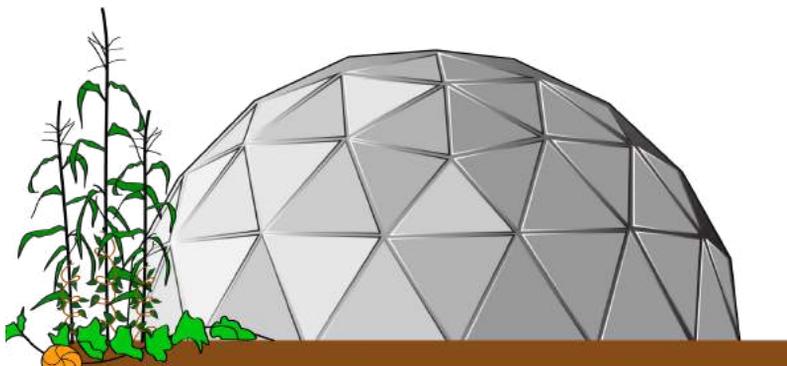

Specialty Crops

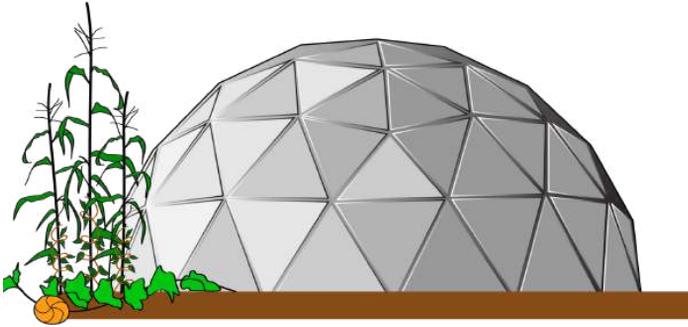
*From our Garden,
to your Kitchen.*



Recipe Booklet

***Presented to you by the Sicangu Food
Sovereignty Initiative***





Keya Wakpala

Markets

Mission

Unlakotapi, wicozani, wowokiye,
wowawanglake. Wakanyeya kin lakol inajin
heca nake nula waun
Woyute ki le pejuta waste heca.

"We are Lakota, we are healthy, we are
helpful. Our children will stand with everything
Lakota, and will be able to take on anything.
Our Food is Good Medicine."

Vision

Spark a prairie fire movement to indigenize
our food economy.



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A close-up photograph of fresh rhubarb stalks and several ripe strawberries. The rhubarb stalks are thick and have a vibrant pinkish-red color with some green at the top. The strawberries are bright red with visible seeds and green stems. The background is dark and out of focus.

Rhubarb Strawberry Crumble

Ingredients

- 1/2 cup cornstarch
- 1/2 cup granulated sugar
- 2 Tbsp brown sugar
- 3 cups fresh rhubarb (2-3 stalks, sliced)
- 1 pound strawberries
- 2 tsp vanilla extract
- 1 cup old-fashioned oats
- 1/2 cup brown sugar (packed)
- 1/2 cup unsalted butter (softened)
- 1/3 cup all-purpose flour
- 1 tsp ground cinnamon
- 1/4 tsp salt

Directions

- Preheat oven to 350°F and grease a 9-inch square or similar sized baking dish.
- In a large bowl, combine cornstarch and sugars. Add rhubarb slices, strawberry slices, and vanilla extract. Toss to coat
- Transfer the mixture to the baking dish
- In a large bowl combine the old-fashioned oats, brown sugar, butter, flour, cinnamon, and salt.
- Mix the ingredients together until large cookie dough-like crumbs form. Drop small pieces of the topping evenly over the filling until you use all the topping.
- Bake at 350°F for about 45-60 minutes until the fruit filling is cooked and bubbling, and the topping is nicely browned.



Storage tips

The easiest way to store rhubarb so you can enjoy it when it's out of season is to freeze it. Cut stalks into 1-inch pieces, lay them flat on a parchment-lined baking pan and freeze until firm.

After a few hours, transfer to freezer bags and store them in the freezer for up to a year.

Fun facts

When harvesting rhubarb, there is no need to wait until the rhubarb turns "all red". Color is not an indication of ripeness.

Stalks should be about 7-15 inches long when ready to harvest. Start with the bigger stalks on the outside of the plant and work your way towards the center. Slide your hand to the bottom of the stalk and pull. The stalks should come out nice and easy. Leave at least 1/3 of the stalks on the plant in spring time to ensure it continues to grow and thrive throughout the season. Continue harvesting all summer long!



Honey Barbeque Sauce

Ingredients

- 1 cup of ketchup
- 1/2 cup of honey
- 1/2 cup of brown sugar
- 1 tsp Worcestershire sauce
- 1 tsp Apple Cider Vinegar
- 1 tsp salt
- 1/2 tsp granulated garlic
- 1/2 tsp black pepper

Directions

- In medium to large pot, add the ingredients and stir together over medium heat.
- Stir frequently until the brown sugar and honey have melted and the sauce just starts to bubble
- Remove from heat to cool.
- When cool, place in an airtight container and place in the refrigerator until ready to use.
Yields about 2 cups



Storage tips

Honey keeps best when stored in a cool, dry area away from direct sunlight. Its worst enemy is moisture which can compromise its quality. Make sure your honey containers are tightly sealed when stored. If your honey goes cloudy, don't worry! This is called crystallization and does not affect the quality, flavor, or nutritional value of the honey.

Fun facts

The fascinating process of making honey begins when the bees feast on flowers, collecting the flower nectar in their mouths. This nectar then mixes with special enzymes in bees' saliva, a process that turns it into honey. The bees carry the honey back to the hive where they deposit it into the cells of the hive's walls. The fluttering of their wings provides the necessary ventilation to reduce the moisture content, making it ready for consumption.



Grilled Zucchini

Ingredients

- 3 zucchinis sliced 1/4 inch thick, lengthwise
- 1 Tbsp of olive oil
- 1 Tbsp of grill seasoning

Directions

- Preheat the grill and lightly oil the grate.
- Drizzle zucchini slices with olive oil and season with grill seasoning.
- Grill zucchinis on preheated grill, both sides until tender, about 2-4 minutes.



Storage tips

Zucchini will stay fresh for four or five days if you store it in a plastic bag in the refrigerator's crisper drawer. Do not wash the zucchini until just before you are ready to use it. If you notice the zucchini wilting, you should use it immediately.

Softness is a strong sign of deterioration.

Fun facts

Zucchini, or courgette, is a summer squash. It can grow to more than 3.2 feet in length, but is usually harvested when immature at around 8 inches. Although it is often considered a vegetable, it is botanically classified as a fruit. Zucchini is a versatile squash rich in vitamins, minerals, and plant compounds. Try adding it to your diet today.



Tomato Cucumber Onion Salad

Ingredients

- 3 medium plum tomatoes, cut into wedges
- 1 medium onion, sliced
- 3 medium cucumbers, peeled and sliced, 1/4 inch thick
- 1/2 cup vinegar
- 1/4 cup sugar
- 2 tsp salt
- 1 tsp black pepper
- 1 tsp fresh dill or mint (optional)

Directions

- Combine the tomatoes, cucumbers and onions.
- In a small bowl combine vinegar, sugar, salt, pepper, and whisk thoroughly.
- Pour liquid mixture over the top of the cucumber mixture and toss well to coat.
- Refrigerate at least two hours before serving.



Storage tips

Avoid storing tomatoes in the refrigerator. Keep them in the pantry or utility room at temperatures between 55 and 70°F. Flip the tomatoes over and store stem side down. Try not to stack them, this causes bruising and promotes rotting.

Fun facts

The tomato is the most popular vegetable in the U.S. with 93% of gardening households growing them! It is speculated that there are over 25 thousand varieties of tomatoes. 94.5% of tomatoes weight is made up of water and Americans obtain more vitamins from them than from any other vegetable.



Pico de Gallo

Ingredients

- 2/3 cup white onion, finely diced
- 4 roma tomatoes, deseeded and diced
- 1 bunch of cilantro, finely chopped
- 1 serrano pepper or jalapeno, finely chopped
- 1 lime, juiced
- 1/2 tsp salt

Directions

- Mix all of the ingredients in a bowl.
- Marinate in the refrigerator for 15 minutes.
- Serve with Tortilla chips!



Storage tips

Onions should be kept in a ventilated space, such as your countertop. You can keep them in a paper bag or even a wire basket. It isn't necessary to store onions in the refrigerator, as the cold temperature will quickly soften their texture.

Fun facts

Onions really do make you cry. That's because of the sulfuric acid in them. The acid isn't dangerous to eat, but it sure does burn your eyes! You can avoid this if the onion is cold and you cut the root end last, or if you run it under cold water while cutting it.



Sweet Corn and Buffalo Soup

Ingredients

- 1-2 buffalo roasts, sliced into cubes
- 1 lb sweet corn
- 1 onion, minced
- 1 lb of carrots, sliced or diced
- 4 cups of water or beef broth
- 1 tsp of thyme
- 1 tsp of oil
- Salt and pepper to taste

Directions

- Heat a large pot over medium high heat.
- Add oil, onion, buffalo, salt, pepper, and thyme.
- Brown buffalo for 5 minutes, or until onions are caramelized.
- Pour in water or broth, set heat to high and bring to a boil.
- Add in corn kernels, cover with lid and reduce heat to low.
- Cook for 2-3 hours or until buffalo is tender.



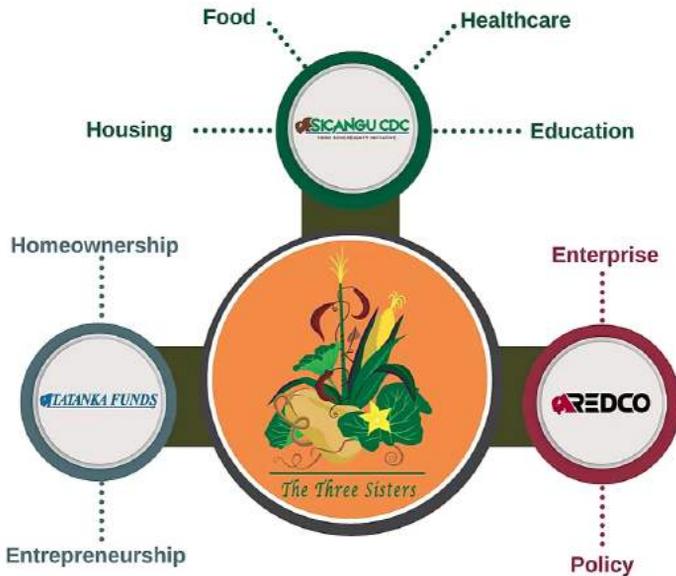
Storage tips

Husk your corn on the cob, and remove the silks. Bring 6-8 quarts of water to a boil. Submerge several ears at a time. Blanch the ears for 4 minutes. Cool promptly in ice water for 4 minutes. Drain and cut the kernels from the cob. Package the corn in freezer containers, leaving 1/2 inch head space. Seal and freeze at 0°F or below. For best quality, eat within 8-12 months of freezing.

Fun facts

There are thousands of corn hybrids, but most fall into six general types, which are dent, flint, pod, popcorn, flour, and sweet corn. On average there are about 800 kernels on an ear of corn, and one strand of silk for each kernel on a cob. An ear of corn always has even number rows. One acre of land can produce 14,000 pounds of sweet corn.

Three Sisters Strategy



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"This publication was supported by the Specialty Crop Block Grant Program at the U.S. Department of Agriculture through grant AM190100XXXXG031. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA"