



**COMMUNITY  
KITCHENS**   
A PROGRAM OF TILTH ALLIANCE

**FT. THE RAINIER BEACH  
YOUTH STEWARDS**



# ABOUT THE RAINIER BEACH YOUTH STEWARDS

The Rainier Beach Youth Steward program is a youth employment program where youth, ages 14-18, gain job skills training through wetland restoration and farm education. Participants spend each week in the spring, summer or fall at Rainier Beach Urban Farm and Wetlands (RBUFW) engaging in farm activities such as planting, harvesting and packing produce, field management, wetland restoration, working a farm stand and more.



This summer, the Rainier Beach Youth Stewards led farm tours, connected with other youth programs, and worked with community volunteers. This summer's cohort comprised Adriana, Augusto, Bitania, Eva, Isabella, Isaic, Jerimiah, Kal, Kaz, Lina, Marcelino, Matthew, Rim, Sobrin, Solomon.

This Community Kitchen Dinner highlights the diverse cultural backgrounds of our summer cohort and celebrates the contributions they've made to RBUFW.



# FARM FRESH SALSA

## Ingredients

4 ripe tomatoes, cored and quartered

5 tomatillos, peeled and washed

1/2 white onion, peeled

3 garlic cloves, peeled

3 jalapenos, stemmed and seeded (substitute

1-2 habanero or serrano peppers)

1/2 cup fresh cilantro

Juice from 1 lime

1 1/2 teaspoons salt

## Directions

- 1 Place the tomatoes, tomatillos, onion, garlic, and peppers in a pot of water and turn it on medium low heat. Bring to a boil and reduce heat to simmer.
- 2 Once tomatillos have turned yellow, transfer everything to a blender. Add cilantro, lime juice, and salt. Pulse until the contents are fine and well blended. Adjust salt and lime juice to taste.
- 3 Refrigerate until ready to serve.



A decorative title card for a crabapple jam recipe. The card is light green with rounded corners and a small starburst on the left side. It is set against a background image of crabapples on a tree branch. The title "CRABAPPLE JAM" is written in a bold, dark green, sans-serif font.

# CRABAPPLE JAM

## Ingredients

8 cups crabapples  
(approximately 3 lbs)

2 cups granulated white  
sugar

3 tablespoons lemon  
juice

$\frac{3}{4}$  cups water or apple  
juice

## Optional fall spice ingredients

2-3 slices fresh/  
dehydrated orange slices

1 cinnamon stick

6 cardamom pods

4 whole cloves

1" fresh ginger (peeled  
and sliced)

## Directions

- 1 Roughly chop crab apples into pieces. Add the apples, sugar, and optional fall spices to a medium-sized pot.
- 2 Add lemon juice and water/apple juice and simmer over low heat, uncovered, until the sugar begins dissolving. Cover for 5 minutes and simmer over low heat.
- 3 Uncover the jam and smash with a wooden spoon or a masher. Keep an eye on the consistency: the jam will thicken after 10 minutes. Remove the orange slices and the spices. For a smoother texture, use an immersion blender.
- 4 Pour crabapple jam into jars and let cool on the counter. Once cool, store in the refrigerator

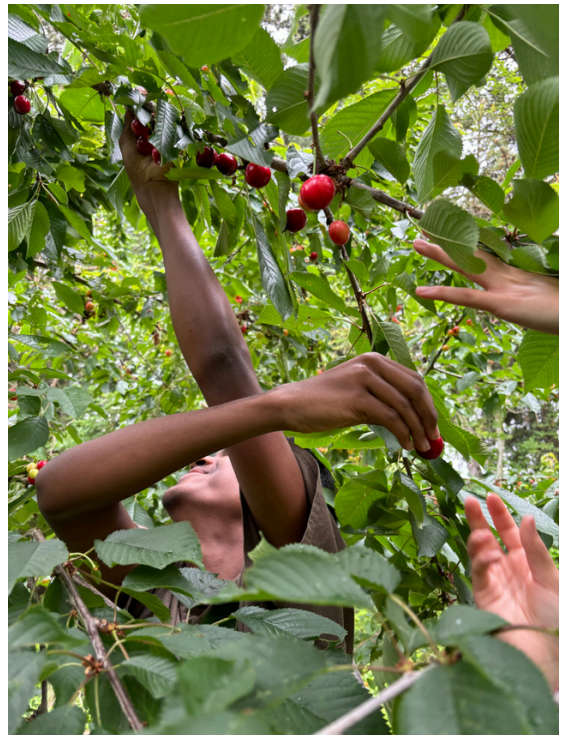


# AGUA FRESCA

Agua Fresca is a traditional Mexican drink made commonly made from a variety of ripe fruits, herbs, and spices.

When it comes to making agua fresca, which literally translates to "fresh water," the three components are fairly straightforward: fruit, water, and some kind of sweetener, like granulated sugar. Typically, the fruit is blended with water, strained to remove solids, then sweetened to taste.

There are endless flavor combinations of agua fresca that can be made. Some refreshing favorites include watermelon, strawberry, cucumber, lime, mango, and pineapple. The aguas frescas that we featured today are mango, watermelon mint, and blackberry lime. Adding herbs and spices, such as mint, can really take your agua fresca to the next level.





# PRESERVING THE SUMMER HARVEST

## Blanching

Blanching is the process of quickly heating vegetables in boiling water and then cooling them in ice water. This prepares produce for freezing by killing of bacteria, preserving flavor and nutrients, and softening. Blanching is an important step for preserving the quality of many frozen vegetables.



## Tips for blanching

- Work in small batches to keep the water temperature high.
- Processing time starts once the water has returned to boiling after adding each batch of produce.
- Prepare a large bowl with ice cubes and water to drop your produce into after scalding. Add more ice as needed.
- Drain water from vegetables after blanching.
- Store blanched vegetables flat in plastic bags so they thaw quickly.

## Vegetable processing times

Spinach and chard: 30 seconds

Potatoes: 2-3 minutes

Collards and kale: 2 minutes

Summer squash: 3 minutes

Carrots: 2 minutes

Broccoli: 3 minutes

Turnips and parsnips: 2 minutes

Asparagus: 2-4 minutes



# Freezing Tips

- ✦ Leave room in the top of hard containers and jars to account for food expanding as it freezes
- ✦ Freeze liquids like citrus juice or coffee in ice cube trays for easy portioning
- ✦ Freeze fruits and vegetables on sheet trays and transfer to bags once frozen to avoid clumps
- ✦ Separate large quantities of food into single-serving portions before freezing
- ✦ Lay bags flat in the freezer to make them more easy to stack and thaw

## Freezer Storage Chart

“Follow the guidelines below for storing food in the refrigerator and freezer. The guidelines for freezer storage are for quality only—frozen foods stored continuously at 0°F (-18°C) or below can be kept indefinitely.”  
(from [www.foodsafety.gov](http://www.foodsafety.gov))

Food	Refrigerator	Freezer
Soups and stews	3 to 4 days	2 to 3 months
Melons	2 weeks	1 month (if cut/balled)
Zucchini	4 to 5 days	10 to 12 months
Tomatoes	7 days (store on the counter)	2 months
Leftovers	3 to 4 days	1 to 2 months

**INTERESTED IN BEING A GUEST CHEF AT A FUTURE MEAL? FILL OUT OUR INQUIRY FORM:**



**WANT TO SEE INFORMATION FROM OUR PAST EVENTS? CHECK OUT OUR BLOG:**

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