



Richmond Eats Farm to Fork Recipe Greeting Cards



Apple Pumpkin Oatmeal

Ingredients (4 servings)

- 1 cup rolled oats*
- 1 tsp dried edible lavender buds
- 1 3/4 cups milk or milk substitute*
- 1 apple, diced
- 1/4 cup mashed pumpkin
- 1/4 cup honey
- 1/2 cup chopped walnuts*
- Fresh seasonal berries

Steps

In a small saucepan, add oats, lavender buds, apple, and milk. Cover and cook over medium heat, bring to a boil. Reduce heat and simmer, stirring occasionally until desired consistency is reached (about 3-5 min). Stir in pumpkin and honey, until heated through (about 1 min). Garnished with chopped nuts and berries. Serve immediately.

*Not currently produced in Richmond.

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Celebrating agricultural traditions, historical memoirs, and culinary gems of Richmond's farming families, this card was hand designed by Food Security Youth Leaders of the Get Rooted program. All proceeds from the sale of these cards will go to supporting food security in Richmond.

Twitter: @rfoodss

richmondfoodsecurity.org

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Photography: A Farmer's Residence (1908)
City of Richmond Archives
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Recipe: Desiree Pagulayan.



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