



Recipes by [Sherry Coleman Collins, MS, RDN, LD, FAND](#)

Late Summer Pasta Salad

Salad Ingredients

- 2 ½ cups broccoli or broccolini from Jody's Farm
- 3 cups kale or cabbage, chopped from Jody's Farm
- 1 large sweet bell pepper from Bey Family Farms
- 2 medium tomatoes
- 1/2 cup kalamata olives, pitted and chopped
- 2 tablespoons capers (drained)
- 1/2 cup crumbled feta cheese from Capra Gia
- 3 cups cooked pasta of your choice

Dressing Ingredients

- 1/3 cup extra virgin olive oil
- 2 Tablespoons vinegar such as White Balsamic or Peach Balsamic Vinegar from Squirrel Made
- juice of 1 lemon
- 1 Tbs honey, like from Hometown Honey
- 1 teaspoon Dijon mustard
- 2 teaspoons salt
- 1 teaspoon pepper

Mix together all salad ingredients gently until well mixed. In a jar with a lid, mix all salad dressing ingredients. Add to the pasta salad and mix well. Refrigerate to chill for 1 hour or more before eating.

Optional: Add protein such as smoked tofu, cooked chicken, or salmon. Add fresh herbs, such as basil or parsley from Planted Wellness.





Recipes by [Sherry Coleman Collins, MS, RDN, LD, FAND](#)

Apple Sandwiches

Ingredients

- 2 thinly sliced apples, cores removed, such as Gala from Jody's Farm
- 1 carrot, scrubbed and finely grated
- Pinch of cinnamon
- 3-4 Tablespoons peanut butter, such as Peanut Butter Cookie from The Buttered Nut
- Optional: Granola, mini chocolate chips, or coconut flakes

Mix peanut butter with grated carrot completely. Spread peanut butter mixture over all slices of apples. Carefully stack apples so that peanut butter is between and on top of each double-decker. If you choose, sprinkle with the optional toppings.



Elderberry Mocktail

Ingredients

- 1 Tablespoon Elderberry-Ginger or Elderberry-Cherry Shrub, such as from My Elderberry Fairy
- 1 cup (8 oz) Sparkling flavored water
- 2 Tablespoons Chopped Asian Pears, Gala Apples or other Seasonal fruit from Jody's Farm
- 1 teaspoon Honey from Hometown Honey
- Pinch of Salt
- Mint from Planted Wellness

Muddle Mint and a pinch of salt in the bottom of the glass. Add all remaining ingredients to the glass. Add ice and enjoy!

Optional (but encouraged): Serve in a pretty cup.

