



Please find our recipe and farm store ordering information below.

Shop our online farm store Sunday November 29<sup>th</sup> through Wednesday December 2<sup>nd</sup>. Order pickup is on Friday or Saturday from our farm (details at checkout). The meal kits will be featured as the first 2 items on the farm store.

Store Link: <https://app.barn2door.com/e/51n79>

Crystal Organic Farm  
425 North Johnson Street  
Newborn, GA 30056

**Meal Kit Cost \$20 (Vegetarian Option)**

Root Veggie Herb Roasting Mix

Included: Sunchokes, Beets, Turnips, Carrots, Fingerling Sweet Potatoes, Rosemary, Thyme

Immune Supportive Calendula Tea

Included: 1oz dried calendula flowers

**Meal Kit Cost \$30 (Meat Option)**

Easy Pan-Fried Cubed Steak

Included: 1lb beef cubed steak from Camp Twin Lakes Farm (Grassfed/Finished; Certified Humane Processing)

Root Veggie Herb Roasting Mix

Included: Sunchokes, Beets, Turnips, Carrots, Fingerling Sweet Potatoes, Rosemary, Thyme

Immune Supportive Calendula Tea

Included: 1oz dried calendula flowers

### **Root Veggie Herb Roasting Mix Recipe**

#### **INGREDIENTS**

Root Veggies Chopped into 1.5inch chunks

3 tablespoons avocado oil (or 'light' olive oil)

1 teaspoon salt

1 teaspoon black pepper

1 tablespoon fresh thyme, leaves removed from stems and roughly chopped (about 2 to 3 stems)

1 tablespoon fresh rosemary, leaves removed from stems and roughly chopped (about 2 to 3 stems)

8 to 10 cloves garlic cloves peeled and left whole

Cooking spray or avocado oil (to grease pan)

#### **INSTRUCTIONS**

Preheat oven to 425 degrees Fahrenheit.

Meanwhile, toss everything together in a large bowl, ensuring everything gets coated in some oil and seasoning.

Spray a large baking sheet with cooking spray or grease with a little oil. Spread veggies onto sheet pan in a single layer. If your pan is smaller, use two pans.

Roast 20 minutes, stopping to turn. Roast another 20 minutes or until veggies are tender.

Sprinkle with some fresh herbs if you like. Yields 4 large side servings or 6 smaller side servings. Enjoy!

### **Calendula Tea Recipe**

#### **INGREDIENTS**

2 tsp dried calendula flowers

2 cups of water

1 tsp of honey (or) (if desired)

1 tsp cinnamon powder (if desired)

#### **INSTRUCTIONS**

To make calendula tea, bring 2 cups of water to a boil in the saucepan.

Meanwhile, add 2 teaspoons of dried flowers to a tea infuser or teapot.

Pour hot water over the leaves and allow it to steep for 10 minutes.

Once done, strain out the flowers and add a teaspoon of honey or cinnamon powder, if desired, to enhance the taste.

## **Easy Pan Fried Cubed Steak Recipe**

### **INGREDIENTS**

4 cubed steaks  
1/4 cup butter  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp paprika  
1/4 tsp turmeric (optional)  
1/8 tsp nutmeg (optional)  
Real salt and freshly ground pepper to taste

### **INSTRUCTIONS**

Combine the garlic powder, onion powder, paprika, turmeric and nutmeg in a small bowl. Sprinkle both sides of each steak with the mixture. Melt the butter in a large frying pan. Place the steaks in the pan and fry until browned. Sprinkle with salt and pepper and enjoy!