

SEPTEMBER
2025

Book COOK

FEATURED BOOK



The Last Stand
Antwan Eady



BLACK EYED PEA SALAD & ROASTED OKRA FRIES

TOOLS

- Small and Large Mixing Bowls
- Paring Knife
- Cutting Mat
- Strainer
- Glass Baking Dish or Sheet Pan
- Mixing spoons
- Oven Mitt
- Can Opener

INGREDIENTS

Roasted Okra Fries

- okra
- 1 tbs olive oil
- ¼ tsp salt
- ½ tsp black pepper
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ¼ cup greek yogurt
- 1 tbs lemon juice
- 1 tbs creole mustard
- Hot sauce to taste

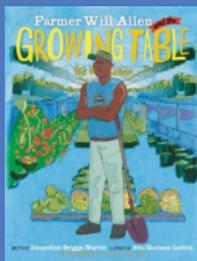
PREPARATION

1. Preheat oven to 425°. Wash and trim okra. Cut in half or quarter and toss them into a large bowl.
2. Add olive oil, salt, pepper, onion powder and garlic powder and toss. Pour on to a large sheet pan and spread in a single layer.
3. Roast at 425° for 15-20 minutes or until desired color is reached. Allow to cool a bit before serving.
4. While cooking, combine the greek yogurt, fresh lemon juice, creole mustard and a few drops of hot sauce for a simple dipping sauce.

FEATURED FARMS AND MARKETS

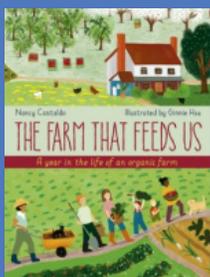
Legacy Taste of the Garden
Princeton, IN
legacytasteofthegarden.com

CHECK OUT THESE OTHER BOOKS



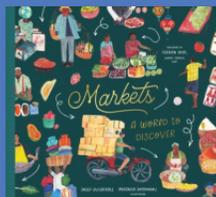
Farmer Will Allen and The Growing Table
Jacqueline Briggs Martin

The Farm that Feeds Us: A Year in the Life of an Organic Farm
Nancy Castaldo



Garden to Table: A Kid's Guide to Planting, Growing, and Preparing Food
Katherine Hengel

Markets: A World to Discover
Josep Sucarrats



Make sure to share a picture of the completed recipe with us by tagging [@EVPLibrary](https://twitter.com/EVPLibrary) on social media or sending an email to programming@evpl.org.

Black Eyed Pea Salad

- 1 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- 1 Tbsp white wine vinegar
- ½ tsp salt
- ½ tsp pepper
- 1 Tbsp minced garlic
- 3 Tbsp chopped parsley
- 3 Tbsp chopped green onion
- 1 green bell pepper
- 1 red bell pepper
- 1 can of black-eyed peas

PREPARATION

1. In your mixing bowl, whisk together the olive oil, apple cider vinegar, white wine vinegar, salt, pepper, and garlic.
2. Roughly chop the parsley and green parts of the green onions. Add to the bowl.
3. Dice both of the peppers into small pieces and add them to the bowl.
4. Rinse and drain your can of black-eyed peas. Add them to the bowl, and mix everything together.
5. Cover the bowl, and refrigerate for two hours before serving to allow flavors to develop. Keep in the fridge for up to 4 days.

EXTEND THE FUN!

Discussion Questions (Even though this story is a picture book, its message is meant for all ages. We encourage you to read and discuss this book together as a family):

- Have you ever been to a farmers' market? How are they different from a grocery store?
- Find all of the colors mentioned in the story. Why do you think the author mentions all of these colors throughout the book?
- Have you ever helped a grandparent or another older family member or friend in some way? How did you help them, and how did your help make a difference?
- Do you or your family grow, farm, or harvest anything that you use as an ingredient when cooking? What's a new ingredient that you would be interested in growing?
- For caregivers: Read the author's note and then summarize and discuss it with your child(ren). This important note provides some historical context to the story but younger minds may need some help understanding it.

