



Summer Meal Ideas

BY BURBURY WHOLE FOODS

Summer is on its way which means cooler
and lighter foods



Summer is on its way!

For us, this means more surfing, outdoor activities, late afternoon picnics and cooling light foods.

In Ayurvedic traditions (ancient Indian yogic theology) it is believed that different seasons trigger different biological changes in our body. During summer it is suggested that we are inclined to crave cool, fresh foods in smaller amounts.

So for summer think salads, fresh fruits, grilled fish, steamed vegies and cooling drinks. For ingredients think sweet, bitter, and astringents such as mint, coriander, fennel, cardamon, watercress, greens, cucumber, cauliflower, lime, mango, pomegranate and papaya.

To get you inspired, below are some examples of what we like to eat in summer.

What is most important though is that you listen to your body. Try to tune into what YOU find yourself craving with the seasonal change.



Why we choose Organic

When it comes to the question of why choose organic, it comes back to the individual on three fronts.

Environment - Industrial farming techniques require large amounts of fertilisers to improve crops and yields. A huge amount of resources goes into the production of these fertilisers. Extensive use of them can lead to the loss of top soil and pollution of waterways due to run-off. Non-organic farming also uses pesticides to protect its crop. Excess pesticide use can deplete the Earth's soil and devastate an ecosystem's essential insect population. Organic farming reduces pollutants in groundwater and creates richer soil that aids plant growth while reducing erosion. Organic farmers are not allowed to use water-soluble nitrogen and phosphorous fertiliser which contribute to numerous environmental impacts.

Health - I like to take an evolutionary point of view. Us and the planet have evolved over millions of years to become in a perfect state of equilibrium with the world around us and the chemicals that make it up. You see it now in our nutrition and diets. We need calcium for healthy bones, iron for hemoglobin etc. Imbalances in these chemicals create an imbalance in our body system. Low levels of iron can lead to tiredness and fatigue. Now when we consume non-organic foods that contain different pesticides and synthetic compounds which are combined and manipulated chemicals, it can again create an imbalance in our system. It is the same with our planet. As we began to take carbon out of the ground, burn it and release it into the atmosphere, it has created an imbalance which has resulted in climate change. Imbalance of chemicals makes our earth sick, same goes for our bodies.

The problem here isn't chemicals, because literally everything is chemicals. The thing is continuous exposure to potentially harmful substances. Many of the pesticides in modern farming practices are beginning to be shown, some like chlorpyrifos, to be attributed to a multitude of health risks. Different foods contain different amounts of pesticide residues and it is something to be wary of. There is yet to be any long term studies on the difference in health benefits when eating organic and non-organic. But if you can remove exposing your self to potentially harmful pesticides, I think in 25 years, your body will thank you.

Taste - This is where it comes down to personal preference, science is yet to come to the party. It is something you are going to have to taste and decide for yourself. I always like to think that things grow as a result of soil, water and sun and it is a product of those three things. Plants draw in the nutrients from the soil and those enzymes become apart of its genetic make up. Whether or not that impacts taste i don't know. But I would much prefer to eat something that has come from rich natural soil rather than something from a fertilise filled monocrop.



Where we buy our food in the Northern Rivers

Try shopping at farmers' markets (we like New Brighton markets on Tuesdays or Mullumbimby on Fridays). You're supporting your local farmers, reducing waste by purchasing produce that isn't wrapped in plastic and your food will be fresh, local and seasonal.

Fruit and vegetables

For greens and herbs we love Kenrick from @wiccaewood. His beautiful wife makes up bunches of greens that are just like a bunch of flowers.

Summit organics are awesome and located just out of Murwillumbah. Try their carrots if you get a chance. Their mission is "to provide greater security and sustainability to the local food supply as well as increased production with minimal ecological footprint." You've got to love that!

<https://summitorganics.com.au>

If you can't get to the markets, <https://thefarmersstore.com.au> do awesome vegie box deliveries. They grow a lot of it themselves and source from other local farmers in the area. We are blown away by how fresh these vegies are and the owners are absolute legends.

Bread

Crabbes Creek bakery for delicious sourdough. They are at both New Brighton and Mullum Markets. Ask about the fruit buns!

Bread Social is located in Tweed Heads and at the Farm in Byron Bay. If you go to the farm, while your getting your bread you can grab some seedlings from @wormticklers and a delicious meal or drink.

Tempeh

@byronbaytempeh - Unlike traditional tempeh, which is made from soybeans, they make theirs from other legumes such as chickpeas, fava beans and split peas.

Fish

Bay Seafood Market in Byron bay for all things seafood.

If you can catch the guys at Brunswick wharf when they come in with a catch you're in luck! They place a sign outside saying fresh fish and prawns. It comes straight off the back of the boat to you! They are usually there around the new moon because that is the best time for prawns.

Cheese

For all things dairy we love @debra_allard_cheese. She has won awards for her cheese and you can definitely taste why!

Meat

For lamb @localdorperlamb. Farming sustainably is a top priority for Warren, he employs regenerative agricultural practices and he even feeds his lambs fermented seaweeds to improve the health of the animal and to minimise impact.

For beef and chicken head to @byrongrassfed - "We believe that we can all move closer to a more sustainable and healthier food system for the future. We feel strongly that it's time to honour food produced with the best intentions and reward farmers who are not just producing food but providing a service to our land." Seriously love these guys and everything they are about!

Dry goods eg. spices, nuts, seeds, grains, legumes

Stores: The Source, Santos and Food Culture Bulk Foods

Digestive Smoothie Bowl

Having smoothies is a great way to pack a whole bunch of goodness into your day - in one hit! But some people's digestions can struggle with having food that is raw and cold. By adding either ginger or turmeric you help to 'warm' the smoothie making it easier to break down and aiding digestion. Have a try and see what you think.

Serves 2-3

Ingredients

1/2 mango, frozen
1/2 cup blueberries, frozen
1 banana, frozen
1 cup almond milk
1 tbsp ginger, grated
1 tbsp tahini

Method

Blend all the ingredients in a high-speed blender until smooth. Serve straight away.

Serve with fresh fruit and granola (see next page)



Fig and Turmeric Granola

You can use this recipe as a guide, this is our favourite combination but feel free to create something that suits your favourite flavours, what you have in the pantry and what your body needs. You can swap out the nuts, seeds and use different spices.

Two things to remember

1. If you're adding dried fruit such as the figs in this recipe do not bake them as they will burn. Best to add at the end.
2. If using coconut it needs to be toasted on its own as it will cook faster than the other ingredients.

Serves 8-10

Ingredients

1 cup shredded coconut
1 cup buckwheat
½ cup raw almonds, roughly chopped
½ cup walnuts
½ cup sunflower seeds
½ cup pepitas
3 tbsp honey
¼ cup coconut oil, melted
1 tsp ground ginger
½ tsp turmeric powder
½ tsp ground cinnamon
½ tsp vanilla powder
½ tsp ground cardamom
½ tsp ground nutmeg
pinch of salt
½ cup dried figs, thinly sliced

Method

Preheat oven to 180 °C fan

In a small baking tray spread out the coconut evenly, no need to line with baking paper. Bake for 5 minutes or until the coconut is slightly brown. Remove from the oven and set aside.

In a medium mixing bowl add the buckwheat, almonds, walnuts, sunflower seeds, pepita, honey, coconut oil, ginger, turmeric, cinnamon, vanilla, cardamom, nutmeg and salt. Combine well.

Spread the mixture out on a baking tray lined with a silicon mat making sure it isn't too crowded. You need the silicon mat as the mixture will stick to baking paper. Alternatively it can go straight onto the baking tray it will just need a bit of a scrub afterwards. Bake for 20 minutes or until the nuts are toasted.

Remove from the oven and leave to cool for 15-20 minutes. Once cool, add the dried figs and combine well.

Store in an air tight container or jar in the fridge for up to 2 months.





Cauliflower, quinoa and pomegranate salad

This salad was created with our herb garden in mind. Spring/summer is when it is most abundant and what makes this salad awesome is the freshness and variety of the herbs.

You don't have to use all the herbs that we have suggested. Just add what you have in the fridge or your own herb garden specials. Just make sure you have a variety to create flavour and different textures.

Serves 2-3

Ingredients

1/2 medium cauliflower, cut into florets with some of the outer leaves included
1 tsp cumin seeds
1 tsp turmeric powder
1/2 cup pomegranate seeds
3 tbsp coriander (40g), diced
3 tbsp parsley (40g), diced
1 tbsp oregano (15g), diced
1 tbsp thyme (15g), diced
2 tbsp mint (30g), diced
1 spring shallot, diced
4 cups cooked quinoa
1 lemon, to make 2 tbsp of juice
olive oil
salt
pepper

Method

Preheat oven to 180 °C fan.

In a large mixing bowl add the cauliflower and leaves, cumin seeds, turmeric powder, 1 tbsp olive oil, 1 tsp salt and 1 tsp pepper. Combine well.

Place in a lined baking tray making sure they are spread out. Place in the oven for 20 minutes or until the cauliflower is cooked and the leaves are crispy.

In a large mixing bowl add all the ingredients with 1 tbsp olive and salt and pepper to taste. Combine well and serve either hot or cold.



Hummus for summer picnics

This recipe is so versatile. You can add beetroot, roast pumpkin, take out the chickpeas and replace them with white beans, add fresh herbs or different spices, just to give you a few ideas.

Hummus is a great dish to start experimenting with and get creative with. Use this recipe as a guide and see what crazy concoctions you can create. The perfect addition to a summer picnic at the park.

Serves 2-3

Ingredients

½ cup tahini
1 lemon, to make 2 tbsp of juice and 1 tsp of zest
1 tsp garlic, minced
1 tsp cumin
3 cups cooked chickpeas
¼ cup ice cold water
olive oil
salt

Optional

1 tbsp nutritional yeast
2 tsp tamari
½ tsp sumac

Toppings (optional)

olive oil
1 tsp fresh herbs, chopped finely
chilli, thinly sliced
Shallot, sliced longways

Method

In a high-speed blender, add the tahini, lemon juice, lemon zest, garlic, cumin, 1 teaspoon of salt, 1 tablespoon of olive oil and the optional ingredients, if using. Blend until the tahini goes a white colour and it becomes a smooth paste.

Add the chickpeas and blend, slowly adding the ice cold water as you go. The colder temperature helps hold the hummus together. Stop every now and then to scrape down the sides.

(Note: the temperature of the hummus should not exceed 5°C during the mixing process).

Once the hummus is smooth, transfer to a bowl. Serve with a drizzle of olive oil, fresh herbs, sliced chilli and sliced shallot.

Fennel and sesame seared tuna with ginger tahini

Serves 6-8

Ingredients:

Tuna

1/3 cup black and white sesame seeds (50g)
1 tsp fennel seeds
1 tsp black pepper
2 x 250g pieces yellowfin tuna, cut in half
olive oil

Sauce

1/2 cup tahini
2 tbsp tamari
1 tbsp apple cider vinegar
1 tbsp maple syrup
1 tsp garlic, minced
1 tsp ginger, grated
1 tsp turmeric, grated or 1/2 tsp turmeric powder
1/2 tsp pepper
1/4 cup filtered water

Method:

Place sesame seeds, fennel and pepper on a plate. Press a piece of tuna into the mixture to coat. Turn over and coat the other side. Repeat with the rest of the tuna.

In a large frying pan, bring to a medium-high heat. Add 1 tbsp of olive oil. Cook tuna for 1 1/2 minutes each side for medium-rare or until cooked to how you like. Cut into bite size pieces.

For sauce, add all the ingredients to a high speed blender. Blend until combined, stopping occasionally to scrap down the sides. If it really isn't blending add a small amount more of water.

To serve, lay the sauce down on the plate and then evenly spread out the tuna slices.

Option to serve with shallots and micro herbs.



Lettuce wraps with peanut tempeh

We love wraps and we love them even more when they are made with mother nature's greens. This is a really fun way to get more leaves into your meal, that is also delicious and fresh for summer.

Serves 2-4

Ingredients

1 cup tempeh (110g), sliced
1 tsp garlic, minced
1 tbsp ginger, grated
1 tbsp sesame oil
1 cup capsicum (110g), diced
1/4 cup peanuts, crushed
1 tbsp green chilli, sliced
1 tbsp sesame seeds
1 tbsp maple syrup
1 tbsp tamari
1 tbsp water
1 spring shallot, sliced
1 cup fresh herbs, eg. coriander, parsley,

Cos lettuce cups

Method

Bring a medium fry pan to a high heat. Fry the tempeh until browned on all sides. Transfer to a chopping board and cut into cubes. Place into a medium mixing bowl.

in a medium fry pan, bring to a medium heat and add garlic, ginger and sesame oil. Fry for 1 minute or until the garlic starts to brown. Add capsicum, peanuts, green chilli, sesame seeds, maple syrup, tamari and water. Continue to fry for a further 3-4 minutes. Transfer to the bowl with the tempeh.

Add shallot and fresh herbs to the mix. Combine well.

Serve in cos lettuce leaves and enjoy straight away.



Lemon snow peas in lemon broth with baby tomatoes

Serves 3-4

Ingredients

1tbsp olive oil
1 cups leek (200g), sliced
2 tsp garlic, minced
3 tbsp nutritional yeast
3 tbsp lemon juice
1L vegetable broth
3 cups chard (150g)
3 cups baby tomatoes (500g)
8 cups snow peas (400g), string removed
Boiling water
2 tsp sumac
salt and pepper

Method

For the broth, bring a large deep fry pan with a lid to a high heat. Once hot, add the leek and sauté for 4-5 minutes, until translucent. Add garlic and continue to fry for a further minute.

Add vegetable broth and bring to the boil, then reduce to a simmer for 2-4 minutes. Add chard and tomatoes and combine well before turning off the heat and placing the lid on. The heat from the broth will cook the chard and tomatoes.

Place the snow peas in a medium mixing bowl. Pour boiling water over the top so all of the snow peas are covered. Leave for 2-3 minutes or until cooked. You do not want to over cook them. Drain the water.

Add the snow peas to the vegetable broth mix, along with lemon juice and nutritional yeast. Season with sumac, salt and pepper. Serve warm.



Cooling bliss balls

Sometimes we can find bliss balls to be a bit heavy for a warm summer's day. But by adding sesame seeds and fennel, your bliss balls become a cooling snack with lots of health benefits. We like to double this recipe and keep these guys in the freezer or fridge. So when you need something in between meals there is a healthy and delicious treat waiting for you.

Makes 8-10 balls

Ingredients

1 cup dates, pitted
1 tsp fennel seeds
1 cup desiccated coconut
4 tbsp sesame seeds, toasted
3 cups almond meal

Method

Place the dates into a small bowl and cover with boiling water. Let them soak for 10 minutes. Drain the water and check for any pips.

In a mortar and pestle, crush the fennel seeds to make a powder.

Add the soaked dates, desiccated coconut, sesame seeds and crushed fennel seeds to a food processor or blender. Combine until smooth. Transfer to a medium to large mixing bowl.

Add the almond meal to the date mix and combine well. Place in the fridge for a minimum of half an hour. This will make it much easier to roll.

Roll the mixture into small to medium sized balls. To make the rolling easier, use a small amount of warm water to wet your hands.

Keep in the fridge or freezer depending how you like them.



Strawberry and white chocolate ice cream cake

We live just below the border of Queensland, Australia where macadamias grow in abundance. Farmers sell the creamy goodness at the markets and you can find them in honesty boxes in front of people's houses. They pair so well with strawberries as well as white chocolate. Making this cake one special cake.

Ingredients

Base

3/4 cup raw macadamias

1/2 cup raw cashews

2 tbsp coconut oil, melted

1/4 tsp salt

1 tbsp maca powder

1 cup dates, pitted soaked in boiling water for 10 minutes

Centre

meat from 1 fresh young coconut, optional but recommended

2 cups raw cashews, soaked in boiling water for 10 minutes

1 cup coconut cream

1/4 cup coconut oil

1/2 cup coconut butter

2 tbsp maple syrup

pinch of salt

1/2 lemon, to make 1 tbsp of juice and 1 tsp of zest

5 fresh strawberries (not frozen)

1 tsp beetroot powder

White chocolate Icing

1/3 cup cacao butter, melted

3/4 cup cashews, soaked in boiling water for 10 minutes.

2 tbsp maple syrup

2 tbsp coconut cream

1 tsp vanilla

pinch salt

Method

Base

In a food processor add everything except the dates. As the food processor is moving drop in the dates one at a time. Making sure there are no pips. Stop once it has become like a cookie dough.

Push the mixture into a lined 20cm spring form cake tin (you only need to line the base with baking paper not the sides). Flatten with the back of a spoon. A smooth even finish will give you an awesome layering affect.

Centre

If using a fresh coconut, cut open how you desire and spoon out the flesh, making sure there is no husk and set aside.

Strain the cashews, giving them a good wash as it can make the centre grainy if not washed well.

Add everything into a blender and blend until smooth. You may have to stop every now and then to scrape down the edges and get the blender moving again. If it really isn't moving add a small amount more of coconut cream.

Pour the mixture on top of the base layer and place it in the freezer until it sets (about 2 hours).

White chocolate icing

Strain the cashews, giving them a good wash. Add everything to a high speed blender, blend until smooth. Pour on top once the strawberry layer is set. Place back in the freezer for 30 minutes or until set.

To serve pull out of the freezer 15-20 minutes before eating. Decorate as you would like. We like white chocolate covered strawberries, strawberries and flowers.





Happy Summer

LOVE TASH AND TOM