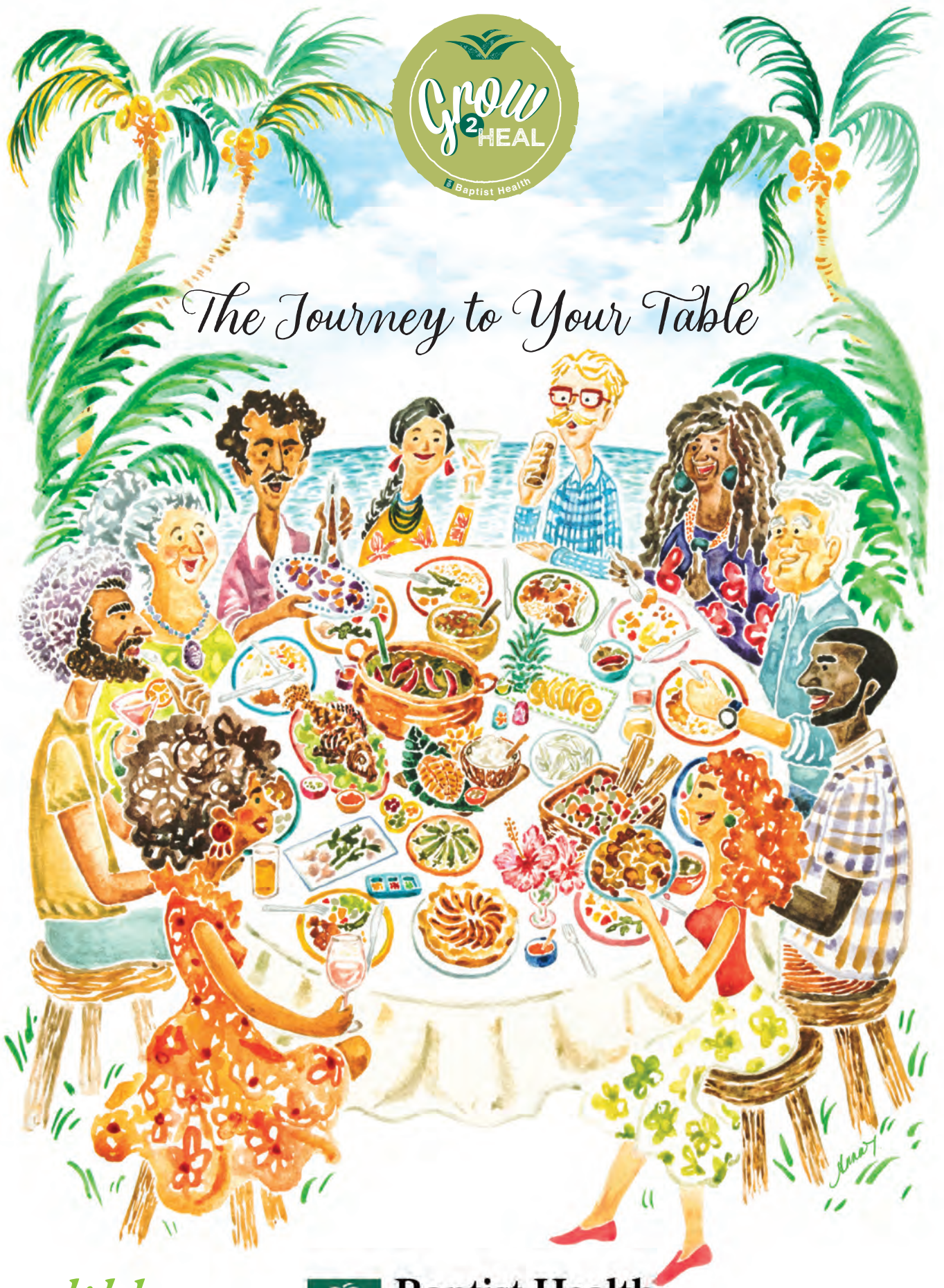




The Journey to Your Table



edible
SOUTH FLORIDA



Baptist Health
South Florida



Tia Whitehead • Bahamas



Julie Brandt • Italy



Julie David • Philippines



Mari Carmen Guillem • Venezuela



Marjorie Ham • Ecuador



Rohan Shah • India



Winifred Pardo • Haiti



Navdeep Kaur • India



Noemi Martinez • Puerto Rico



Lorena Soltes • Romania



Wilfredo Franco • Colombia



Kelly La Rocco • Irish/Italian



Valerie Benn • Honduras



Vicky Martinez • Mexico



Maria Noyola • Cuba

Welcome to Grow2Heal



Thi Squire • Vietnam
Community Garden Project Manager

Our Baptist Health family proudly represents dozens of countries across the globe. Through our Grow2Heal gardens, launched in 2014 at Homestead Hospital, Baptist Health has found common ground with our diverse population by growing an assorted collection of produce from around the world – beets, boniato, mango, okra, pineapple, tomatoes, watermelon, zucchini and many more. By showcasing preventive health through nutrition and sharing the abundance of flavors from around the world, we find ways to connect and heal. Today, in addition to Homestead Hospital, there are Grow2Heal gardens at West Kendall, South Miami and Doctors Hospitals, with more Baptist Health locations to follow.

To find out more, email HHGrow2Heal@baptisthealth.net.

Healthy Homestead

Powered by Homestead Hospital



The Healthy Homestead initiative is empowering and collaborating with our community partners in South Dade to improve health, nutrition, fitness and wellness education. To join other like-minded individuals in growing a healthier community where you live, email HealthyHomestead@BaptistHealth.net.

The Journey to Your Table

Coconut, avocados, bananas, okra, malanga and carrots are some of the foods that might be in your kitchen right now. They might even be growing in your backyard garden. But all of these fruits and vegetables, and many others we grow in South Florida, originally came from Africa, Asia, Central and South America and Europe. When you sit down at the table, consider what you're eating. What does our food tell us about our community and ourselves?



South Florida is well known as a melting pot for people and plants. Just as many of us – parents and grandparents, co-workers and neighbors, friends and spouses – came here from somewhere else, so do plants and crops that grow here. Some of their origins may surprise you. Italian pizza with tomato sauce? Tomatoes first grew in the Andes in South America. Potatoes – think fries, potato salad, stew – also came from South America. Black-eyed peas, coffee and okra arrived from Africa. Tropical fruits we love, like bananas and plantains, citrus, coconut, ginger and mango, originated in Asia. Lettuce, carrots, fennel, beets, cabbage, all popular winter crops grown here by farmers and backyard gardeners, first grew in Europe and the Mediterranean. And pumpkin, strawberries and sunflowers that make visits to our farmers markets and farmstands so delightful are all native to North America.

Join us on a journey across the globe to your table. Our voyage takes us to the parts of the world where fruits and vegetables were originally grown before they made their way to South Florida. We'll explore where you can find dishes in the community and provide healthy recipes with produce grown here. Try something new. Share with your neighbors! These pages will help you celebrate South Florida's vast cultural and culinary diversity through something we all love: delicious food!



Africa

The vast African continent – birthplace of coffee, melons, sorghum, cowpeas, groundnuts, okra, millet and sesame, among many other essential foods – spread its influence and culinary traditions through trade expeditions long before the forced migration of enslaved people. Early merchants exported Ethiopian coffee to Yemen, and the caffeinated drink moved northward in the Arabian peninsula, east to India and Sri Lanka, and north to Constantinople, where the world’s first coffee shop opened in 1475. By 1600, coffee arrived in Venice and a few years later was introduced to Jamestown.



Through slave trade, African foods and ways of cooking reached the Caribbean and the U.S. South: spicy stews using groundnuts and seeds from West Africa; wrapping foods in banana and plantain; cowpeas (or black-eyed peas) that traveled over the ocean; and soups and puddings made with sesame seeds, to name just a few examples. Savor those dishes, often layered with island experiences that result in distinctive creations throughout South Florida.

THEY CAME FROM AFRICA

BLACK-EYED PEAS, COWPEAS, CROWDER PEAS (*Vigna unguiculata*) One of the oldest domesticated crops, these legumes are nutritious and versatile. Leaves can be eaten as vegetables. The seeds are shelling beans, harvested and eaten fresh in stews or dried for later use. A staple of the South, they’re rich in fiber and iron.

COFFEE (*Coffea arabica* and *Coffea robusta*), native to Ethiopia, traveled to the Arabian peninsula where it was widely grown by the twelfth century. Traders brought it to Europe, India and Java. Today, coffee is one of the world’s most important crops, cultivated elsewhere in Africa, Jamaica,



Watermelon at Grow2Heal

Colombia, Costa Rica, Guatemala, Hawaii, Brazil and Vietnam.

OKRA (*Abelmoschus esculentus*), related to the hibiscus, likely originated in West Africa or

Ethiopia and spread throughout the Mediterranean and the Americas in the 1600s. Used in stews and gumbos or served fried, pickled, grilled and roasted, okra pods are harvested here in the summer. They’re a good source of fiber and vitamins C, A and folate. Choose younger, tender pods.

WATERMELON (*Citrullus lanatus*) is a sprawling vine in the Cucurbitaceae family that includes squash and pumpkins. Native to South Africa, watermelons are now grown throughout the world as a staple for its edible seeds and flesh. Today’s watermelons come in a rainbow of different sizes and colors. They’re good sources of vitamin A, C, potassium, vitamin B6 and lycopene.



Southern succotash with bacon

MAKE IT YOURSELF

SOUTHERN SUCCOTASH

SERVES 4 Indigenous Americans introduced this stew of corn, beans and other seasonal vegetables to colonists in the Northeast and variations made their way south, introducing local ingredients along the way. In the South, okra, a hot-weather crop, is common. For meat lovers, use brown bacon or pork belly, then cook the vegetables in the rendered fat.

- 3 tablespoons olive oil
- 3 large ripe tomatoes, peeled, seeded, chopped
- 1 cup lima beans, fresh or frozen
- 2 cups fresh corn kernels
- 1 pound fresh okra, tips and stems trimmed, cut into 1/2-inch rounds

Salt and freshly ground pepper
 1/2 cup water or vegetable stock

In a heavy pot, heat olive oil over medium heat and add tomatoes, lima beans, corn kernels, okra, salt and pepper. Add water or stock, reduce heat and simmer for 15-20 minutes, or until okra is tender but not mushy.

WATERMELON LEMONADE

SERVES 4-6 Why drink sugary sodas when you can drink this refreshing lemonade?

- 2 cups fresh watermelon juice
- 1/2 cup fresh lemon juice
- 3/4 cup simple syrup, or to taste

Cold water

Ice cubes

Simple syrup:

- 1 cup sugar
- 1 cup water

Watermelon Juice

1 small sweet watermelon

Make simple syrup: Combine sugar and water in small saucepan. Bring to a boil, stirring constantly, until sugar dissolves. Take off heat and cool. To make watermelon juice, cut watermelon in half. Scoop out chunks of watermelon (don't use the white rind) and remove seeds. Place in blender. Blend until liquefied, then strain to remove pulp. To make lemonade, combine watermelon juice, lemon juice and simple syrup in a pitcher. Add water (depending on your taste) and serve over ice.

BLACK-EYED PEAS

SERVES 6 Sometimes known as Hoppin' John, this hearty dish is served on New Year's Day to bring good luck throughout the year. But it's delicious any time. There are lots of variations on this Southern classic. Note: If you use dried peas, soak in cold water for 3 hours before using.

- 1 pound black-eyed peas, fresh or dried (see note)
- 1/4 lb. thick bacon slices, chopped in 1/2-inch slices
- 1 large onion, diced
- 1 stalk celery, diced
- 1 bell pepper, seeded and diced
- 2 teaspoons garlic, minced
- 1 bay leaf
- 2 teaspoons fresh thyme leaves
- 1/2 teaspoon cayenne pepper, or to taste
- 1 quart chicken broth
- 1 smoked ham hock

Salt and pepper

Cooked rice

In large pot, sauté bacon until it starts to get crisp. Add onion, celery, bell pepper, garlic, bay leaf, thyme, cayenne pepper and 1 teaspoon salt. Cook over medium heat, stirring occasionally, until onion is soft. Add broth, black-eyed peas and ham hock. Bring to a boil, then reduce heat and simmer until peas are tender, about 40-45 minutes. Add more stock if needed – mixture should be saucy, but not watery. Remove bay leaf and taste for seasoning. Serve over cooked rice.

Make it vegan: Eliminate bacon and ham hock; sauté vegetables in 2 tablespoons vegetable oil. Substitute vegetable broth for chicken broth.



United States and Canada

What were Native Americans growing before Europeans arrived on American shores in the late 15th century? Maize, beans, tobacco, pumpkins and squashes. In Southeast Florida, the Tequesta, who relied on seafood and berries, sea grapes and palm nuts, ground up coontie root to make a type of bread. On the west coast, the Calusa ate fish and oysters and, according to some historians, cultivated papaya and gourds. The Seminole tribe, who moved south from north Florida to the Everglades, ate boiled swamp cabbage, the tender inner cores of the cabbage palm, a delicacy known today as hearts of palm.



Seminole pumpkins, the thick-skinned calabazas grown today, are a cultivar of *Cucurbita moschata*, believed to have originated in South America, Central America and Mexico, not Florida. But they were cultivated by the Seminoles before the arrival of Columbus. Seminoles planted seeds near the bases of trees so that the vines could climb onto the branches and the pumpkins would hang down, well out of the way of pigs and cattle.

THEY CAME FROM THE U.S. AND CANADA

BLUEBERRIES (*Vaccinium* sec. *Cyanococcus*) grow from Canada south to Florida. Related to cranberries and huckleberries, blueberries were eaten by First Nations people in Canada but were not domesticated until the 1900s. Eaten fresh and used in baked goods, jellies, jams and pies, blueberries are high in antioxidants and low in calories.

STRAWBERRIES (*Fragaria x ananassa*), grown in Florida in the winter and early spring, are the result of cross-breeding in the 1700s that made them sweet, large and juicy. Essential for ice cream, pies, jams and jellies, milkshakes and baked goods, strawberries are rich in vitamin C.

PUMPKIN (*Cucurbita pepo*) is one of the oldest domesticated plants, grown today for food, oil and holiday decorations. Raw pumpkin is a good source of vitamin A and beta-carotene. The flowers, leaves and seeds are also eaten.

SUNFLOWERS (*Helianthus annuus*) were first domesticated in the U.S. and what's now Mexico, grown as a crop by Native American people. They were brought to Europe from explorers. They're used for more than ornamentals: seeds are used as a snack food, salad and addition to breads, and seasoning; the oil extracted from the seeds is used in cooking.



Sunflowers in the Redland



Seminole pumpkin bread

MAKE IT YOURSELF

FLORIDA FRUIT SALAD

SERVES 4-6 Florida strawberries and blueberries are in season around Dec.-April. In the summer, use what you find at the market: mangos, pineapple, starfruit, papaya, longans.

- 1 pint Florida blueberries, rinsed
- 1 pint Florida strawberries, rinsed, green tops removed, cut in half
- ¼ seedless watermelon, cut into large dice
- Juice from 3 limes
- 2 tablespoons Florida honey
- 1 handful fresh mint, washed and torn into small pieces

Place blueberries, strawberries and watermelon in serving bowl. In small bowl, whisk together lime juice and honey. Pour over fruits, add mint, and toss gently until thoroughly mixed. Refrigerate until ready to serve.

SUNFLOWER SEED PESTO

MAKES ABOUT 1 CUP

Sunflower seeds give this pesto a nutty crunch. Serve as a dip for raw veggies. Stir in some grated pecorino romano cheese and toss with cooked and drained pasta (add a little cooking water to the pesto to thin out first).

- 2 cups packed fresh basil leaves
- 2 garlic cloves, peeled
- ¼ cup extra-virgin olive oil
- ½ cup roasted, salted sunflower kernels
- Salt and pepper

Combine basil leaves, garlic cloves and olive oil in food processor and blend until all ingredients are finely chopped. Add sunflower kernels and pulse until blended. Add salt and pepper as needed.

SEMINOLE PUMPKIN BREAD
MAKES ONE LOAF This recipe uses applesauce instead of oil to make it healthier.

- 1 Seminole pumpkin
- 1 cup unbleached flour
- 1 cup whole-wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground allspice
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 eggs
- 1 tablespoon vegetable oil
- ½ cup unsweetened applesauce
- ½ cup maple syrup
- 1 teaspoon vanilla
- Raw sunflower kernels or pumpkin seeds (optional)

To make pumpkin puree: Preheat oven to 350 degrees. Line a baking sheet with parchment. Cut pumpkin in half from top to bottom and scoop out seeds and stringy fiber. Place flesh side down on parchment and bake for 45-60 minutes until a knife is easily inserted and removed. Cool, then scoop out flesh and puree in food processor. You will need 1¾ cups for this recipe. Store in refrigerator for a week.

To make bread, preheat oven to 350 degrees. Spray 9x5-inch loaf pan with cooking spray. In a large bowl, whisk together flours, spices, salt, baking powder and baking soda. In another bowl, combine eggs, oil, applesauce, maple syrup and vanilla. Pour wet ingredients into dry and stir just until blended. Pour into loaf pan and sprinkle seeds on top, if desired. Bake for 1 hour, or until a toothpick inserted in the center comes out clean. Cool in pan on a rack for 15 minutes, then turn out on rack to cool completely.



Sunflowers, cultivated by Native Americans as a source of oil, seeds, fiber and medicine, grow in abundance in South Florida! At Grow2Heal at Homestead Hospital, we grow multiple varieties to brighten our spaces for patients, staff and visitors.



Asia/Pacific



South Florida's subtropical climate is ideal for growing fruits and vegetables from Southeast Asia, India and the Pacific: Mango, jackfruit and lychee are among favorite tropical fruits cultivated here more than a century ago in large part because of Dr. David Fairchild and other renowned plant explorers. Taste these treats at festivals at Fruit and Spice Park in Homestead and Fairchild Tropical Botanic Garden. Many Redland farmers grow Asian vegetables and fruits. You'll find them at farm stands and Asian markets.

THEY CAME FROM ASIA AND THE PACIFIC

BANANAS AND PLANTAINS (*Musa acuminata*), first domesticated in New Guinea, spread through maritime trading routes in east Africa and South Asia. Portuguese sailors brought bananas to the Americas in the sixteenth century. Dessert bananas are eaten raw. Starchy plantains are typically cooked.

CITRUS (*Citrus* L.) – orange, grapefruit, lemon, tangerine, lime, pomelo and others – are native to Asia and Australia. Traders introduced citrus fruits to the Mediterranean. Spanish colonists brought oranges to Florida.



COCONUT (*Cocos nucifera*), believed to have originated in the Pacific and Indonesia, spread when people migrated by water. Traders introduced coconuts to Africa, the Caribbean and Brazil. One of the world's most useful plants, coconut yields edible flesh; fiber; coconut oil, used in cooking and soaps.

EGGPLANT (*Solanum melongena*), a tropical perennial, is believed to have originated in India and was cultivated throughout Asia. It made its way to the Middle East and Mediterranean, where it is part of dishes like baba ghanoush, moussaka and ratatouille.

GINGER (*Zingiber officinale*) and turmeric (*Curcuma longa*), flowering plants whose roots (rhizomes) are used widely as a spice, originated in what's now Indonesia, Malaysia and the Philippines, and arrived in Europe via spice traders. Ginger is used in savory dishes, candy, ginger ale and tea; in powdered form, it's used as a spice for baked goods and desserts.

MANGO (*Mangifera indica*), thought by many to be the king of fruits, has long been cultivated in South Asia. It was brought to East Asia, Africa, the Philippines and Brazil. Hundreds of cultivars – green, yellow, gold, orange, red and deep maroon – grow in warm climates.

RICE (*Oryza sativa*) is a cereal grain eaten worldwide. Experts don't agree on whether rice originated in India or China, but by 500 BC settlers had introduced cultivation techniques to the Philippines and Indonesia. Rice was cultivated in the Indus Valley, spread to the Middle East and then Spain and Italy. European colonizers introduced rice to Latin America, the Caribbean and Brazil.

SUGARCANE (*Saccharum officinarum*), a tall grass, was first domesticated in New Guinea and spread westward to Southeast Asia. Traders introduced sugarcane to China and India, then Europe and the Mediterranean. Christopher Columbus brought sugarcane to the Caribbean and Hispaniola.

MAKE IT YOURSELF

EGGPLANT CURRY

SERVES 4 Use small, young eggplants for this recipe. Long and skinny or baseball-sized varieties work best and don't need to be peeled.

- 1 pound eggplant
 - 1 tablespoon kosher salt
 - 5 tablespoons olive oil or vegetable oil, divided
 - 1 teaspoon mustard seeds
 - 1 medium onion, sliced thinly
 - 1 1-inch knob fresh ginger, peeled and grated
 - ¼ teaspoon cayenne pepper
 - ¾ teaspoon powdered turmeric
 - ¾ teaspoon ground cumin
 - 4 garlic cloves, minced
 - 1 cup chopped tomatoes, fresh or canned, with liquid
 - ¼ teaspoon garam masala
 - 1 tablespoon lemon juice
- Salt to taste
Fresh cilantro, chopped, for garnish

Cut eggplant into 1-inch cubes. Place in a colander, sprinkle liberally with salt and toss to cover. Let stand over a bowl for at least one hour (or overnight in the fridge) to release liquid. Drain. Right before using, pat dry with towels.

Heat 1½ tablespoons oil in a large saute pan. When hot, add mustard seeds (they will pop), then add onions and ginger. Cook over medium heat, stirring occasionally, until onions and ginger are brown. Add cayenne, turmeric and cumin and cook for a few minutes. Add garlic and tomatoes. Reduce heat to low, and simmer for 15 minutes. Meanwhile, fry eggplant: Heat 3 tablespoons oil in a large skillet. Add eggplant in a single layer and saute over medium heat, turning



Eggplant curry

until golden brown and crisp. You may need to do this in two batches. Add eggplant to sauce and mix thoroughly. Cook over low heat until eggplant is cooked through, stirring occasionally. Add garam masala and lemon juice and taste for salt. Top with cilantro and serve with rice.

MANGO WITH STICKY RICE

SERVES 4 All of the main ingredients in this dish originated in Asia. Find sweet glutinous rice in Asian markets. If you have a backyard banana, cut off a big banana leaf to use for serving.

- 1½ cups sweet (glutinous) rice
- 1 cup canned unsweetened coconut milk, shaken before using
- ¼ cup sugar
- ¼ teaspoon salt
- 4 tablespoons sweetened coconut cream, like Coco Loco
- 1 mango, peeled, pitted and sliced thinly or halved and cubes, skin intact

Toasted sesame seeds
Banana leaves (optional)

The night before, wash rice in several changes of cold water until clear. Soak in cold water overnight. The next day, drain rice well in a sieve. Add water to a pot with a steamer insert and set to simmer. Line insert with cheesecloth, add rice, cover pot, and steam for about 30-40 minutes, until rice is tender but not mushy. Check water level and add more water if necessary. While rice is steaming, make coconut mixture: Combine 1 cup coconut milk and sugar in a small saucepan. Add salt and bring to a boil, stirring constantly. Remove from heat.

When rice is done, place in a bowl. Pour coconut milk and sugar mixture over. Set aside to cool.

To serve, cut banana leaves in circles or squares for individual servings, if desired. For each serving, place a scoop of about ½ cup rice onto banana leaf (or plate), drizzle a tablespoon of coconut cream on top and sprinkle with sesame seeds. Add mango slices on the side.



Caribbean, Mexico and Central America



Guacamole, rice and beans, cassava bread, yuca con mojo, mofongo, corn tortilla – many of South Florida’s beloved dishes wouldn’t be possible without creamy avocados, myriad beans, starchy roots and the versatile peppers that come from these regions. And let’s not forget the birthplace of cacao, source of one the world’s favorite flavors: chocolate!

THEY CAME FROM THE CARIBBEAN, MEXICO AND CENTRAL AMERICA

AVOCADO (*Persea americana*), used extensively in Mexican cuisine, comes in three “races” – West Indian/Antillean, Guatemalan and Mexican. Florida’s green-skinned varieties are Antillean and hybrid. They’re rich in oil, potassium, magnesium and vitamins D and A.

BEANS (*Phaseolus vulgaris*) include many cultivars and varieties, including pinto, black, red or kidney, all staples throughout Mexico, Central America and the Caribbean. Beans are low in fat and highly nutritious, and when combined with nuts, seeds or grains, form a complete high-fiber vegetable protein.

CASSAVA OR YUCA (*Manihot esculenta*) was domesticated thousands of years ago in Brazil and Central America, spread throughout the Caribbean, and was introduced to Africa and Asia in the 16th century. Its edible starchy roots make cassava a major staple food throughout the world.

CACAO (*Theobroma cacao*) was cultivated and used throughout Mexico and Central America for thousands of years before it was introduced to the Spanish in the sixteenth century, and it spread throughout Western Europe shortly after. Cacao pods contain seeds, commonly called beans, that are fermented, dried and processed to make chocolate and cocoa.

CHILE PEPPERS (*Capsicum annum*, *C. frutescens*, *C. chinense*) are



Cacao pods

among the oldest cultivated crops in the Americas, encompassing a wide variety of shapes, colors and degrees of heat.

CORN OR MAIZE (*Zea mays*), classified as an annual grass in the family that includes wheat, barley, rice and sugarcane, is believed to have been domesticated in southern Mexico, then spread throughout the Americas.

PAPAYA (*Carica papaya*), native to Mexico and northern South America, is a fast-growing plant with fruits (actually large berries) filled with edible seeds. The red or orange flesh contains papain, a meat-tenderizing enzyme.

SWEET POTATOES AND BONIATO (*Ipomoea batatas*), domesticated in the Americas thousands of years ago, made their way to Polynesia, the Philippines and Okinawa and became a common food crop in tropical and warm temperate regions. The white-fleshed boniato is a cultivar grown in the Caribbean.

MAKE IT YOURSELF

CALLALOO

SERVES 4-6 Peppers and potatoes are native to the Americas, but the main ingredient in this dish, greens, are not. Just which greens they are depends on where you're eating callaloo. In Jamaica, it's green amaranth (*Amaranthus viridus*); and in Trinidad and Tobago, they like dasheen or taro (*Colocasia esculenta*). Adjust the amount of hot pepper depending on how much heat you like.

- 3 tablespoons coconut oil
 - 1 medium onion, diced
 - 3 cloves garlic, minced
 - ¼ cup chopped parsley
 - 2 tablespoons fresh thyme
 - ¼-½ scotch bonnet pepper, chopped, seeds removed (use gloves)
 - 10 cups callaloo, washed and chopped, tough stems removed
 - 1 sweet potato, peeled and diced
 - 1 white potato, peeled and diced
 - 1 medium tomato, diced
 - 2 scallions, chopped
 - 4 cups chicken broth or vegetable broth
- Salt and freshly ground pepper

Heat oil in a large heavy pot over medium heat. Add onion, garlic, parsley, thyme and pepper. Lower heat and cook until onion turns soft, about 4 minutes. Add callaloo, potatoes, tomato and scallions and mix well. Add broth and bring to a boil, then lower heat and cook for about 20-25 minutes. Season to taste and serve.



MASHED BONIATO WITH GARLIC

SERVES 4 This popular white-fleshed sweet potato is more starchy than sweet – dense and nutty. It's also used in boniatillo, a Cuban holiday pudding. Choose heavy, firm boniato with no soft spots. Store in a cool place, but don't refrigerate.

- 1 head garlic
 - 1 tablespoon extra virgin olive oil
- Salt and pepper
- 2 large boniato, about 10-12 oz. ea., peeled, diced
 - 2 tablespoons butter
 - ¼ cup whole milk

Heat oven to 375 degrees. Roast garlic by slicing off the top of the head. Place in a baking pan and pour oil over garlic. Season with salt and pepper. Roast until golden, about 30 minutes. Cool, then squeeze out garlic. Set aside.

Place boniato in a large pot covered with water. Add 1 tablespoon salt. Bring to a boil and cook until tender, about 25 minutes. Boniato is denser than potatoes and takes longer to cook. Drain and add to large bowl. Add butter, milk, roasted garlic cloves and mash until smooth. Taste for salt and pepper and serve.

PAPAYA AVOCADO SALAD

SERVES 6 Green papaya salad is popular in Asia, but this version uses ripe fruit and jicama, a native Mexican vine with a crunchy root. The salad comes together as quickly as it takes you to cut up the fruits and vegetables.

- ¼ cup red onion, minced
 - 1 large, ripe Florida avocado, cut in 1-inch dice
 - 1 large, ripe papaya, seeded and peeled, cut in 1-inch dice
 - 1 jicama, cut into 1-inch dice
- Juice from 2 juicy limes
- ¼ cup cilantro, chopped
- Salt and freshly ground pepper

Combine all ingredients and mix gently. Serve immediately.



Did you know that you can eat the greens from sweet potatoes and boniato? At Grow2Heal, we also harvest these mildly flavored leaves. They're rich in vitamins K and A. Sauté them like spinach, add to stir-fries, chop and add to salads.



South America

Beans of every color, a rainbow of chile peppers, potatoes from purple to yellow, tomatoes small and large – all originated in South America and are on plates in South Florida, one of the best places to find places serving these foods: Venezuelan and Colombian restaurants, Brazilian churrascarias, Peruvian ceviche places and Argentinean grills, to name a few. And you don't have to look far to find authentic ingredients since most supermarkets carry them.



THEY CAME FROM SOUTH AMERICA

BEANS (*Phaseolus vulgaris*, *P. lunatus*), cultivated throughout the Americas, are an essential source of protein. In South America, varieties include cranberry beans, which originated in Colombia, and lima beans, from the Andes.

CASSAVA OR YUCA (*Manihot esculenta*), domesticated thousands of years ago in Brazil and Central America, is key to Brazilian cuisine. Its starchy roots are made into farofa, a ground meal that's cooked and served.

CHILE PEPPERS (*Capsicum annum*, *C. frutescens*, *C. chinense*) are among the oldest cultivated crops in the Americas, in Peru in particular, where multiple varieties have been grown and consumed.

CORN OR MAIZE (*Zea mays*), domesticated in southern Mexico, spread throughout South America, through the



Peppers at the farmers market

Andes and south to Chile. Maize is eaten as a vegetable, ground into flour, fed to livestock, and the basis of products like corn syrup and biofuel.

PINEAPPLE (*Ananas comosus*), one of world's most popular tropical fruits, originated in Brazil and spread to the Caribbean, Central

America, Mexico and Hawaii. A bromeliad, pineapple is used worldwide in fruit salads, juice, jams and preserves, and is rich in vitamin C and manganese.

POTATOES (*Solanum tuberosum*), domesticated thousands of years ago in the Andes, were introduced to Europe by the Spanish in the sixteenth century, and today are eaten throughout the world. There are thousands of varieties and colors, including russet, red, white, yellow and purple potatoes.

TOMATOES (*Solanum lycopersicum*), originally from the Andes, were cultivated in Mexico and came to Europe with the Spanish, where Spain and Italy embraced them in sauces, soups, pizza, stews and salads. Considered berries, tomatoes come in red, yellow, orange, purple, green, brown and even indigo, and are a moderate source of vitamin C.



MAKE IT YOURSELF

AREPAS DE CHOCLO

SERVES 4 Corn is the star of this snack food made popular by Venezuelans and Colombians. Plain arepas make a tasty vehicle for cheese or meat. This version includes fresh corn and cheese inside the batter. Use pre-cooked cornmeal, (*harina de maíz precocida*), not regular cornmeal.

- 1½ cups corn kernels (about two large ears), or frozen
 - 1 cup pre-cooked cornmeal
 - 2 tablespoons sugar
 - ½ teaspoon salt
 - 1 cup shredded mozzarella cheese
 - 1½ cups whole milk
 - 2 tablespoons vegetable oil
- Additional oil for pan
Additional mozzarella slices, if desired

In a food processor, blend corn until pureed. In a large bowl, mix cornmeal, sugar and salt. Add cheese, milk and vegetable oil. Stir in pureed corn.

Brush additional oil in a large pan or griddle and heat. Pour one-third cup of batter on griddle and shape into a circle. When it's golden brown (about five minutes), carefully flip. Add a slice of mozzarella on the top if you want, and cook until bottom is golden. Serve immediately.

CAUSA LIMEÑA DE POLLO

SERVES 6 Causas are typical Peruvian dishes layered with mashed potatoes, avocado, chicken, tuna and mayo.

- 2 pounds gold potatoes
 - 1 teaspoon salt
 - 3 aji amarillo (fresh or frozen), or 4 oz. aji amarillo paste
 - ¼ cup olive oil
 - Juice of two limes
 - 2 cups cooked chicken, finely chopped
 - ½ cup mayonnaise
 - ½ large onion, minced
 - ½ cup peas, cooked
 - ½ avocado, sliced thinly
 - 1 hard-boiled egg, sliced
 - 3 tablespoons black olives
- Fresh chives, minced

Peel and quarter potatoes. Place in a large pan with water and salt, and bring to a boil. Cook for 15-18 minutes, or until tender. Drain and cool slightly.

If using fresh or frozen aji amarillo, remove stem and seeds, chop coarsely. Place in blender with olive oil and juice of one lime and puree.

Place cooked potatoes through ricer. Beat in pureed aji amarillo or paste until smooth. Season with salt. To make chicken salad, combine chicken, mayonnaise,

onion, peas and lime juice. Set aside.

To assemble, use a deep ring mold or empty can with base and lid removed. First, place can on a flat plate. Divide potato mixture in six parts. Place half of one of the parts in the bottom of the ring and press down. Add a layer of avocado. Divide chicken mixture in six parts. Add one part of chicken. Cover with a second layer of mashed potatoes and flatten. Carefully lift can or ring and repeat to make six causas. Top with hardboiled egg, black olives and chives.

GRILLED PINEAPPLE

SERVES 6-8 Fresh, ripe pineapple is sweet and delicious on its own, but when you roast it on the grill, that sweetness gets concentrated. Serve with grilled meats, like a Brazilian *churrascaria*; chop it up with sweet onions, chiles and cilantro for a salsa; or serve as dessert.

- 1 ripe pineapple

Heat grill for medium-low indirect heat. If you're using charcoal, place coals to one side. Place whole, unpeeled pineapple over indirect heat, cover grill and roast, turning occasionally, about 2 hours. The pineapple will be dark brown. Cool before cutting.



Europe/Mediterranean

Broccoli, cauliflower, cabbage, kale, collard greens, rutabaga and turnips are among the wide variety of plants in the mustard family, known as brassicas. Native to Western Europe and the Mediterranean, these diverse and healthful vegetables show up on menus all over the globe. Sauerkraut, made from cabbage, is found in many forms throughout Central and Eastern Europe, but other cultures have their own versions of fermented or pickled vegetables in the mustard family. Try pikliz, the Haitian condiment that adds the bite of pepper, in restaurants in Little Haiti. Curtido, the lightly fermented cabbage relish, is served in Salvadorean and other Central American countries. Don't miss kimchi, Korea's spicy side dish of fermented cabbage and radishes, at Asian markets and restaurants.

***** THEY CAME FROM EUROPE AND THE MEDITERRANEAN *****

BEETS (*Beta vulgaris*), domesticated in the Middle East, were grown by the ancient Greeks, Romans and Egyptians. Traders carried cultivated beets on trade routes to Asia and India. Originally, beets were eaten for their leaves, like chard; plump beet roots were developed in the sixteenth century.

CABBAGE (*Brassica oleracea*) belongs to the brassica family, related to broccoli, collard greens, and cauliflower, descended from wild cabbage and domesticated in Europe before 1000 BC. First brought to the Americas in 1541, cabbage was planted by colonists and Native Americans by the eighteenth century.

FENNEL (*Foeniculum vulgare*), an aromatic flowering plant in the carrot family, is native to



Multicolored beets at the market

the Mediterranean and grows wild throughout North America, Asia and Europe. Grown for its aromatic seeds, delicate leaves and fleshy bulbs, fennel is used in Indian, Middle Eastern and Chinese cooking.

LEEKs (*Allium ampeloprasum*), related to onions, are an ancient crop native to the Middle East and the Mediterranean. Romans likely brought leeks to Europe and the British Isles, where they are an essential ingredient in soups.

LETTUCE (*Lactuca sativa*) is native to the Mediterranean, first cultivated in Egypt for the production of oil from seeds and as a medicinal herb. Romans cooked and served leaves with dressing. Common cultivars include looseleaf, romaine, iceberg and butterhead.

TURNIPS (*Brassica rapa*), from the Mediterranean and Afghanistan, were cultivated in Europe before being introduced to China and Japan. Boiled greens are rich in vitamin A, while the root has a moderate amount of vitamin C.



MAKE IT YOURSELF

CARAMELIZED FENNEL

SERVES 4 Adapted from Alice Waters' *Chez Panisse Vegetables*, this simple recipe brings out fennel's sweet, anise-y flavor.

- 3 large or 3 medium fennel bulbs
- ¼ cup olive oil
- Salt and freshly ground black pepper

Cut top and bottom from fennel bulbs. Slice fennel lengthwise into 1/8-inch slices. Heat a large skillet over medium-high heat. Add olive oil and fennel slices, spreading the fennel out in one layer (You may need to do this in batches). Flip slices until golden, about 10-12 minutes. Remove from pan and drain excess oil. Season with salt and pepper and serve immediately.



Brassicas – kale, cabbage, turnips, broccoli – are among the healthiest veggies we grow at Grow2Heal. These cruciferous vegetables are low in calories, and rich in folate and fiber.

QUICK PICKLED BEETS

MAKES 2 PINT JARS Got lots of beets? This pickle is easy and delicious. Eat this within a week.

- About 6-8 large beets, or 10 medium beets
- Olive oil
- 1 red onion, thinly sliced
- 5 cloves garlic, sliced
- Fresh dill sprigs
- ½ cup white wine vinegar
- ½ cup water
- 3 tablespoons sugar
- 1½ teaspoons salt
- 1 tablespoon peppercorns

Preheat oven to 375 degrees. Scrub beets and rub with olive oil. Wrap in foil, set on a baking tray, and roast for one hour, or until a paring knife easily pierces them. Let cool, then peel (wear gloves to avoid staining your hands) and cut in ¼ to ½-inch slices. Place in clean glass jars (1 quart or 2 pints). Layer with sprigs of dill and garlic slices. In a small saucepan, combine vinegar, water, sugar, salt and peppercorns. Bring to a boil and stir until sugar is dissolved. Carefully pour over beets in the jar. Place the lid on the jar and rotate so liquid and ingredients are evenly distributed. Refrigerate. Ready to eat right away, but taste improves after a few days.

TURNIPS AND GREENS

SERVES 4 -6 For this recipe, use young, small turnips, like hakurei, which are tender and don't need peeling. Farmers markets and farm stands often sell turnips with their greens.

- 6-8 small turnips, with greens
- 2 tablespoons extra virgin olive oil
- 1 cup vegetable stock
- Juice of one lemon
- ¼ teaspoon salt
- Freshly ground pepper

Trim turnips, leaving a half inch of green on top, and peel them unless they are very young. Rinse greens well in cold water and chop coarsely. Cut turnips in quarters. Heat olive oil in a skillet over medium heat. Add turnips and cook, turning frequently, until golden. Add stock, lemon juice, salt and pepper. Bring to a boil, then reduce heat and cover pan. Simmer for 3-4 minutes until tender. Add greens, increase heat and cook for 5-6 minutes, stirring occasionally. Taste for seasoning.

Sowing the Seeds of Wellness and Welcome

The most interesting and tasty meals combine a variety of textures and flavors. This variety packs a powerful nutrient punch that promotes good health and helps reduce the risk of disease.

As part of Homestead Hospital's commitment to your health and well-being, our organic Grow2Heal garden's diverse bounty reflects the rich cultural heritage of our community while serving as living proof that food makes good medicine.

We are proud to live and work in a community that has long embraced people from many parts of the world, and we pledge to continue sowing the seeds of wellness and welcome.



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