



BACHELOR'S BUTTON
WATER
\$1.69
2 grams
ANNUAL
FULL SUN
WARM SEAS
80 DAYS
FULL SUN
COOL SEASON
75 DAYS
Sow in
early spring
or late fall

LETTUCE CELESTINE
Great Lettuce
Lactuca scariola
\$1.79
1 gram
COOL SEASON
75 DAYS
Sow in
early spring
or late fall

CYPRUS
Funny Vase
\$1.99
ANNUAL
FULL SUN
Blooms early
summer to fall
6" - 25" vine
HEIRLOOM
Lovely,
fernlike foliage
and charming
white, pink and
red tubular
flowers that
flourish in a
live-spout
cascades

PARSLEY
Italian Dark Green Flat
Petroselinum crispum var. Neapolitanum
\$1.79
2 grams
COOL SEASON
BIENNIAL
Sow in
early spring or
late summer
HEIRLOOM
Favored by
gourmets as
the most
flavorful of all
parsleys. Very
high nutritional
value and
sweet herb breath.
Will tolerate
partial shade

Botanical
INTERESTS



GROW, EAT, LOVE

To help you enjoy fresh home-grown produce this summer, we turned to experts in organic gardening and healthy cooking for advice on selecting the right plants, nurturing them in the ground, and incorporating them into delicious recipes.

Story by Tula Karras
Recipes by Stéphane Beaucamp
Photography by Jennifer Olson





UPCYCLED PLANTERS

Calming, energizing, whimsical—there's a plant container for every vibe.

Teacups, sugar bowls, and mugs: Chives and chervil do well in small containers (assuming 3 inches of depth). "Chervil, especially, likes to be crowded," says Shirey. Bonus if the cup is cracked, which allows for drainage. To avoid overwatering, let the plant sit with water in the saucer for 1 hour, then pour off the excess. "Overwatering kills more plants than underwatering," says Shirey.

Teakettles, old-fashioned kitchen tins, paint cans, and large tomato cans: Succulents, chives, chervil, lettuce, and thyme are all contenders here—these compact plants need little room for roots. For drainage, Shirey recommends filling the tin with water, freezing it, then using a drill or ice pick to open 3 to 4 holes that are ¼- to ½-inch in diameter on the bottom. You can paint your cans, use chalkboard paint to label your plants, or even wrap them in wallpaper.

Baskets and colanders: These come with built-in drainage. Depending on how tight the weave is, you may need to line them with moss or vinyl window screening (some metal screening may rust) or a coconut-fiber lining to keep soil intact and bugs out. If your basket is deep enough, you can fill it with parsley or any of the plants that thrive in tins and teakettles.

Cloth bags and purses: These work best as holders for potted plants (and their saucers) that you can remove to water and then replace once the water has drained. The firmer the fabric, the better its shape retention. Add a plastic liner to prevent water stains.

Wagons and wooden dresser drawers: Lettuce thrives in these low, flat containers thanks to its shallow root system. As long as there is at least 6 inches of depth, thyme, oregano, and tarragon are also candidates, along with plants that flourish in smaller containers. Drill drain holes in the base, then line the base with vinyl window screening to keep bugs out.

WHAT'S BETTER THAN a meal you've cooked? One you've grown! A home garden not only saves money, it also reduces your carbon footprint and, when eaten fresh, delivers more nutrients. For instance, tomatoes, lettuce, and carrots can lose up to 70 percent of their vitamin C from harvest to restaurant, finds one study from Brazil. Avoid chemical pesticides and you'll likely reap even more nutritional benefit: Organically grown eggplant has more calcium, potassium, and magnesium than its conventional counterpart, according to a study in the *Journal of Agricultural and Food Chemistry*, while organic tomatoes have more vitamin C and carotenoids than nonorganic ones, finds research from France.

To help you plant a tasty garden, including Ayurvedic ingredients to balance your *dosha* (page 42), we tapped The Ayurvedic Institute and experts at Lake Austin Spa Resort in Texas, where much of the food is grown organically by director of flora and fauna Trisha Shirey, author of *Vegetable Gardening in the Southwest*. Then, use your harvest in the recipes starting on page 40, developed by the resort's executive chef Stéphane Beaucamp, whose philosophy is simple—eat fresh, real, seasonal food. This summer's forecast: delicious, healthy, and soothing.

Tula Karras is a writer in Austin, Texas. Stéphane Beaucamp is executive chef at the Lake Austin Spa Resort.

PLANT YOUR GOURMET GARDEN

You can grow the plants below in containers or a plot. Containers should be at least 12 inches deep by $\frac{1}{3}$ to $\frac{1}{2}$ the height of the mature plant in width. Container-grown veggies need more nourishment than those in the ground, where they naturally get minerals and other nutrients. For container gardening:

1. MIX UP A FERTILE SOIL. Combine 1 part compost with 5 parts vegetable potting soil, then top with additional compost. "Compost helps keep the soil moist," says Shirey.

2. USE ORGANIC VEGETABLE FERTILIZER. It slows drainage, adds nutrients,

and keeps nitrogen levels lower so edibles can bloom. Look for vegetable-formulated fertilizers that are CDFA or OMRI certified—Shirey uses Maxicrop seaweed.

3. TOP WITH MULCH. Once your plant begins to sprout and the weather warms,

cover soil with 2–3 inches of mulch to keep it moist. But wait until you see green—mulch too early and the soil, blanketed by mulch, may not warm up.

4. MONITOR MOISTURE. Containers dry out in hot temps; check often. Avoid overwatering or standing water.

START FROM TRANSPLANTS

These are tricky to germinate and may not sprout in time for a summer feast.

Gradually introduce your transplants to sun. "Transplants have likely just come from a greenhouse and can get sunburned and dried out if exposed to full sun or windy conditions for too long," Shirey says. Over a few weeks, move them so they get a little bit more sun each day. Tip: Transport them in a wagon.



HEALTH BENEFITS: One cup of chopped, fresh tomatoes yields one-third of your daily vitamins C and A. You also get lycopene, a heart helper. To best absorb the lycopene, cook tomatoes on low (190°) for at least several minutes and consume with a healthy fat, such as olive oil.

WHEN TO PLANT: After frost risk has passed. If temps dip below 50°, cover with polyester floating row covers or bring indoors.

LOOK FOR: A "determinate type," which won't outgrow the pot.

FEEDING: Six-plus hours of sun and good air circulation are key—the plant pollinates itself via wind. Water frequently and consistently.

HEALTH BENEFITS: The skin delivers digestion-supporting fiber (1 cup eggplant has 10 percent of your daily needs) and inflammation-quelling phytochemicals.

WHEN TO PLANT: Once frost risk has passed. Insulate with polyester plant covers when temps drop below 50°.

LOOK FOR: Japanese and Italian varieties, which tend to be milder than Indian and Asian varieties. For a stronger flavor, plant Black Beauty. Stick with smaller-sized varieties for containers.

FEEDING: Four-plus hours sun and fish or seaweed fertilizer; water often.



HEALTH BENEFITS: Parsley has blood-enriching iron and vitamin K, as well as vitamin C and heart-helping folate. One cup gives you 133 percent of your day's needs for C, and nearly 25 percent of your folate and iron.

WHEN TO PLANT: Parsley does well in cool and even cold weather, so plant any time.

LOOK FOR: Transplants that have been thinned. If it's too "bushy," it's probably 20 seedlings planted too close together to thrive. Tip: Separate a thick transplant into several containers or one large one, with 12–15 inches between clumps.

FEEDING: Needs at least 3 hours of daily sun, but welcomes afternoon shade. Water when soil is dry 1 inch down; don't overwater, which can cause rot.

START FROM SEEDS

These three plants are super-easy to grow from seeds—perfect for beginners!

HEALTH BENEFITS: Boasts nearly 3 grams of fiber per cup; a good source of potassium (supports muscle contraction).

WHEN TO PLANT: Fennel prefers cool weather; plant when temps hit 36°—anything lower can be detrimental. Seeds germinate best at about 60°. Plant seeds about 4 inches apart, 2 inches deep.

LOOK FOR: Seeds for fennel bulb (Florence fennel, a.k.a. finocchio) not fennel herb, which produces the seed used for spices.

FEEDING: A half-day of sun (or full day filtered) and afternoon shade; water regularly, but don't waterlog—allow water to run out of the pot. If you use a saucer, don't leave standing water.



HEALTH BENEFITS: Scallions (a.k.a. green onions) are Mother Nature's multivitamin, delivering calcium, potassium, folate, and vitamins A, C, and K.

WHEN TO PLANT: They do best in cool weather, spring or fall, when nighttime temps are around 45°. Plant seeds a half inch deep, 1 to 1½ inches apart.

LOOK FOR: McCoy's or Evergreen White Bunching types, which don't form bulbs and keep producing green onions—a perennial source if temps stay warm (they die in summer and reappear in fall).

FEEDING: Sprinkle coffee grounds on the soil every 2–3 weeks in addition to fertilizer at planting time for a nitrogen boost. Place where they'll get half-day sun/shade. Water regularly, but err on the side of dry.



HEALTH BENEFITS: Contains cancer-fighting anthocyanins; the richer the color, the more they deliver, so favor red and orange petals.

WHEN TO PLANT: Just after your last hard frost (if it dips below 30° for several nights, protect with a polyester cover or bring indoors). Sow seeds about ½ inch in soil to inches apart.

LOOK FOR: Dwarf types if you're using containers; climbing types do nicely on a trellis or even in a pot placed up high from which they can cascade down a wall.

FEEDING: It does well in partial sun/shade. If you're using containers, water frequently. In the ground, err on the side of dry: Stick your fingertip 2 inches deep—if you don't detect moisture, go ahead and water.



EAT WHAT YOU SOW

You've done the hard work and patiently cultivated your nutritious ingredients. Now comes the fun part: using them in these tasty, spa-inspired recipes!

1

saffron shrimp and Provençal vegetables

SERVES 4

The combo of eggplant, fennel, tomato, and saffron—a mix common to Mediterranean and Provençal cuisines—delivers fresh flavor and myriad nutrients. The shrimp add satiating protein.

- 2 tbsp olive oil, divided
- 3 shallots, sliced
- 2 scallions, greens only, minced
- 1 eggplant, peeled and diced
- 2 tomatoes, diced
- 2 large fennel bulbs, thinly sliced
- $\frac{1}{4}$ tsp saffron threads
- $\frac{1}{8}$ tsp sea salt (or more to taste)
- $\frac{1}{8}$ tsp freshly ground black pepper
- 1 tbsp nasturtium leaves or petals, chopped, plus 4 flowers for garnish
- 1 tbsp fresh parsley, chopped
- 1 tsp sugar
- 20 Texas Bay shrimp (or any 21–25 count shrimp—often labeled large or jumbo), peeled and deveined

In a large Dutch oven over medium heat, warm 1 tbsp olive oil. Add shallots and scallions; cook until soft, 1 minute. Add eggplant and cook, stirring, 1 minute. Add tomatoes and cook, stirring, 1 minute. Add fennel and cook, stirring, 1 minute. Add saffron, salt, and pepper; reduce heat to simmer, cover, and cook until veggie mixture has stewlike consistency, 15 minutes. Add chopped nasturtiums, parsley, and sugar; cook 5 minutes.

In medium skillet over medium-high heat, warm remaining 1 tbsp oil. Add shrimp and cook, flipping once, until they turn pinkish and are no longer translucent, 4 minutes.

Divide shrimp and veggies among 4 plates. Garnish with flowers. Serve hot.

NUTRITIONAL INFO 219 calories per serving, 8 g fat (1 g saturated), 26 g carbs, 9 g fiber, 14 g protein, 563 mg sodium

FOR AYURVEDA LOVERS

Sprout a veritable garden of *dosha*-balancing wellness on your patio or windowsill. Growing your own herbs allows you to use them at the height of potency—right after trimming. “And even before you consume the herbs, they have a positive effect, especially if they’re growing indoors near you,” says Kashyapa Fisher, who teaches herbology at The Ayurvedic Institute in Albuquerque, New Mexico. “Each specific plant impacts you differently, from oxygenating the air to influencing your mood and the space you’re both in.”

To plant herbs ideal for your dominant dosha (take our quiz at yogajournal.com), use the chart at right. Fisher and Paul Smith, a yoga teacher at Lake Austin Spa Resort, carefully chose these plants for safety and balancing efficacy. Cook with them or use them in teas, massage oils, or bath infusions.

VATA	HERBS	BENEFITS	GARDEN TIPS
	LEMON BALM	Relaxing, relieves PMS and bloat	Trim before it blooms to keep it from outgrowing its container
	GINGER ROOT	Grounding, warming, relieves nausea	With store-bought ginger, plant after root sprouts; likes afternoon shade
	CHAMOMILE	Reduces inflammation, destressing	Loves sun but not heat: Bring indoors when above 75°

PITTA	HERBS	BENEFITS	GARDEN TIPS
	MINT	Cooling, aids digestion, detoxifying	Loves moisture, so water well; flavor is richest just before flowering
	ROSE PETALS	Energizing, aphrodisiac, supports circulation	Loves full sun; use ASAP, as oils degrade within 12 hours of plucking
	LEMONGRASS	Cooling, aids digestion	Pop grocery-store stems in water; plant in soil when roots sprout

KAPHA	HERBS	BENEFITS	GARDEN TIPS
	SAGE	Detoxifying, aids breathing	Loves dryness, so use a pot with good drainage and don't overwater
	HOLY BASIL	Stimulates mind and body	Bring indoors sub-50°; loves water; stem/leaves above 5 inches are most potent
	THYME	Promotes energy, controls bacteria	Don't overwater; loves sun and heat



2 caponata bruschetta

SERVES 16

Makes about 2 cups. If you wish, refrigerate unused portion to top fish, chicken, or salad, or mix with veggie stock for soup.

- 3 tbs olive oil, divided
- 1 large eggplant, diced, skin on
- ½ fennel bulb, finely sliced
- ½ shallot, finely sliced
- 2 tbs nasturtium leaves or petals, chopped
- 1 garlic clove, finely sliced
- 3 small tomatoes, roughly chopped
- 1 tbs red wine vinegar
- ¼ tsp sea salt (or more to taste)
- ⅛ tsp freshly ground black pepper
- 1 tbs capers
- ½ tsp tomato purée
- Rustic country bread, cut into about 1-inch slices
- 1 tbs chopped scallions, greens only, for garnish

In a large saucepan over medium heat, warm 2½ tbs oil. Add eggplant and

cook, stirring, 3 minutes. Reduce heat to low simmer, cover, and cook, stirring occasionally, until soft, 15 minutes. Remove eggplant with slotted spoon to drain any excess oil and set aside in a bowl.

Add fennel and shallot to saucepan; increase heat to medium and cook, stirring, 2 minutes. Cover and cook, 5 minutes. Add nasturtiums and garlic. Cook uncovered, stirring, 1 minute; add tomato, vinegar, salt, and pepper and cook uncovered, 10 minutes. Return eggplant to pan; add capers and tomato purée. If mix begins to look dry, add a splash of oil. Simmer uncovered until all ingredients are soft, 15 minutes. Remove from heat to thicken for a few minutes.

Toast bread and scoop 2 tbs caponata onto each slice; drizzle with remaining oil and top with scallions.

NUTRITIONAL INFO 68 calories per slice, 3 g fat (0 g saturated), 10 g carbs, 2 g fiber, 5 g protein, 49 mg sodium



3

fennel salsa

SERVES 8

- 2 tomatoes
- ½ green bell pepper, diced
- ½ red bell pepper, diced

- ½ scallion, finely chopped
- ½ fennel bulb, finely chopped
- 1 tbsp nasturtium leaves or petals, chopped
- 1 tbsp parsley, roughly chopped
- 3 tbsp white wine vinegar
- 2 tbsp olive oil

In a small saucepan, boil tomatoes in 4 cups water for 30 seconds; remove with spoon and plunge into bowl of ice-cold water, 1 minute. Peel tomato skins, cut into quarters, and scoop out seeds. Dice tomatoes. Combine tomatoes and remaining ingredients in a bowl. Use as a chip or veggie dip.

NUTRITIONAL INFO 46 calories per 5-tbsp serving, 4 g fat (0 g saturated), 4 g carbs, 1 g fiber, 1 g protein, 10 mg sodium

olive-scallion tapenade

SERVES 8

- 6 tbsp olive oil
- Juice of ½ lemon
- ½ cup black olives, pitted
- 2 tbsp scallions, greens only, chopped
- 1 tbsp capers, drained and rinsed
- 1 tbsp nasturtium leaves or petals, chopped
- 1 tbsp fresh parsley, chopped
- 3 anchovy fillets

In a food processor, blend all ingredients until finely ground. Spread on toast or crackers.

NUTRITIONAL INFO 115 calories per 4-tbsp serving, 12 g fat (2 g saturated), 1 g carbs, 0 g fiber, 1 g protein, 203 mg sodium



4

nasturtium pesto

MAKES 4 BATCHES

- 1 large bunch scallions (5 tbsp chopped)
- 1 small bunch nasturtiums, leaves or petals (5 tbsp chopped)
- 1 small bunch parsley (about ½ cup)
- ¾ cup Parmesan
- ½ cup pine nuts, toasted
- 1 tsp lemon juice (or more to taste)
- ½ tsp sea salt
- ¼ tsp black pepper
- ¾ cup olive oil

In a food processor, blend all ingredients except olive oil into coarse, grainy mixture. Slowly pour in oil in several batches, pulsing briefly after each batch, until completely blended. Use to top fish or chicken. ♻️

NUTRITIONAL INFO 541 calories per batch, 56 g fat (9 g saturated), 6 g carbs, 1 g fiber, 7 g protein, 518 mg sodium



5

AND
DON'TCHA
come back.

MIND
the GAP
[x2]

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