day – September 7th, 2024

Vegetable Stock Powder (soups, stew, sauce base)

Ingredients:

1. **Green Powder:** 1 cup DIY green powder
 - dehydrate a large variety of greens
 - process in a food processor/ blender to make a fine powder
 - sift to remove larger pieces and reprocess until fully powdered
 - A coffee grinder can be used to powder the stubborn larger pieces
 - Spinach, Swiss chard, Kale, Beet, turnip and/or Carrot greens, Dandelion greens and other wild edible greens, mustard greens, herbs, leaves from broccoli, cauliflower and cabbage, bok choy, Chinese cabbage, sweet potato leaves
2. **Dried Vegetables/ herbs/ spices**
 - 1/2 cup dried onion powder
 - 1/4 cup dried garlic powder
 - 1/4 cup dried celery leaf or parsley seed
 - 1/4 cup dried carrot powder or flakes
 - 1/4 cup dried mushroom powder (for umami flavor)
 - 1/4 cup dried tomato powder (optional for a richer flavor)
 - 2 tablespoons dried parsley
 - 1 tablespoon dried oregano
 - 1 tablespoon dried rosemary
 - 2 teaspoons dried basil
 - 1 tablespoon ground black pepper or 2 T mustard green powder
 - 1 tablespoon turmeric powder
 - 1 tablespoon salt (adjust to taste)
 - Optional other herbs sage/ marjoram/ more onion or garlic
 - Powder all the vegetables/ herbs and spices if not already powdered as per directions to make the green powder
 - Measure all the ingredients in a large bowl and stir until evenly mixed. Store in an airtight container, preferably a glass jar.

Usage:

- To use the powdered vegetable stock mix, dissolve 1-2 tablespoons of the mix in 1 cup of hot water. Adjust the amount based on your taste preference and the intensity of flavor you desire.
- **Nutritional Add-ins:** You can add other superfood powders like dried beet powder or spirulina for added nutrients.
 - 1/4 cup nutritional yeast (optional for a cheesy, savory flavor)