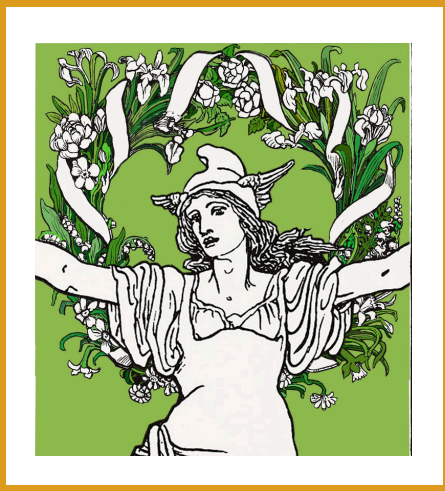


EARTH MOVES COMMUNITY COOKBOOK



EARTH'S KITCHEN

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FOREWORD

Welcome to Earth's Kitchen. This cookbook has been grown from community, kindness, and soil.

This book is more than a collection of recipes. It is a celebration of what happens when people come together to grow food, share meals, and care for the earth and one another. Every seed planted, every carrot pulled from the ground, and every shared supper reminds us that food connects us deeply to the world around us.

At Earth Moves, we believe that growing food is an important part of living well. When we understand how food is grown, we begin to value it differently. We notice the seasons. We waste less. We cook more simply. We learn patience from seeds and gratitude from harvests.

There is also something healing about growing and preparing food with our own hands. Gardening and cooking can improve both mental and physical health. Working outdoors, caring for plants, and eating fresh produce helps us feel calmer, stronger, and more connected. A meal made from something you have grown yourself carries pride, nourishment, and joy.

The recipes in this book are designed to be affordable, easy to make, and full of colourful vegetables and fruits, inspired by the beautiful illustrations created by our volunteers: peas in pods, strawberries, carrots, avocados, kiwis, pineapples, lemons, oranges, blackberries, and onions. These ingredients remind us that healthy and fresh food can also be vibrant, playful, and welcoming.

Whether you are cooking for yourself, your family, your neighbours, or your community, we hope these recipes encourage you to try something new, grow something small, and gather around the table together.

This cookbook is part of Earth Moves's Grow, Cook, Eat! project, funded thanks to the National Lottery Community Fund.

Thanks to artist Lo Tierney who supported volunteers in their illustrations for this book.

A huge congratulations to everyone who has volunteered with and supported Earth Moves and helped to create this cookbook.

Created Summer 2026.



BREAKFAST: CARROT & ORANGE OVERNIGHT OATS

A quick dish that bursts with flavor! Serves 1.

INGREDIENTS

- 1 cup/100g oats
- 1 grated carrot
- Zest of 1 orange
- 1 cup/250ml milk
- 1 tbsp honey or jam
- Pinch of cinnamon
- Handful of raisins or chopped nuts (optional)

DIRECTIONS

1. Mix all ingredients in a bowl or jar.
2. Leave in the fridge overnight.
3. Serve cold or warm gently in a saucepan.



BUDGET TIP

Use seasonal carrots or swap with reduced price fruits.





LUNCH: PEA & ONION PASTA

Simple, comforting, and ready in under 25 minutes. Serves 4.

INGREDIENTS

- 300g pasta
- 1 onion, chopped
- 2 cloves garlic
- 1 cup/100g peas
- 1 tbsp oil or butter
- 2 tbsp cream cheese or grated cheese
- Salt and pepper to taste
- Lemon juice

DIRECTIONS

1. Cook pasta in salted water.
2. Fry onion and garlic until soft.
3. Add peas and a splash of pasta water.
4. Stir through cheese and cooked pasta.
5. Finish with lemon juice and black pepper.
6. Serve with toasted bread or salad leaves.



BUDGET TIP

Use frozen peas, defrost in the microwave.









DINNER: ROASTED VEGGIE TRAY BAKE WITH LEMON

A flexible meal using whatever vegetables are available. Serves 4.

INGREDIENTS

- 4 potatoes, chopped
- 2 carrots, sliced
- 1 onion, cut into wedges
- 1 courgette or any spare vegetables
- 1 lemon
- Olive oil
- Mixed herbs
- Fresh herbs like Rosemary or Thyme
- Salt and pepper

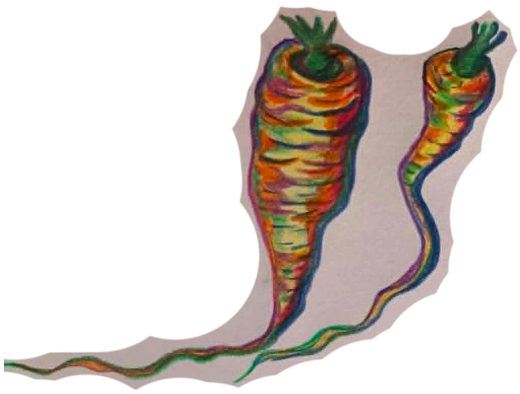
BUDGET TIP

This recipe is perfect for using garden vegetables and reducing food waste.



DIRECTIONS

1. Heat oven to 200°C.
2. Toss vegetables with oil, herbs, salt, pepper, and lemon juice.
3. Roast for 35–40 minutes, turning halfway through.
4. Serve with a carbohydrate of your choice such as rice or bead. Add a fried egg per person to the top for extra protein.



SNACK: FRESH GLOBE ARTICHOKE OR JERUSALEM ARTICHOKE



Fun and unique snacks.

FRESH GLOBE ARTICHOKE

Ingredients

- 1 fresh globe artichoke
- 25g butter
- 1 small garlic clove, crushed
- Half a lemon
- Pinch of salt
- Black pepper

Method

1. Cut off the artichoke stem and trim the top third of the leaves with scissors or a knife.
2. Rub the cut parts with lemon to stop browning.
3. Steam for about 30–40 minutes until the outer leaves pull away easily.
4. Melt the butter in a small pan and stir in the garlic, salt, pepper, and a squeeze of lemon.
5. Pull off the leaves one by one and dip the fleshy ends into the garlic butter. Scrape the inside of the leaf out with your teeth and discard the rest for food waste.
6. Once you reach the centre, scrape out the fuzzy choke and eat the tender heart.

JERUSALEM ARTICHOKE

Ingredients

- 250g Jerusalem artichokes
- 1 tbsp olive oil
- Salt
- Black pepper
- Optional: thyme or rosemary

Method

1. Wash and scrub the Jerusalem artichokes well — no need to peel unless very rough.
2. Cut into bite-sized chunks or thin slices.
3. Toss with olive oil, salt, pepper, and herbs.
4. Roast at 200°C (180°C fan) for 25–30 minutes, turning halfway through.
5. Cook until golden and crisp on the edges.

Good served with:

- garlic mayo
- aioli
- grated cheddar
- or just sea salt and vinegar

Jerusalem artichokes can cause a bit of bloating for some people, so smaller portions are wise the first time you try them.

BUDGET TIP

Jerusalem artichokes are usually cheapest in autumn and winter in the UK. No need to peel them, scrubbing saves time and reduces waste.





PUDDING: PINEAPPLE & KIWI CRUMBLE

A bright and inexpensive dessert with a crunchy topping. Serves 4.

INGREDIENTS

Filling

- 1 small pineapple, peeled and chopped
- 2 kiwis, sliced
- Juice of ½ lemon

Crumble Topping

- 125g plain flour
- 50g porridge oats
- 75g butter or margarine
- 2 tbsp soft brown sugar or regular sugar

DIRECTIONS

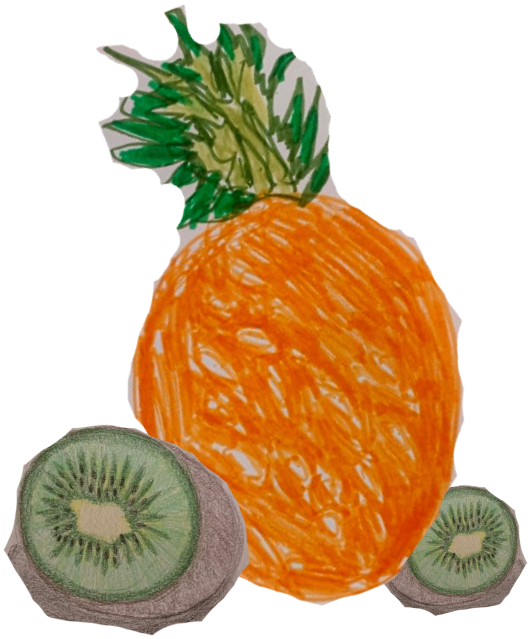
1. Preheat the oven to 180°C (160°C fan) / Gas Mark 4.
2. Put the pineapple and kiwi into a medium baking dish and drizzle over the lemon juice.
3. In a mixing bowl, rub the flour, oats, butter and brown sugar together with your fingertips until the mixture resembles breadcrumbs.
4. Sprinkle the crumble topping evenly over the fruit.
5. Bake for 25–30 minutes until the topping is golden and the fruit is bubbling.

Serve with greek yogurt for a healthy alternative to custard or ice cream.

BUDGET TIP

Use 1 tin of pineapple chunks in juice instead of a fresh pineapple. You can also swap the kiwi for a chopped up apple.





ENJOY!

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Food tastes better when it is shared. A small garden bed, a windowsill herb pot, or a community garden like ours, can all become part of Earth's Kitchen. By growing together, cooking together, and eating together, we nourish not only our bodies but also our communities and the planet itself. That's why at Earth Moves we Grow, Cook, Eat!



COMMUNITY FUND



