

# grow.



SIMPLE WAYS TO IMPROVE  
YOUR FALL SEASON

START MEAL  
PLANNING  
MAKE THE  
PERFECT  
APPETIZER  
TAKE A BREAK  
& COLOR!







# Start to Meal Plan

It may not be January 1st, but you can learn to meal plan at any point of the year! As you're enjoying a pumpkin spice latte, it's a perfect time for learning about new seasonal recipes and fall flavors.

When learning to meal plan, start simple! Just add 2-3 recipes that you'd like to have this upcoming week and create a shopping list! Don't forget to plant your Seed Quilts to have fresh microgreens for all your recipes!

## RECIPES TO TRY THIS WEEK

## SHOPPING LIST



# Reflect & Grow

Take five minutes for yourself! Reflect on what has gone well for you this year and how you'd still like to grow in 2021. What are your action items?

## REFLECT

## GROWTH GOALS

## ACTION ITEMS







# Color

Take a minute to slow down and color - or - share this page with your kiddo to enjoy!





# Fall Activities

6 simple things to do together this fall

1. go to a  
pumpkin  
patch.



2. turn your fresh  
microgreens into a  
halloween costume!



3. COOK A NEW RECIPE  
WITH YOUR FAMILY

4. jump  
in a pile  
of leaves



5. make a list of people  
you're thankful for

6. MAKE A VEGGIE BOARD WITH  
YOUR FAVORITE MICROGREENS





# Time to Cook

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## ROASTED RED PEPPER CROSTINIS

For the roasted red peppers

- 3 red bell peppers
- kosher salt
- freshly ground cracked black pepper
- Hamama Extra Virgin Olive Oil
- Hamama Aged Balsamic Vinegar
- Hamama microgreens, about 1 cup

For the crostini

- 1/2 baguette, sliced on the diagonal
- 1 garlic clove, peeled and cut in half
- Hamama Extra Virgin Olive Oil

Serves 4 | ~75 minutes





# "The perfect healthy appetizer that's sure to impress your guests and kids!"

Prepare the roasted red peppers:

- Wash and dry the peppers.
- Place directly on top of a burner of a gas stove and roast the peppers until they are completely charred all over. The alternative is to place on a gas grill on high and roast with the top up. Do not place peppers on an electric stovetop burner.
- Once completely charred, place the peppers in a large bowl and cover tightly with plastic wrap. This will allow the peppers to steam and soften the skin for easy peeling. Allow them to steam for at least an hour.
- Remove the plastic wrap and rub the peppers until the skin falls off. Cut off the stems and tops, slice into thin wedges, removing the seeds and inner ribs. Toss with salt and pepper, Hamama aged balsamic vinegar, and Hamama extra virgin olive oil to taste. Set aside.

Prepare the crostini:

- Slice the baguette half on the diagonal. Brush each slice with Hamama Extra Virgin Olive Oil. Place slices on a baking sheet and toast under the broiler until golden brown. Remove from the oven and quickly rub each slice with the cut edge of garlic - use other garlic half as the garlic will begin to "melt" as it is rubbed on the hot toasted bread slices. Please use caution as both the cookie sheet and the sliced baguettes will be very hot.
- Place toasted garlic crostini slices on a platter. Top with roasted red pepper slices and a good pinch of Hamama microgreens.





We hope you enjoyed the  
Activity Book!

Here's your chance to be featured on  
our social media!

Share your mini meal plan, goals,  
coloring sheet, or even your fresh  
creations with us on Instagram  
[@hamama\\_greens](https://www.instagram.com/hamama_greens).

