

**PETE and
GERRY'S**
ORGANIC EGGS

**kids
GARDENING**.ORG
HELPING YOUNG MINDS GROW



COOKING

Garden Activity Pack

Pair Pete and Gerry's Organic Eggs with your favorite garden-grown ingredients!



RECIPE CONTEST



During the month of June 2022, submit a recipe using eggs and your favorite garden-grown ingredients for a chance to win!

COOKING

Garden Activity Pack



RECIPE CONTEST

The prize for the 3 most creative recipes will be:

- A year of Pete and Gerry's Organic Eggs
- One Pete and Gerry's organic cotton t-shirt and trucker hat for each family member
- The garden activity book, *Botany on Your Plate*
- Garden Kit (grow bag, seeds, tree kit)

Find more info and eligibility requirements at: kidsgardening.org/cooking-with-eggs

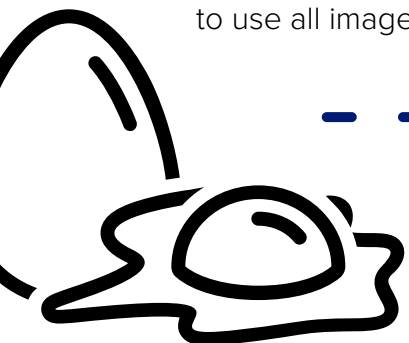
To enter the contest, you must share one of the following options through a form on the KidsGardening.org website.

- Your detailed recipe and a photo of the prepared dish.
- A video (2 minutes or less) that features the recipe.

The contest will run through the month of June and end on June 30, 2022. Winners will be announced on July 28, 2022.

The top 3 most creative recipes will be chosen by KidsGardening and Pete and Gerry's.

Contest entrants must also give written permission to KidsGardening and Pete and Gerry's to use all images and video submitted for marketing purposes.



We hope the following tips (and egg bites recipe) will inspire you to create your unique cooking creation!

HERB HARVEST & GROWING GUIDE



Freshly picked herbs are the perfect addition to any egg recipe. To ensure you always have a variety of herbs ready for harvest year-round, be sure to plant both perennials (plants that live for three growing seasons or more) and annuals (which complete their life cycle in one growing season).

PERENNIAL HERBS

CHIVES



- Chives, a member of the allium family, are similar in flavor to onions and garlic. Chives are very winter hardy — at least to Zone 3.
- Although you can grow chives from seed, the fastest and easiest method is to take sections (divisions) from existing clumps. Set plants 8–12" apart.
- Harvest chives by cutting off the leaves with a pair of scissors a couple of inches above the ground. You can cut a few leaves from each of several clumps to keep them all producing or cut all the leaves from one clump, then let them regrow.
- Newly opened flowers are edible and made attractive garnishes. Cut off flower stalks at the soil line after they have finished blooming.
- To keep your chive plants growing vigorously, divide each clump every 3-4 years, giving you plenty of material for replanting, if you choose.

OREGANO



- Depending on the variety, the strong, spicy essence of oregano can differ subtly in taste and smell. An attractive, mounding perennial, oregano is hardy to zone 5.
- There are different types of oregano; most chefs prefer the flavor of Greek oregano.
- Oregano is best started from rooted cuttings or from sections (divisions) of established plants.
- Space oregano plants 8–10" in a sunny spot with fertile, well-drained soil with a neutral pH. In warm climates, plant in partial shade.
- Once oregano plants are established, harvest sprigs with sharp gardening shears. Harvest regularly to promote new growth; however, avoid pruning more than 1/3 of the plant at a time.

THYME



- There are many varieties to choose from. Common thyme, lemon thyme, German thyme, and orange thyme are excellent culinary herbs. Common thyme is hardy to zone 4; other types may be less hardy.
- Although this low-growing, perennial herb can be grown from seed, it's easiest to start with purchased plants.
- Thyme plants prefer full sun and sandy, very well-drained soil. Space plants 8–12" apart.
- You can harvest plants a few sprigs at a time. Or harvest entire plants just before the flowers begin to open by cutting stems back to 2" above ground. Plants will regrow.
- In spring, cut back established plants by about a third to promote tender new growth and to keep plants vigorous and bushy.

ANNUAL HERBS



BASIL



- Common and Genovese are the classic basil varieties for pesto. However, you can explore different tastes with anise, lemon, cinnamon, and lime basil varieties.
- Heat-loving basil is easy to start from seed. Plant seeds directly in the garden once the soil is warm, about 2 weeks after the last spring frost date. Alternatively, you can start seeds indoors 4 weeks before the last frost date; plant the hardened-off seedlings outdoors 2 weeks after the last frost date.
- Choose a spot in full sun with fertile, well-drained soil. Space plants about 8" apart.
- When plants are 6–8" tall, pinch back the main stem by about half, just above a set of leaves to encourage bushy plants. Continue to pinch back shoots throughout the growing season. Pinch off flower buds so plants direct their energy to growing leaves.
- To harvest, pinch or snip leaves. Make several plantings throughout the growing season for a continuous harvest.

DILL



- The feathery foliage of dill brings fresh flavor to fish, eggs, soups, and salads. The seeds are a favorite for pickling.
- Dill doesn't transplant easily so it's best to sow seeds directly in the garden. Plant seeds 2 weeks before the last spring frost date.
- Choose a spot in full sun with fertile, well-drained soil. Sow seeds ¼" deep and 1–2" apart. When plants are a few inches high, thin to 4" inches apart. Make successive sowings every 2–3 weeks for a continuous harvest all season long.
- Harvest the fresh leaves any time, ideally before flowers begin to form.
- To harvest the seeds, allow the flowers to mature, which usually takes 2–3 weeks after the blossoms appear. Snip off the flower, put it in a paper bag, and place in a dry, well-ventilated spot until the seeds dry and fall from the head.

PARSLEY



- Parsley is a biennial – a plant with a two-year life cycle. The first year it produces just leaves; the second growing season it flowers and sets seed. Since leaves become bitter once flowers appear, most gardeners grow it as an annual.
- There are two types of parsley: curly leaved, commonly used for garnishes, and flat-leaved or Italian parsley, favored for cooking because of its superior flavor.
- Because parsley is a relatively slow grower, it's easiest to start with purchased plants, spacing them 10–12" apart in the garden.
- If starting from seed, plan to sow them indoors 8–10 weeks before your last frost date. Begin by soaking seeds overnight in water to speed germination. Use plantable pots, such as peat pots, to avoid disturbing roots. Plant hardened-off seedlings outdoors 1–2 weeks before the last spring frost date.
- To harvest parsley, cut off individual stalks close to the ground, starting with the outer stalks to encourage tender and flavorful new growth.

CILANTRO



- A must-have for many global cuisines, cilantro leaves impart a unique flavor to fresh and cooked dishes. If the plant is allowed to flower, it will form seeds that are called coriander.
- A cool-weather plant, cilantro grows best in the cooler weather of spring and fall. Sow seeds directly in the garden.
- Grow cilantro in full sun and rich, well-drained soil. In warm climates provide afternoon shade to prolong the harvest.
- Harvest by cutting the leafy stems near the base of the plant, at the soil line. To help ensure plant regrowth, avoid harvesting more than a third of the plant at any one time.
- To harvest the seeds, allow the flowers to mature and turn brown. Clip the flower and place it upside-down in a paper bag. After few days, the round husks will dry and split in two, dropping the edible seeds (coriander!) inside the bag.

VEGGIES + EGGS = FLAVOR!



Use the list below as inspiration for creating a flavor profile that brings together eggs and your garden-grown ingredients!

Tips for veggie prep

Most veggies are best pre-cooked before combining them with the other ingredients.

- Boil or pressure cook: beans, corn, potatoes, sweet potatoes, squash, beets
- Saute: onions, mushrooms, leafy greens, eggplant, okra, carrots, broccoli, zucchini

Note: Do not overcook the veggies as they will continue to soften while cooking or baking.

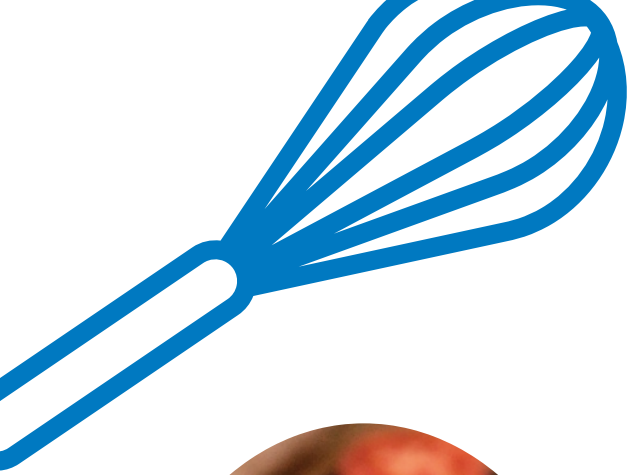
- Best added fresh: tomato, peppers, herbs

15 flavor combinations

- 🍅 **Classic:** tomato + onion + mushroom
- 🍃 **Breakfast:** sausage + spinach + onion
- 🌶️ **Salsa:** tomato + jalapeño + cilantro + garlic
- 🍅 **Fajita:** bell peppers + steak + onion
- 🌽 **3 sisters:** corn + beans + squash
- 🌿 **Greens, eggs, & ham:** collard greens + ham + onion
- 🍃 **Pizza:** tomatoes + basil + pepperoni
- 🍟 **Baked potato:** bacon + potato + chives + cheddar
- 🌽 **Southern:** sweet potato + okra + black-eyed peas
- 🥕 **Veggie:** carrot + broccoli + onion
- 🍆 **Courgette:** zucchini + potato + parmesan + oregano
- 🍆 **Mediterranean:** eggplant + parsley + potato
- 🌿 **BKT:** bacon + kale + tomato
- 🌿 **Lox:** salmon + dill + tomato
- 🍷 **Chèvre:** thyme + beets + goat cheese



EGG BITES



Ingredients

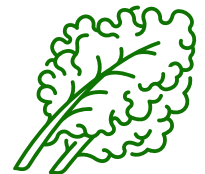
- 12 Pete and Gerry's Organic Eggs (or 1 egg per egg cup)
- 1 cup veggies, uniformly chopped into small pieces or grated
- ½ tsp salt
- Optional or to taste:
 - 1 tsp fresh or dried herbs, chopped (e.g. parsley, thyme, rosemary, etc.)
 - ½ tsp spices of choice that will create your desired flavor profile (e.g. garlic, cayenne, paprika, pepper, taco seasoning, cajun seasoning, Greek seasoning, etc.)
 - Fully cooked meat or meat substitutes, cut into small pieces
 - Cheese, grated or crumbled



Storage: Egg Bites will remain fresh for 2-3 days when refrigerated in an airtight container, or can be frozen for up to 3 months.

Reheating: Egg Bites can be easily reheated in the microwave or oven.

Instructions



1. Preheat the oven to 375°F.
2. Coat a 12-cup muffin pan with oil or butter.
3. In a medium bowl, whisk the eggs until smooth. To make egg cups with intact yolks, skip to step 6.
4. Mix in the salt, herbs, and spices of choice.
5. Pour the mixture evenly into each compartment of the muffin pan.
6. Add in your choice of prepped veggies, proteins, and cheese. If making egg bites with runny yolks, add your herbs and spices and press your fillings into the bottoms of the muffin cups to create a crust. Carefully crack one egg overtop.
7. Bake for 20 minutes or until the Egg Bites are firm, spring back to the touch, and a toothpick inserted comes out clean.
8. Cool for a few minutes and serve with your favorite pesto, hot sauce, or other toppings.