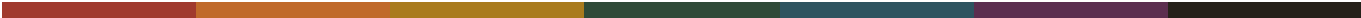


The Harvest Kitchen

One hundred everyday recipes from the Harvest 100, with quantities



Every recipe is built from the Harvest 100, the food list of The Earth Diet (earthdietproject.com). US customary measures; olive oil means extra-virgin; oven temperatures are in Fahrenheit. Treat each recipe as a template and swap within color families freely.

I. The Morning Table

The first meal sets the glucose curve, the hunger curve, and the microbiome's day. Every recipe here front-loads fiber, protein, and living cultures so the rest of the day coasts. If you adopt one course, adopt this one; the Earth Bowl alone delivers most of a day's fiber before most people have had coffee.

R001 The Earth Bowl

serves 1 · Harvest 100 #089 #076 #077 #043 #004 #069 #095 #096

INGREDIENTS

- 1 cup plain kefir or plain Greek yogurt
- 2 tbsp chia seeds
- 2 tbsp hemp hearts
- 1 tsp psyllium husk
- 2 tbsp wheat bran
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1/4 cup walnuts, chopped (about 1 oz)
- 1/2 tsp ground cinnamon
- 1 small pinch ground clove

METHOD

Stir everything but the walnuts and berries into the kefir and let it stand five minutes so the chia gels. Top with berries, walnuts, and the spices. About 24 grams of fiber before 7 a.m.; the flagship of the whole system.

Provides: probiotics · fiber · omega-3 ALA · complete plant protein · magnesium · anthocyanins · cinnamon polyphenols · eugenol

R002 Overnight Earth Pudding

serves 1 · Harvest 100 #089 #076 #043 #095

INGREDIENTS

- 1 cup plain kefir or Greek yogurt
- 2 tbsp chia seeds
- 2 tbsp hemp hearts
- 1 tsp psyllium husk
- 2 tbsp wheat bran
- 1 cup mixed berries (frozen is fine)
- 1/2 tsp ground cinnamon
- 1/4 cup walnuts, added in the morning

METHOD

Stir everything but the walnuts together, cover, and refrigerate overnight. By morning the chia has set it into pudding; add the walnuts for crunch and go. The rushed-morning insurance policy.

Provides: probiotics · fiber · omega-3 ALA · anthocyanins · cinnamon polyphenols

R003 Purple Power Smoothie

serves 1 · Harvest 100 #089 #043 #044 #059 #078

INGREDIENTS

- 1 cup plain kefir
- 1/2 cup frozen blueberries
- 1/2 cup frozen blackberries
- 1/2 medium banana
- 1 tbsp ground flaxseed
- 1/2 tsp ground cinnamon
- 1/4 to 1/2 cup cold water, to loosen

METHOD

Blend until smooth. Anthocyanins, probiotics, and lignans in ninety seconds; drink it while the coffee brews outside.

Provides: probiotics · anthocyanins · fiber · potassium · resistant starch · lignans · omega-3 ALA

R004 Green Morning Smoothie

serves 1 · Harvest 100 #027 #035 #034 #089 #077

INGREDIENTS

- 2 cups baby spinach, packed
- 1 kiwi, peeled
- 1/4 ripe avocado
- 1 cup plain kefir
- 2 tbsp hemp hearts
- 1 tbsp fresh lemon juice
- 4 ice cubes

METHOD

Blend until silky. The avocado makes it smooth and helps absorb the greens' carotenoids; the kiwi makes it taste like vacation.

Provides: lutein · folate · dietary nitrate · vitamin C · monounsaturated fat · probiotics · complete plant protein · magnesium

R005 Savory Yogurt Bowl

serves 1 · Harvest 100 #088 #038 #001 #053 #081

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 cup cherry tomatoes, halved
- 4 Kalamata olives, pitted and chopped
- 1 tbsp olive oil
- 1 tsp sesame seeds
- 1/4 tsp black pepper
- 4 fresh basil leaves, torn
- 1 slice whole-grain bread, toasted

METHOD

Spread the yogurt in a shallow bowl, pile on the toppings, and swipe through with the toast. Breakfast that thinks it is a Greek lunch.

Provides: live cultures · protein · oleic acid · olive polyphenols · lycopene · hydroxytyrosol · monounsaturated fat · calcium · sesamin

R006 Steel-Cut Oats, Orchard Style

serves 2 · Harvest 100 #061 #010 #069 #095 #078

INGREDIENTS

- 1 cup steel-cut oats
- 3 cups water
- 1/4 tsp salt
- 1 medium red apple, diced, skin on
- 1/4 cup walnuts, chopped
- 1 tbsp ground flaxseed
- 1 tsp ground cinnamon
- 1/4 cup milk of choice

METHOD

Simmer the oats in the salted water about 20 minutes, stirring in the apple for the last five. Finish with flax, walnuts, milk, and a snow of cinnamon. Beta-glucan plus pectin, the cholesterol two-step.

Provides: beta-glucan · quercetin · pectin · omega-3 ALA · cinnamon polyphenols · lignans

R007 Pumpkin Spice Oatmeal, the Real One

serves 2 · Harvest 100 #061 #015 #072 #095 #096 #100

INGREDIENTS

- 1 cup rolled oats
- 2 cups water or milk of choice
- 1/2 cup pumpkin purée (unsweetened)
- 1/4 cup pecans, chopped
- 1 tsp ground cinnamon
- 1 pinch ground clove
- 1 pinch ground nutmeg
- 1 tsp raw honey (optional)

METHOD

Cook the oats in the liquid until creamy, about 5 minutes, stir in the pumpkin to warm through, then spice and top with pecans and the thread of honey. All the flavor the coffee chains sell, none of the 50 grams of sugar.

Provides: beta-glucan · carotenoids · potassium · flavonoids · cinnamon polyphenols · eugenol · trace polyphenols

R008 Whole-Grain Harvest Pancakes

serves 3 · Harvest 100 #061 #095 #096 #082 #003

INGREDIENTS

- 1 1/2 cups whole-grain pancake mix (or 1 1/2 cups whole-wheat flour plus 2 tsp baking powder and 1/4 tsp salt)
- 1 tsp ground cinnamon
- 1 pinch ground clove
- 1 tbsp poppy seeds
- 1 1/4 cups milk of choice
- 1 egg
- 1 tbsp olive oil
- 1 cup strawberries, sliced
- 1 tsp raw honey (optional)

METHOD

Stir the cinnamon, clove, and poppy seeds into the dry mix, then whisk in the milk, egg, and oil. Griddle 1/4-cup pancakes over medium heat 2 to 3 minutes a side, then crown with strawberries instead of syrup. The every-little-bit-helps habit, in pancake form.

Provides: beta-glucan · cinnamon polyphenols · eugenol · calcium · manganese · vitamin C · ellagic acid

R009 Two-Egg Greens Scramble

serves 1 · Harvest 100 #087 #027 #057 #055 #038

INGREDIENTS

- 2 eggs
- 2 cups baby spinach
- 3 cremini mushrooms, sliced
- 1/4 small onion, diced
- 1 tbsp olive oil
- 1/4 tsp black pepper
- 1 pinch salt

METHOD

Soften the onion and mushrooms in the oil 4 minutes, wilt in the spinach, then scramble in the eggs over low heat until just set. Choline, lutein, and ergothioneine sharing one pan.

Provides: choline · lutein · complete protein · folate · dietary nitrate · ergothioneine · quercetin · oleic acid · olive polyphenols

R010 Sweet Potato Breakfast Hash

serves 2 · Harvest 100 #014 #002 #055 #087 #011

INGREDIENTS

- 1 medium sweet potato, diced small (about 2 cups)
- 1 red bell pepper, diced
- 1/2 onion, diced
- 2 eggs
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

METHOD

Pan-roast the sweet potato in the oil over medium heat 10 minutes until browning, add the pepper and onion until soft, dust with paprika, salt, and pepper, then crack the eggs on top, lid on, 3 to 4 minutes until the whites set. Weekend fuel for a long climb.

Provides: beta-carotene · slow carbohydrate · vitamin C · quercetin · choline · lutein · complete protein · carotenoids

R011 Miso Morning Broth

serves 1 · Harvest 100 #093 #090 #087 #026

INGREDIENTS

- 1 tbsp white or yellow miso
- 2 cups hot water (not boiling)
- 1 sheet nori, torn
- 1 soft-boiled egg (6 minutes), halved
- 1 tsp fresh ginger, grated
- 1 scallion, sliced

METHOD

Whisk the miso into the hot water off the heat to keep its cultures alive, then add the nori, egg, ginger, and scallion. A savory, salty start the Okinawans would recognize.

Provides: live cultures · iodine · choline · lutein · complete protein · gingerols

R012 Lemon-Poppy Yogurt Toast

serves 1 · Harvest 100 #088 #024 #082 #100

INGREDIENTS

- 1 slice whole-grain bread, toasted
- 1/3 cup plain Greek yogurt
- 1/2 tsp lemon zest
- 1 tsp poppy seeds
- 1/2 tsp raw honey

METHOD

Spread the yogurt like it is butter's ambitious cousin, then zest, seeds, honey. A lemon-poppy muffin's nutrition-forward twin, ready in two minutes.

Provides: live cultures · protein · vitamin C · calcium · manganese · trace polyphenols

II. Salads of Five Colors

Color is chemistry, and a raw salad is where the most heat-sensitive chemistry survives intact: vitamin C, folate, the enzymes that make sulforaphane. These twelve salads are built on one template, five colors and a shaken dressing, so that the thirty-plants-a-week target happens by habit instead of effort.

R013 The Five-Color Market Salad

serves 2 · Harvest 100 #002 #013 #029 #045 #055 #038 #024

INGREDIENTS

- 1 red bell pepper, sliced thin
- 1 large carrot, shaved into ribbons
- 3 cups arugula
- 1 cup purple cabbage, shredded
- 1/4 red onion, shaved thin
- 3 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/4 tsp salt
- 1/4 tsp black pepper

METHOD

Shake the oil, lemon, salt, and pepper in a jar, then toss with the five colors. This is the template every other salad riffs on: five colors, one bowl, shaken dressing. Change the cast weekly with whatever the market says.

Provides: vitamin C · beta-carotene · dietary nitrate · anthocyanins · glucosinolates · quercetin · oleic acid · olive polyphenols

R014 Kale & Persimmon Autumn Salad

serves 2 · Harvest 100 #028 #021 #072 #007 #038

INGREDIENTS

- 1 bunch lacinato kale, stemmed and sliced (about 6 cups)
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/4 tsp salt
- 1 Fuyu persimmon, sliced thin
- 1/4 cup pecans, toasted
- 1/4 cup pomegranate seeds

METHOD

Massage the kale with the oil, lemon, and salt for a full minute until it darkens and softens, then fold in the fruit and nuts. Peak-fall on a plate.

Provides: vitamin K · lutein · glucosinolates · carotenoids · vitamin C · flavonoids · punicalagins · oleic acid · olive polyphenols

R015 Arugula, Fig & Walnut

serves 2 · Harvest 100 #029 #050 #069 #038

INGREDIENTS

- 4 cups arugula
- 4 fresh figs, quartered
- 1/3 cup walnuts, toasted
- 2 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/4 tsp black pepper
- 1 pinch salt

METHOD

Toss the leaves in the oil and balsamic, then top with figs and walnuts. Peppery greens, honeyed fruit, bitter crunch: the whole flavor wheel in ninety seconds.

Provides: dietary nitrate · fiber · potassium · omega-3 ALA · oleic acid · olive polyphenols

R016 Tomato, Basil & Olive Plate

serves 2 · Harvest 100 #001 #041 #053 #038

INGREDIENTS

- 2 large ripe tomatoes, sliced
- 8 fresh basil leaves, torn
- 8 Kalamata olives
- 2 tbsp olive oil
- 1/4 tsp flaky salt

METHOD

Slice, scatter, drizzle. In tomato season this is not a recipe, it is a ceremony; out of season, roast the tomatoes first to concentrate the lycopene.

Provides: lycopene · herb polyphenols · hydroxytyrosol · monounsaturated fat · oleic acid · olive polyphenols

R017 Purple Slaw

serves 4 · Harvest 100 #045 #013 #010 #080 #088

INGREDIENTS

- 1/2 head purple cabbage, shredded (about 5 cups)
- 2 carrots, grated
- 1 red apple, julienned
- 1/4 cup sunflower seeds
- 1/2 cup plain Greek yogurt
- 1 tbsp apple cider vinegar
- 1 tsp raw honey
- 1/2 tsp salt
- 1/4 tsp black pepper

METHOD

Whisk the yogurt, vinegar, honey, salt, and pepper, toss with everything else, and let it sit 15 minutes so the cabbage relaxes. Anthocyanins plus probiotics, and it only improves overnight.

Provides: anthocyanins · glucosinolates · beta-carotene · quercetin · pectin · vitamin E · live cultures · protein

R018 Beet, Orange & Pistachio

serves 2 · Harvest 100 #008 #018 #071 #029

INGREDIENTS

- 2 medium beets, roasted, peeled, and sliced
- 1 orange, segmented
- 1/4 cup pistachios, chopped
- 2 cups arugula
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- 1 pinch salt

METHOD

Layer the beets and orange over the greens, shower with pistachios, dress lightly. Nitrates for the vessels, citrus for the collagen, green for the eyes.

Provides: dietary nitrate · vitamin C · hesperidin · lutein · plant protein

R019 Chickpea Deli Salad

serves 2 · Harvest 100 #067 #081 #024 #040 #055

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and roughly mashed
- 2 tbsp tahini
- 1 1/2 tbsp fresh lemon juice
- 2 tbsp red onion, minced
- 1/4 cup fresh parsley, chopped
- 1/4 tsp black pepper
- 1/4 tsp salt
- 4 slices whole-grain bread or 4 lettuce cups

METHOD

Mash, mix, taste for lemon. Pile onto the bread or lettuce cups; it does everything tuna salad does, on plants alone.

Provides: fiber · plant protein · calcium · sesamin · vitamin C · apigenin · vitamin K · quercetin

R020 Quinoa Tabbouleh, Parsley-Forward

serves 4 · Harvest 100 #064 #040 #001 #024 #038

INGREDIENTS

- 1 cup cooked quinoa, cooled
- 2 cups fresh parsley, finely chopped (about 2 bunches)
- 2 tomatoes, diced
- 2 tbsp onion, minced
- 3 tbsp fresh lemon juice
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper

METHOD

The parsley is the salad and the quinoa is the guest, per tradition. Dress boldly with lemon; it keeps three days and sharpens as it sits.

Provides: complete plant protein · apigenin · vitamin K · lycopene · vitamin C · oleic acid · olive polyphenols

R021 Watermelon, Basil & Olive

serves 4 · Harvest 100 #006 #041 #053 #024

INGREDIENTS

- 4 cups watermelon, cubed
- 10 fresh basil leaves, torn
- 12 Kalamata olives, halved
- 1 tbsp fresh lemon juice
- 1/4 tsp flaky salt

METHOD

Toss gently and serve cold. Sweet, salty, herbal, absurdly hydrating; the late-summer send-off salad.

Provides: lycopene · citrulline · herb polyphenols · hydroxytyrosol · monounsaturated fat · vitamin C

R022 Spinach, Strawberry & Poppy Seed

serves 2 · Harvest 100 #027 #003 #082 #100 #070

INGREDIENTS

- 4 cups baby spinach
- 1 cup strawberries, sliced
- 1/4 cup slivered almonds
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp raw honey
- 1 tsp poppy seeds
- 1 pinch salt

METHOD

Shake the oil, vinegar, honey, poppy seeds, and salt in a jar, toss, top. The steakhouse classic rebuilt with an honest amount of honey.

Provides: lutein · folate · dietary nitrate · vitamin C · ellagic acid · calcium · manganese · trace polyphenols · vitamin E · magnesium

R023 Edamame-Avocado Chop

serves 2 · Harvest 100 #036 #034 #045 #081 #026

INGREDIENTS

- 1 cup shelled edamame, cooked
- 1 ripe avocado, diced
- 1 cup purple cabbage, shredded
- 2 tbsp tahini
- 1 tsp fresh ginger, grated
- 1 tbsp fresh lemon juice
- 2 to 3 tbsp water, to thin
- 1/4 tsp salt

METHOD

Whisk the tahini, ginger, lemon, water, and salt into a pourable dressing, then chop, toss, dress. Complete plant protein with a dressing you will start putting on everything (see R074).

Provides: complete plant protein · isoflavones · monounsaturated fat · anthocyanins · glucosinolates · calcium · sesamin · gingerols

R024 Farro & Roasted Grape Salad

serves 4 · Harvest 100 #063 #009 #029 #073 #038

INGREDIENTS

- 2 cups cooked farro
- 2 cups red grapes
- 3 cups arugula
- 1/3 cup hazelnuts, toasted and chopped
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper

METHOD

Roast the grapes at 425°F for 15 minutes until blistered; roasting turns them into jammy little polyphenol bombs. Fold everything together warm; serve as a side or under a piece of fish.

Provides: whole grain · fiber · grape polyphenols · dietary nitrate · folate · vitamin E · oleic acid · olive polyphenols

III. Soups & Harvest Stews

Legumes, alliums, whole grains, and spice simmered together are the oldest longevity food on earth; every Blue Zone has a bean pot. A soup also solves the practical problem: cook once, eat twice, and the fiber quota handles itself on the busiest nights.

R025 Golden Lentil-Turmeric Soup

serves 4 · Harvest 100 #066 #025 #026 #054 #097

INGREDIENTS

- 1 1/2 cups red lentils, rinsed
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground turmeric
- 1/2 tsp black pepper
- 2 tbsp olive oil
- 6 cups vegetable broth
- 1 tsp salt
- 1 lemon, juiced

METHOD

Soften the onion, garlic, and ginger in the oil 5 minutes, bloom the turmeric and pepper 30 seconds, then add the lentils, broth, and salt and simmer 25 minutes. Finish with lemon. The black pepper is not garnish; its piperine multiplies curcumin absorption.

Provides: iron · folate · fiber · curcumin · gingerols · allicin · piperine

R026 Tuscan White Bean & Kale

serves 4 · Harvest 100 #060 #028 #054 #042 #038

INGREDIENTS

- 2 cans (15 oz each) cannellini beans, drained
- 1 bunch kale, stemmed and chopped
- 4 cloves garlic, sliced
- 1 sprig fresh rosemary
- 1/4 cup olive oil, plus more to finish
- 4 cups vegetable broth
- 1/4 tsp red chili flakes
- 1/2 tsp salt

METHOD

Sizzle the garlic and rosemary in the oil 2 minutes, add the beans, broth, chili, and salt, simmer 15 minutes, then wilt in the kale 5 minutes. Mash a few beans to thicken. Finish each bowl with raw oil, the Tuscan signature.

Provides: fiber · plant protein · vitamin K · lutein · glucosinolates · allicin · carnosic acid · oleic acid · olive polyphenols

R027 Butternut-Ginger Bisque

serves 4 · Harvest 100 #016 #026 #055 #079

INGREDIENTS

- 1 butternut squash (about 2 1/2 lb), peeled and cubed
- 1 onion, diced
- 2 tbsp fresh ginger, grated
- 2 tbsp olive oil
- 5 cups vegetable broth
- 3/4 tsp salt
- 1/4 cup pumpkin seeds, toasted

METHOD

Sweat the onion in the oil 5 minutes, add the squash, ginger, broth, and salt, and simmer until the squash collapses, about 20 minutes, then blend silky. The pumpkin-seed crunch on top is zinc doing dessert's job.

Provides: carotenoids · gingerols · quercetin · zinc

R028 Barley-Mushroom Stew

serves 4 · Harvest 100 #062 #057 #056 #054

INGREDIENTS

- 1 cup pearl barley, rinsed
- 1 lb mixed mushrooms, sliced
- 2 leeks, white and light green parts, sliced
- 3 cloves garlic, minced
- 1 tsp dried thyme
- 2 tbsp olive oil
- 7 cups vegetable broth
- 1 tbsp soy sauce or tamari
- 1/2 tsp salt
- 1/2 tsp black pepper

METHOD

Brown the mushrooms hard in the oil 8 minutes, soften the leeks and garlic 4 minutes, then add the barley, thyme, broth, soy, salt, and pepper and simmer 40 minutes. Beta-glucan from two directions, grain and fungus alike.

Provides: beta-glucan · ergothioneine · inulin · allicin

R029 Black Bean Chili, Cocoa-Dark

serves 6 · Harvest 100 #052 #001 #002 #099 #012 #095

INGREDIENTS

- 3 cans (15 oz each) black beans, drained
- 1 can (28 oz) crushed tomatoes
- 2 red bell peppers, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp ground cumin
- 1 tbsp smoked paprika
- 1/2 tsp cayenne
- 1/2 tsp ground cinnamon
- 1 tsp salt
- 1 cup water
- 2 squares (about 3/4 oz) 70 percent dark chocolate

METHOD

Sweat the onion, peppers, and garlic in the oil 6 minutes, bloom the spices 1 minute, add the beans, tomatoes, salt, and water, and simmer 30 minutes. Melt in the chocolate at the end. The cocoa deepens it the way mole intends; nobody will guess, everybody will notice.

Provides: fiber · plant protein · lycopene · vitamin C · cocoa flavanols · capsaicin · cinnamon polyphenols

R030 Miso-Ginger Bowl with Egg

serves 2 · Harvest 100 #093 #057 #027 #087 #026

INGREDIENTS

- 2 tbsp white miso
- 4 cups water
- 6 shiitake or cremini mushrooms, sliced
- 3 cups baby spinach
- 2 soft-boiled eggs (6 minutes), halved
- 1 tbsp fresh ginger, grated
- 2 scallions, sliced

METHOD

Simmer the mushrooms and ginger in the water 5 minutes, kill the heat, whisk in the miso, wilt the spinach, add the eggs and scallions. Dinner in the time it takes to set a table.

Provides: live cultures · ergothioneine · lutein · folate · dietary nitrate · choline · complete protein · gingerols

R031 Roasted Tomato & Red Pepper Soup

serves 4 · Harvest 100 #001 #002 #054 #041 #038

INGREDIENTS

- 2 lb ripe tomatoes, halved
- 2 red bell peppers, quartered
- 4 cloves garlic, unpeeled
- 3 tbsp olive oil, plus more to finish
- 1 tsp salt
- 1 to 2 cups vegetable broth
- 10 fresh basil leaves
- 1/4 tsp black pepper

METHOD

Roast the tomatoes, peppers, and garlic with the oil and salt at 425°F for 35 minutes until charred, squeeze the garlic from its skins, and blend with enough broth to make it pourable. Warm through, finish with basil, pepper, and a ribbon of oil. Roasting is the lycopene move.

Provides: lycopene · vitamin C · allicin · herb polyphenols
· oleic acid · olive polyphenols

R032 Green Minestrone

serves 4 · Harvest 100 #037 #033 #060 #040 #038

INGREDIENTS

- 1 cup green peas (frozen is fine)
- 2 zucchini, diced
- 1 can (15 oz) cannellini beans, drained
- 1 cup fresh parsley, chopped
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 5 cups vegetable broth
- 1/2 cup small whole-grain pasta (optional)
- 3/4 tsp salt
- 1/4 tsp black pepper

METHOD

Soften the garlic in the oil 1 minute, add the broth, pasta if using, and beans, simmer 8 minutes, then add the zucchini and peas for 4 minutes more, keeping everything bright, not army-drab. Stir in the parsley at the end. A pesto spoonful on top never hurt anyone.

Provides: plant protein · fiber · lutein · apigenin · vitamin K · oleic acid · olive polyphenols

R033 Purple Sweet Potato Soup

serves 4 · Harvest 100 #047 #026 #055 #024

INGREDIENTS

- 2 purple sweet potatoes (about 1 1/2 lb), peeled and cubed
- 1 onion, diced
- 1 tbsp fresh ginger, grated
- 2 tbsp olive oil
- 5 cups vegetable broth
- 3/4 tsp salt
- 1/4 cup coconut milk or plain kefir
- 1 lemon, juiced

METHOD

Sweat the onion and ginger in the oil 5 minutes, add the potatoes, broth, and salt, simmer 20 minutes, blend, swirl in the coconut milk, and squeeze in the lemon. It comes out an implausible violet that needs no filter; the anthocyanins are the pigment and the point.

Provides: anthocyanins · slow carbohydrate · gingerols · quercetin · vitamin C

R034 Leek & Cauliflower Velvet

serves 4 · Harvest 100 #056 #058 #054 #038

INGREDIENTS

- 3 leeks, white and light green parts, sliced and rinsed
- 1 head cauliflower, cut into florets
- 3 cloves garlic, sliced
- 3 tbsp olive oil
- 5 cups vegetable broth
- 3/4 tsp salt
- 1/2 tsp black pepper

METHOD

Sweat the leeks and garlic slowly in the oil 8 minutes, add the cauliflower, broth, and salt, simmer 15 minutes, blend, and finish with pepper. All the silk of a cream soup with the cream played by a crucifer.

Provides: inulin · glucosinolates · allicin · oleic acid · olive polyphenols

R035 Harvest Pumpkin Chili

serves 5 · Harvest 100 #015 #067 #001 #011 #012

INGREDIENTS

- 1 can (15 oz) pumpkin purée
- 2 cans (15 oz each) chickpeas, drained
- 1 can (28 oz) diced tomatoes
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1/4 tsp cayenne
- 1 tsp salt
- 2 cups vegetable broth
- 1/2 cup plain Greek yogurt and 1/4 cup pumpkin seeds, to serve

METHOD

Sweat the onion and garlic in the oil 5 minutes, bloom the spices 1 minute, add the pumpkin, chickpeas, tomatoes, salt, and broth, and simmer 25 minutes. The pumpkin melts into the broth and makes it velvet while nobody is looking. Serve with yogurt and pumpkin seeds on top.

Provides: carotenoids · potassium · fiber · plant protein · lycopene · capsaicin

R036 Sardine-Tomato Fisherman's Stew

serves 2 · Harvest 100 #084 #001 #054 #040 #038

INGREDIENTS

- 2 tins (about 4 oz each) sardines in olive oil
- 1 can (14 oz) crushed tomatoes
- 4 cloves garlic, sliced
- 2 tbsp olive oil
- 1/4 tsp red chili flakes
- 1/2 cup water
- 1/4 cup fresh parsley, chopped
- 2 thick slices crusty whole-grain bread

METHOD

Sizzle the garlic and chili in the oil 1 minute, add the tomatoes and water, simmer 10 minutes, slide in the sardines to warm 2 minutes, and shower with parsley. Serve over the bread. A three-dollar cioppino with omega-3s and edible-bone calcium built in.

Provides: EPA & DHA omega-3s · calcium · lycopene · allicin · apigenin · vitamin K · oleic acid · olive polyphenols

IV. From the Sea

Fatty fish is the Earth Diet's non-negotiable protein: EPA and DHA omega-3s for the heart, the brain, and the skin, plus astaxanthin and edible-bone calcium from the small fish. Two servings a week is the floor the evidence keeps returning to, and sardines make it the cheapest floor in nutrition.

R037 Sheet-Pan Salmon & Rainbow Vegetables

serves 2 · Harvest 100 #083 #030 #013 #002 #038 #024

INGREDIENTS

- 2 salmon fillets (6 oz each)
- 2 cups broccoli florets
- 2 carrots, sliced into coins
- 1 red bell pepper, sliced
- 3 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 lemon, half juiced and half in wedges

METHOD

Toss the vegetables with 2 tbsp of the oil, half the salt, and the garlic powder and roast at 425°F for 12 minutes, then add the salmon rubbed with the remaining oil, salt, and pepper and roast 10 to 12 more. Finish with lemon. One pan, five colors, zero excuses on a weeknight.

Provides: EPA & DHA omega-3s · astaxanthin · sulforaphane · beta-carotene · vitamin C · oleic acid · olive polyphenols

R038 Miso-Glazed Salmon

serves 2 · Harvest 100 #083 #093 #026 #100

INGREDIENTS

- 2 salmon fillets (6 oz each)
- 1 tbsp white miso
- 1 tsp raw honey
- 1 tsp fresh ginger, grated
- 1 tsp rice vinegar
- 1 tsp water

METHOD

Whisk the miso, honey, ginger, vinegar, and water into a glaze, brush it over the salmon, and broil 8 to 10 minutes until lacquered at the edges. The glaze caramelizes into something restaurants charge thirty dollars for.

Provides: EPA & DHA omega-3s · astaxanthin · live cultures · gingerols · trace polyphenols

R039 Salmon-Avocado Nori Hand Rolls

serves 2 · Harvest 100 #083 #034 #090 #065 #081

INGREDIENTS

- 6 oz cooked or smoked salmon, flaked
- 1 ripe avocado, sliced
- 1 1/2 cups warm cooked brown rice
- 4 sheets nori, halved
- 1 tbsp sesame seeds
- 2 tbsp soy sauce or tamari, for dipping
- 1 tsp rice vinegar, stirred into the rice

METHOD

Lay 3 tbsp of rice and a share of the fillings on each nori half, roll into a cone, and eat immediately while the seaweed still snaps. Dinner becomes assembly, and assembly becomes fun.

Provides: EPA & DHA omega-3s · astaxanthin · monounsaturated fat · iodine · whole grain · calcium · sesamin

R040 Sardines on Toast, Lemon & Parsley

serves 1 · Harvest 100 #084 #024 #040 #097 #038

INGREDIENTS

- 1 tin (about 4 oz) sardines in olive oil
- 2 slices whole-grain bread, toasted
- 1 clove garlic, halved
- 1/2 lemon
- 2 tbsp fresh parsley, chopped
- 1 pinch red chili flakes
- 1/4 tsp black pepper
- 1 tsp olive oil

METHOD

Rub the toast with the cut garlic, arrange the sardines, squeeze the lemon, scatter the parsley, chili, and pepper, and drizzle the oil. The single highest omega-per-dollar lunch in the Western world; eat it twice a week and the fish quota handles itself.

Provides: EPA & DHA omega-3s · calcium · vitamin C · apigenin · vitamin K · piperine · oleic acid · olive polyphenols

R041 Trout Almondine, Olive-Oil Style

serves 2 · Harvest 100 #085 #070 #024 #040 #038

INGREDIENTS

- 2 rainbow trout fillets (6 oz each)
- 1/3 cup sliced almonds
- 3 tbsp olive oil
- 1 lemon, juiced
- 2 tbsp fresh parsley, chopped
- 1/2 tsp salt
- 1/4 tsp black pepper

METHOD

Season the trout and pan-sear in 2 tbsp of the oil 3 minutes a side, remove, then toast the almonds in the remaining oil 1 minute and pour the whole fragrant pan over the fish with the lemon and parsley. Bistro dish, ten minutes.

Provides: EPA & DHA omega-3s · vitamin E · magnesium · vitamin C · apigenin · vitamin K · oleic acid · olive polyphenols

R042 Turmeric-Ginger Fish Curry

serves 3 · Harvest 100 #085 #025 #026 #001 #054

INGREDIENTS

- 1 lb trout or salmon, cut into 2-inch chunks
- 1 can (14 oz) diced tomatoes
- 1 can (14 oz) coconut milk
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 2 tbsp olive oil
- 1 tsp salt
- 1/4 cup fresh cilantro or parsley, chopped
- 3 cups cooked brown or black rice, to serve

METHOD

Sweat the onion, garlic, and ginger in the oil 5 minutes, bloom the spices 30 seconds, add the tomatoes, coconut milk, and salt, and simmer 10 minutes. Slide in the fish for 5 minutes more, off the heat before it toughens. Serve over the rice with the herbs and let the sauce do the talking.

Provides: EPA & DHA omega-3s · curcumin · gingerols · lycopene · allicin

R043 Oysters, Simply

serves 2 · Harvest 100 #086 #024 #097

INGREDIENTS

- 12 fresh oysters
- 1 lemon, cut into wedges
- 1/4 tsp cracked black pepper
- hot sauce, for the traditionalists

METHOD

Shuck (or have them shucked), squeeze, tip back. The densest zinc on earth, which your collagen-building enzymes will spend by morning.

Provides: zinc · vitamin C · piperine

R044 Salmon-Leek Chowder, Bean-Creamed

serves 4 · Harvest 100 #083 #056 #060 #040

INGREDIENTS

- 1 lb salmon, cut into 1-inch chunks
- 2 leeks, white and light green parts, sliced
- 1 can (15 oz) cannellini beans, drained
- 4 cups vegetable or fish broth, divided
- 2 tbsp olive oil
- 1 bay leaf
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1/4 cup fresh parsley, chopped

METHOD

Blend the beans smooth with 1 cup of the broth. Sweat the leeks in the oil 6 minutes, add the remaining broth, bean cream, bay, salt, and pepper, simmer 10 minutes, then poach the salmon 5. Finish with parsley. All the body of a cream chowder; the cream is beans and nobody can tell.

Provides: EPA & DHA omega-3s · astaxanthin · inulin · fiber · plant protein · apigenin · vitamin K

R045 Black Rice Salmon Bowl with Kimchi

serves 2 · Harvest 100 #083 #051 #090 #091 #081

INGREDIENTS

- 6 oz leftover cooked salmon, flaked
- 1 1/2 cups cooked black rice, warm
- 1/2 cup kimchi
- 1 sheet nori, torn
- 1 tsp sesame seeds
- 3 tbsp Miso-Tahini House Dressing (R074)

METHOD

Build in layers, warm rice at the base, then salmon, kimchi, nori, sesame, and the dressing. Yesterday's dinner, today's better lunch, and the ferment quota met before noon.

Provides: EPA & DHA omega-3s · astaxanthin · anthocyanins · whole grain · iodine · live cultures · glucosinolates · calcium · sesamin

R046 Mediterranean Baked Trout

serves 2 · Harvest 100 #085 #001 #053 #054 #042

INGREDIENTS

- 2 rainbow trout fillets (6 oz each)
- 1 1/2 cups cherry tomatoes
- 1/3 cup Kalamata olives
- 4 cloves garlic, sliced
- 1 sprig fresh rosemary
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper

METHOD

Everything on one baking dish, 400°F for 15 minutes until the tomatoes burst into their own sauce. Spoon the pan juices over whole grains and call it the Riviera.

Provides: EPA & DHA omega-3s · lycopene · hydroxytyrosol · monounsaturated fat · allicin · carnosic acid

V. Beans, Grains & Earth Mains

Beans most nights and intact whole grains as the default carbohydrate: that is the single dietary habit every long-lived population on record shares. These mains are built so that fiber and plant protein carry dinner without anyone at the table feeling they were served a compromise.

R047 Weeknight Chickpea-Spinach Sauté

serves 2 · Harvest 100 #067 #027 #054 #011 #024

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and patted dry
- 5 oz baby spinach (half a bag)
- 3 cloves garlic, sliced
- 1 tsp smoked paprika
- 2 tbsp olive oil
- 1/2 lemon, juiced
- 1/2 tsp salt

METHOD

Crisp the chickpeas in the oil over medium-high heat 6 minutes with the garlic and paprika, wilt in the spinach 2 minutes, and finish with lemon and salt. Ten minutes, one pan, and beans on the table the way every Blue Zone does it.

Provides: fiber · plant protein · lutein · folate · dietary nitrate · allicin · carotenoids · vitamin C

R048 Black Rice Buddha Bowl

serves 2 · Harvest 100 #051 #036 #045 #013 #081 #026

INGREDIENTS

- 1 1/2 cups cooked black rice
- 1 cup shelled edamame, steamed
- 1 cup purple cabbage, shredded
- 1 carrot, shaved into ribbons
- 1/4 cup Miso-Tahini House Dressing (R074)
- 2 tbsp quick pickles or kimchi (optional)

METHOD

Arrange by color over the warm rice, pour the dressing, add anything pickled you have. It photographs like a magazine and eats like a nap-proof lunch.

Provides: anthocyanins · whole grain · complete plant protein · isoflavones · glucosinolates · beta-carotene · calcium · sesamin · gingerols

R049 Lentil-Walnut Meatless Balls

serves 4 · Harvest 100 #066 #069 #061 #054 #001

INGREDIENTS

- 2 cups cooked brown or green lentils
- 1 cup walnuts
- 1/2 cup rolled oats
- 2 cloves garlic
- 1 tsp dried oregano
- 1 egg (or 1 tbsp ground flax whisked with 3 tbsp water)
- 1 tsp salt
- 1/2 tsp black pepper
- 2 cups simple tomato sauce

METHOD

Pulse everything but the sauce to a rough dough, roll into 16 balls, bake at 400°F for 20 minutes, then simmer briefly in the sauce. Fiber and omega-3s doing a convincing Sunday-gravy impression.

Provides: iron · folate · fiber · omega-3 ALA · beta-glucan · allicin · lycopene

R050 Ginger-Garlic Tempeh Stir-Fry

serves 2 · Harvest 100 #094 #030 #002 #026 #054 #081

INGREDIENTS

- 1 block (8 oz) tempeh, cubed
- 3 cups broccoli florets
- 1 red bell pepper, sliced
- 1 tbsp fresh ginger, grated
- 3 cloves garlic, minced
- 2 tbsp soy sauce or tamari
- 1 tsp rice vinegar
- 2 tbsp olive or avocado oil
- 1 tbsp sesame seeds
- 1/4 cup water

METHOD

Brown the tempeh in 1 tbsp of the oil 5 minutes for chew and set aside, wok the vegetables hot and fast in the remaining oil 4 minutes with the water to steam, add the ginger and garlic for 1 minute, then return the tempeh with the soy and vinegar. Finish with sesame. Fermented soy protein with its fiber still on board.

Provides: fermented protein · fiber · sulforaphane · vitamin C · gingerols · allicin · calcium · sesamin

R051 Farro Risotto with Mushrooms

serves 3 · Harvest 100 #063 #057 #056 #038

INGREDIENTS

- 1 cup farro
- 1 lb mushrooms, sliced
- 1 leek, white and light green parts, sliced
- 3 tbsp olive oil
- 4 to 5 cups warm vegetable broth
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup grated Parmesan (optional)

METHOD

Brown the mushrooms hard in 2 tbsp of the oil and set aside, soften the leek in the rest, add the farro and a ladle of broth, and treat it like arborio, stirring and adding broth as it absorbs, about 30 minutes. Fold the mushrooms back in with salt, pepper, and Parmesan. Umami depth without a single processed shortcut.

Provides: whole grain · fiber · ergothioneine · inulin · oleic acid · olive polyphenols

R052 Stuffed Peppers, Quinoa & Black Bean

serves 4 · Harvest 100 #002 #064 #052 #001 #012

INGREDIENTS

- 4 bell peppers, halved and seeded
- 2 cups cooked quinoa
- 1 can (15 oz) black beans, drained
- 1 cup tomato sauce, plus 1/2 cup for the dish
- 1 tsp ground cumin
- 1/4 tsp cayenne
- 1/2 tsp salt
- 1/4 cup fresh cilantro or parsley, chopped

METHOD

Mix the quinoa, beans, 1 cup sauce, spices, and salt, mound into the peppers set in a dish with the extra sauce, bake covered at 400°F for 30 minutes and uncovered 10 more. Top with herbs. The pepper is the bowl; the bowl is edible; the future is now.

Provides: vitamin C · complete plant protein · fiber · plant protein · lycopene · capsaicin

R053 Eggplant Steaks, Tahini & Pomegranate

serves 2 · Harvest 100 #048 #081 #007 #040 #038

INGREDIENTS

- 1 large eggplant, cut into 1-inch slabs, skin on
- 3 tbsp olive oil
- 1/2 tsp salt
- 3 tbsp tahini
- 1 1/2 tbsp fresh lemon juice
- 2 to 3 tbsp water
- 1/4 cup pomegranate seeds
- 2 tbsp fresh parsley, chopped

METHOD

Brush the slabs with oil and salt and roast at 450°F until deeply bronzed, about 25 minutes. Whisk the tahini with lemon and water until pourable, then sauce and jewel the steaks. The nasunin lives in that purple skin, so leave it on.

Provides: nasunin · calcium · sesamin · punicalagins · apigenin · vitamin K · oleic acid · olive polyphenols

R054 Sweet Potato & Black Bean Tacos

serves 3 · Harvest 100 #014 #052 #045 #034 #024

INGREDIENTS

- 2 sweet potatoes, cubed (about 4 cups)
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp salt
- 1 can (15 oz) black beans, warmed
- 2 cups purple cabbage, shredded
- 1 tbsp fresh lemon or lime juice
- 1 ripe avocado, sliced
- 6 corn or whole-wheat tortillas, warmed

METHOD

Roast the sweet potatoes with the oil, cumin, and salt at 425°F for 25 minutes. Toss the cabbage with the citrus for a quick slaw. Assemble hot on warm with the beans and avocado. Sweet, earthy, crunchy, creamy: four textures per bite and a full rainbow per taco.

Provides: beta-carotene · slow carbohydrate · fiber · plant protein · anthocyanins · glucosinolates · monounsaturated fat · vitamin C

R055 Cannellini Braised in Tomato & Rosemary

serves 3 · Harvest 100 #060 #001 #042 #054 #038

INGREDIENTS

- 2 cans (15 oz each) cannellini beans, drained
- 1 can (14 oz) crushed tomatoes
- 1 sprig fresh rosemary
- 4 cloves garlic, sliced
- 1/4 cup olive oil
- 1/4 tsp red chili flakes
- 1/2 tsp salt
- 3 slices crusty whole-grain bread, toasted and rubbed with garlic

METHOD

Warm the garlic, rosemary, and chili in the oil 2 minutes, add the beans, tomatoes, and salt, and simmer 20 lazy minutes until the sauce clings. Spoon over the toast; this is beans as the main event, unapologetically.

Provides: fiber · plant protein · lycopene · carnosic acid · allicin · oleic acid · olive polyphenols

R056 Barley Fried Rice

serves 2 · Harvest 100 #062 #037 #013 #087 #026 #054

INGREDIENTS

- 2 cups cooked pearl barley, cooled
- 1/2 cup green peas
- 1 carrot, diced small
- 2 eggs, beaten
- 1 tbsp fresh ginger, grated
- 2 cloves garlic, minced
- 2 tbsp soy sauce or tamari
- 2 tbsp olive or avocado oil
- 2 scallions, sliced

METHOD

Scramble the eggs in 1 tbsp of the oil and set aside, wok the carrot and peas in the rest 3 minutes, add the ginger and garlic 1 minute, then the barley hot and the soy. Return the eggs and finish with scallions. Chewier than rice, twice the fiber, same takeout joy.

Provides: beta-glucan · plant protein · fiber · beta-carotene · choline · lutein · complete protein · gingerols · allicin

R057 Broccoli-Sardine Whole-Grain Pasta

serves 2 · Harvest 100 #030 #084 #054 #024 #097

INGREDIENTS

- 6 oz whole-grain pasta
- 1 head broccoli, cut into small florets
- 1 tin (about 4 oz) sardines in olive oil
- 4 cloves garlic, sliced
- 2 tbsp olive oil
- 1/4 tsp red chili flakes
- 1/2 lemon, zested and juiced
- 1/2 tsp black pepper
- 1/2 cup pasta cooking water

METHOD

Boil the pasta, adding the broccoli for its last 4 minutes, then toss all of it in a pan where the garlic, chili, and sardines have melted into the oil, loosening with pasta water. Finish with lemon and pepper. Sicily's frugal masterpiece, omega-loaded.

Provides: sulforaphane · EPA & DHA omega-3s · calcium · allicin · vitamin C · piperine

R058 Shakshuka for Any Hour

serves 2 · Harvest 100 #001 #002 #087 #011 #012 #054

INGREDIENTS

- 1 can (28 oz) crushed tomatoes
- 1 red bell pepper, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/4 tsp cayenne
- 1/2 tsp salt
- 4 eggs
- 1/4 cup fresh parsley, chopped

METHOD

Sweat the onion and pepper in the oil 6 minutes, add the garlic and spices 1 minute, pour in the tomatoes and salt, simmer 10 minutes, crater the sauce, crack in the eggs, and cover until just set, about 6 minutes. Shower with parsley. Breakfast, lunch, or a 5:30 dinner; the pan does not care what time it is.

Provides: lycopene · vitamin C · choline · lutein · complete protein · carotenoids · capsaicin · allicin

VI. Vegetables, Roasted & Raised

High heat concentrates sugars and pigments, and a side dish that people fight over is how half the plate becomes vegetables without a lecture. Roasting also keeps the fat-soluble carotenoids in play, especially when the vegetables arrive glossy with olive oil.

R059 Roasted Broccoli, Lemon & Garlic

serves 2 · Harvest 100 #030 #024 #054 #038

INGREDIENTS

- 1 head broccoli, cut into florets
- 2 tbsp olive oil
- 3 cloves garlic, sliced
- 1/2 lemon
- 1/4 tsp red chili flakes
- 1/4 tsp salt

METHOD

Toss the broccoli with oil and salt and roast hot, 425°F for 20 minutes, until the edges char and crisp; the garlic joins for the last 8. Finish with lemon and chili. Sulforaphane never tasted this much like fries.

Provides: sulforaphane · vitamin C · allicin · oleic acid · olive polyphenols

R060 Honey-Roast Carrots with Pistachio

serves 3 · Harvest 100 #013 #100 #071 #038

INGREDIENTS

- 1 lb carrots, halved lengthwise
- 2 tbsp olive oil
- 1 tsp raw honey
- 1/4 cup pistachios, crushed
- 2 tbsp fresh parsley, chopped
- 1/4 tsp salt

METHOD

Roast the carrots with the oil and salt 25 minutes at 425°F, glazing with the honey for the final 5, then shower with pistachios and parsley. Carotene, dressed for company.

Provides: beta-carotene · trace polyphenols · lutein · plant protein · oleic acid · olive polyphenols

R061 Brussels, Blistered, Balsamic & Walnut

serves 3 · Harvest 100 #031 #069 #038

INGREDIENTS

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 1/4 tsp salt
- 1 tbsp balsamic vinegar
- 1/3 cup walnuts, toasted and chopped

METHOD

Toss with oil and salt, set cut-side down on a hot sheet pan, and roast at 425°F untouched for 20 minutes so they bronze. The balsamic hits the hot pan and becomes a glaze on contact; add the walnuts and serve.

Provides: fiber · vitamin K · glucosinolates · omega-3 ALA · oleic acid · olive polyphenols

R062 Whole-Roasted Purple Cauliflower, Turmeric Oil

serves 4 · Harvest 100 #046 #025 #038 #054

INGREDIENTS

- 1 head purple cauliflower, leaves trimmed
- 1/4 cup olive oil
- 1 tsp ground turmeric
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp salt

METHOD

Whisk the oil with the spices and salt, brush the whole head generously, and roast at 400°F for 45 to 55 minutes until a knife slides in, basting once. Carve at the table like a roast. Two pigment systems, one centerpiece.

Provides: anthocyanins · glucosinolates · curcumin · oleic acid · olive polyphenols · allicin

R063 Ten-Minute Garlic Spinach

serves 2 · Harvest 100 #027 #054 #038 #024

INGREDIENTS

- 10 oz baby spinach (one big bag)
- 3 cloves garlic, sliced
- 2 tbsp olive oil
- 1/2 lemon
- 1/4 tsp salt

METHOD

Warm the garlic in the oil until fragrant, 1 minute, add the spinach in handfuls until just collapsed, 3 minutes, then lemon, salt, done. The side that fits beside literally every main in this book.

Provides: lutein · folate · dietary nitrate · allicin · oleic acid · olive polyphenols · vitamin C

R064 Roasted Beets on Garlic Yogurt

serves 3 · Harvest 100 #008 #088 #054 #069 #038

INGREDIENTS

- 3 medium beets, roasted, peeled, and sliced
- 1 cup plain Greek yogurt
- 1 clove garlic, grated
- 1/4 cup walnuts, toasted
- 1 tbsp olive oil
- 1 tbsp fresh dill, chopped
- 1/4 tsp salt

METHOD

Stir the garlic and salt into the yogurt, swoosh it across the plate, pile the warm beets on, scatter the walnuts and dill, and drizzle the oil. Restaurant plating, dorm-level effort.

Provides: dietary nitrate · live cultures · protein · allicin · omega-3 ALA · oleic acid · olive polyphenols

R065 Blistered Asparagus, Egg Mimosa

serves 2 · Harvest 100 #032 #087 #024 #038

INGREDIENTS

- 1 bunch asparagus (about 1 lb), trimmed
- 1 tbsp olive oil
- 1 hard-boiled egg
- 1/2 lemon
- 1/4 tsp black pepper
- 1/4 tsp salt

METHOD

Sear the spears in a screaming-hot pan with the oil 4 minutes, then grate the egg over the top like snow and finish with lemon, salt, and pepper. Prebiotic fiber below, choline above.

Provides: inulin · folate · choline · lutein · complete protein · vitamin C · oleic acid · olive polyphenols

R066 Miso-Glazed Eggplant

serves 2 • Harvest 100 #048 #093 #081 #026 #100

INGREDIENTS

- 1 large eggplant, halved lengthwise and cross-hatched
- 2 tbsp olive oil
- 1 tbsp white miso
- 1 tsp raw honey
- 1 tsp fresh ginger, grated
- 1 tbsp water
- 1 tbsp sesame seeds

METHOD

Brush the halves with oil and roast cut-side up at 425°F for 20 minutes, whisk the miso, honey, ginger, and water into a glaze, brush it on, and broil 2 minutes until bubbling and dark. Scatter sesame. Nasu dengaku: the dish that converts eggplant skeptics.

Provides: nasunin • live cultures • calcium • sesamin • gingerols • trace polyphenols

R067 Cinnamon-Roast Sweet Potato Wedges

serves 3 • Harvest 100 #014 #095 #011 #038

INGREDIENTS

- 2 sweet potatoes, cut into wedges
- 2 tbsp olive oil
- 1/2 tsp ground cinnamon
- 1/2 tsp smoked paprika
- 1/2 tsp salt

METHOD

Toss and roast at 425°F for 30 minutes, flipping once. Sweet-smoky wedges that make the fryer feel unnecessary.

Provides: beta-carotene • slow carbohydrate • cinnamon polyphenols • carotenoids • oleic acid • olive polyphenols

R068 Charred Sesame Purple Cabbage

serves 3 • Harvest 100 #045 #081 #026 #054

INGREDIENTS

- 1/2 head purple cabbage, cut into thick wedges
- 2 tbsp olive oil
- 1/4 tsp salt
- 2 tbsp tahini
- 1 tsp fresh ginger, grated
- 1 small clove garlic, grated
- 1 tbsp fresh lemon juice
- 2 tbsp water
- 1 tbsp sesame seeds

METHOD

Brush the wedges with oil and salt and roast at 450°F until the edges blacken, about 25 minutes. Whisk the tahini, ginger, garlic, lemon, and water into a drizzle, sauce the wedges, and finish with sesame. Cabbage at its most dramatic and least boiled.

Provides: anthocyanins • glucosinolates • calcium • sesamin • gingerols • allicin

R069 Leeks Braised in Olive Oil & Lemon

serves 3 · Harvest 100 #056 #038 #024

INGREDIENTS

- 3 leeks, halved lengthwise and rinsed well
- 1/4 cup olive oil
- 1/2 cup vegetable broth
- 1/2 lemon
- 1/4 tsp salt
- 1/4 tsp black pepper

METHOD

Brown the cut sides in the oil 4 minutes, add the broth and salt, lid on, 15 gentle minutes until silky. Finish with lemon and pepper. Inulin for the microbes, silk for you.

Provides: inulin · oleic acid · olive polyphenols · vitamin C

R070 Rosemary Roast Mushrooms & Onions

serves 3 · Harvest 100 #057 #055 #042 #038

INGREDIENTS

- 1 lb mushrooms, halved
- 1 onion, cut into petals
- 2 sprigs fresh rosemary, leaves chopped
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp balsamic vinegar

METHOD

Toss with the oil, rosemary, salt, and pepper and roast hot and not too crowded, 425°F for 25 minutes, then splash with balsamic. Ergothioneine plus quercetin, tasting like the forest floor's greatest hits.

Provides: ergothioneine · quercetin · carnosic acid · oleic acid · olive polyphenols

VII. The Ferment Shelf & Small Plates

In the Stanford trial, ten weeks of daily fermented food raised microbiome diversity and lowered nineteen inflammatory markers. This course makes the ferments at home for pennies and builds the sauces and dips that make raw vegetables disappear from the refrigerator.

R071 Quick Red Kimchi-Style Cabbage

makes 1 quart jar • Harvest 100 #091 #045 #054 #026 #012

INGREDIENTS

- 1/2 head purple cabbage, chopped (about 6 cups)
- 1 1/2 tbsp sea salt
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 to 2 tbsp gochugaru or 1 tsp cayenne
- 2 scallions, sliced

METHOD

Salt the cabbage and squeeze hard for 5 minutes until it weeps, mix in the aromatics, pack tight in a clean quart jar under its own brine, and let it sit at room temperature 3 to 5 days, burping daily, before refrigerating. Your dinner ferment, homemade for pennies.

Provides: live cultures • glucosinolates • anthocyanins • allicin • gingerols • capsaicin

R072 One-Jar Purple Sauerkraut

makes 1 quart jar • Harvest 100 #092 #045

INGREDIENTS

- 1/2 head purple cabbage, finely shredded (about 6 cups)
- 1 tbsp sea salt

METHOD

Massage the cabbage with the salt until dripping, pack under its brine, weight it with an outer cabbage leaf, and wait 1 to 2 weeks at room temperature, tasting as you go. Cabbage, salt, and time: the oldest recipe on earth still working.

Provides: live cultures • anthocyanins • glucosinolates

R073 Kimchi-Scallion Egg Pancakes

serves 2 • Harvest 100 #091 #087 #055 #038

INGREDIENTS

- 1 cup kimchi, chopped
- 2 eggs
- 1/2 cup whole-grain flour
- 2 tbsp kimchi brine
- 2 scallions, sliced
- 2 tbsp olive oil

METHOD

Stir into a loose batter and fry in the oil as small crisp-edged pancakes, 3 minutes a side. The gateway dish for anyone who claims not to like ferments.

Provides: live cultures • glucosinolates • choline • lutein • complete protein • quercetin • oleic acid • olive polyphenols

R074 Miso-Tahini House Dressing

makes about 1/2 cup · Harvest 100 #093 #081 #026 #024

INGREDIENTS

- 2 tbsp tahini
- 1 tbsp white miso
- 1 tsp fresh ginger, grated
- 1 1/2 tbsp fresh lemon juice
- 3 to 4 tbsp water, to a pourable consistency

METHOD

Whisk until creamy. This is the dressing referenced all over this book; it keeps a week and makes raw vegetables disappear from the refrigerator.

Provides: live cultures · calcium · sesamin · gingerols · vitamin C

R075 Whipped White Bean & Rosemary Dip

makes 2 cups · Harvest 100 #060 #042 #054 #038 #024

INGREDIENTS

- 1 can (15 oz) cannellini beans, drained
- 1 small clove garlic
- 1 sprig fresh rosemary, leaves only
- 1/4 cup olive oil
- 1 1/2 tbsp fresh lemon juice
- 1/4 tsp salt
- 2 tbsp water

METHOD

Blend until cloudlike, streaming in the oil and water. Serve with every raw vegetable in the crisper; hummus's silkier cousin.

Provides: fiber · plant protein · carnosic acid · allicin · oleic acid · olive polyphenols · vitamin C

R076 Classic Hummus, Extra Lemon

makes 2 cups · Harvest 100 #067 #081 #024 #054 #038

INGREDIENTS

- 1 can (15 oz) chickpeas, drained
- 1/4 cup tahini
- 1 large lemon, juiced (about 3 tbsp)
- 1 clove garlic
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 3 to 4 tbsp ice water
- 1 tbsp olive oil and a pinch of paprika, to finish

METHOD

Blend long, 2 full minutes, adding the ice water until it lightens in color and whips. The ice water is the entire secret; the paprika on top is the flag.

Provides: fiber · plant protein · calcium · sesamin · vitamin C · allicin · oleic acid · olive polyphenols

R077 Guacamole of Record

serves 4 · Harvest 100 #034 #001 #055 #012 #024

INGREDIENTS

- 3 ripe avocados
- 1 tomato, diced
- 2 tbsp onion, minced
- 2 tbsp fresh lemon or lime juice
- 1/4 tsp cayenne
- 1/2 tsp salt
- 2 tbsp fresh cilantro, chopped (optional)

METHOD

Mash coarse, fold, taste, add more citrus than you think.

Monounsaturated fat that doubles the carotenoid absorption of everything dipped in it.

Provides: monounsaturated fat · lycopene · quercetin · capsaicin · vitamin C

R078 Garlic-Yogurt Sauce, the Standby

makes 1 cup · Harvest 100 #088 #054 #040 #024 #038

INGREDIENTS

- 1 cup plain Greek yogurt
- 1 clove garlic, grated
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1/4 tsp salt

METHOD

Stir and rest 10 minutes for the garlic to mellow. The white sauce for the beets, the wedges, the shakshuka, the tacos; probiotic and shameless.

Provides: live cultures · protein · allicin · apigenin · vitamin K · vitamin C · oleic acid · olive polyphenols

VIII. Snacks & Travel Fuel

The vending machine is where good diets die. These snacks are the counteroffer: nuts in rotation, whole grains with real crunch, fruit with fat so the carotenoids absorb, and nothing with an ingredient list you cannot picture growing.

R079 The Rotation Trail Mix

makes 6 cups · Harvest 100 #069 #070 #071 #072 #073 #074 #075 #099

INGREDIENTS

- 1 cup walnuts
- 1 cup almonds
- 1 cup pistachios
- 1 cup pecans
- 3/4 cup hazelnuts
- 3/4 cup peanuts
- 6 Brazil nuts, chopped
- 1/2 cup 70 percent dark chocolate, chopped

METHOD

Mix, jar, and ration into 1/4-cup bags for the pack or the car. Every nut on the list in one scoop, and the chocolate keeps morale high at mile eight.

Provides: omega-3 ALA · vitamin E · magnesium · lutein · plant protein · flavonoids · folate · selenium · monounsaturated fat · cocoa flavanols

R080 Rosemary-Paprika Popcorn

serves 3 · Harvest 100 #068 #042 #011 #038

INGREDIENTS

- 1/2 cup popcorn kernels
- 2 tbsp olive oil, plus 1 tsp to finish
- 1 tbsp fresh rosemary, minced
- 1 tsp smoked paprika
- 1/2 tsp salt

METHOD

Pop the kernels in the oil in a lidded pot, then toss with the rosemary, paprika, salt, and the last teaspoon of oil while hot. A whole-grain snack wearing a steakhouse cologne.

Provides: whole grain · carnosic acid · carotenoids · oleic acid · olive polyphenols

R081 Crispy Roasted Chickpeas

makes 2 cups · Harvest 100 #067 #011 #012 #038

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and dried very well
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/4 tsp cayenne
- 1/2 tsp salt

METHOD

Toss and roast at 400°F for 30 to 35 minutes, shaking twice, until they rattle. The crouton, the bar snack, and the protein hit, unified.

Provides: fiber · plant protein · carotenoids · capsaicin · oleic acid · olive polyphenols

R082 Cinnamon-Chili Pumpkin Seeds

makes 1 1/2 cups • Harvest 100 #079 #095 #012 #038

INGREDIENTS

- 1 1/2 cups raw pumpkin seeds
- 1 tsp olive oil
- 1/2 tsp ground cinnamon
- 1 pinch cayenne
- 1/4 tsp salt

METHOD

Toast in a dry-ish pan over medium heat 5 minutes until they pop and puff, then toss with the oil and spices. Zinc for the collagen enzymes, crunch for the 3 p.m. slump.

Provides: zinc • cinnamon polyphenols • capsaicin • oleic acid • olive polyphenols

R083 Apple & Peanut Butter, the Honest Classic

serves 1 • Harvest 100 #010 #075 #095

INGREDIENTS

- 1 crisp red apple, sliced
- 2 tbsp natural peanut butter
- 1/4 tsp ground cinnamon

METHOD

Slice, dip, dust. Not everything needs reinventing; some things only need cinnamon.

Provides: quercetin • pectin • plant protein • monounsaturated fat • cinnamon polyphenols

R084 Banana-Oat Two-Bite Cookies

makes 12 • Harvest 100 #059 #061 #069 #095

INGREDIENTS

- 2 very ripe bananas, mashed
- 1 cup rolled oats
- 1/3 cup walnuts, chopped
- 1/2 tsp ground cinnamon
- 1 pinch salt

METHOD

Mix, drop in 12 mounds on a lined sheet, and bake at 350°F for 14 minutes. No added sugar and none missed; the bananas carry it.

Provides: potassium • resistant starch • beta-glucan • omega-3 ALA • cinnamon polyphenols

R085 Prune-Cocoa Energy Balls

makes 14 • Harvest 100 #049 #061 #069 #099 #076

INGREDIENTS

- 1 cup pitted prunes
- 1/2 cup rolled oats
- 1/2 cup walnuts
- 2 tbsp unsweetened dark cocoa powder
- 1 tbsp chia seeds
- 1 pinch salt
- 1 to 2 tsp water, if needed

METHOD

Pulse to a sticky rubble, roll into 14 balls, and chill 30 minutes. Bone-friendly prunes doing an impression of a brownie truffle, convincingly.

Provides: polyphenols • bone support • beta-glucan • omega-3 ALA • cocoa flavanols • fiber

R086 Nori Crisps with Sesame

serves 2 · Harvest 100 #090 #081 #038

INGREDIENTS

- 4 sheets nori
- 1 tsp olive oil
- 1 tsp sesame seeds
- 1 pinch salt

METHOD

Brush the sheets lightly with oil, scatter the sesame and salt, bake at 300°F for 8 to 10 minutes until shatter-crisp, and snap into shards. Iodine as a chip; the ocean's answer to the vending machine.

Provides: iodine · calcium · sesamin · oleic acid · olive polyphenols

IX. Sips

Liquid sugar is the fastest route to glycation and the easiest one to close. These six drinks cover the whole day: coffee and green tea in the morning window, sparkling citrus where soda used to live, and warm or tart evening cups that work with the body's wind-down instead of against it.

R087 Green Tea, Properly; Matcha, Whisked

serves 1 · Harvest 100 #039

INGREDIENTS

- 1 tsp loose green tea or 1 tsp ceremonial matcha
- 8 oz water at 170°F, never boiling

METHOD

Steep the leaves 2 minutes, or whisk the matcha in a zigzag until foamy. Cooler water keeps the EGCG intact and the cup sweet instead of bitter; drink it before noon alongside the caffeine curfew.

Provides: EGCG

R088 Golden Milk, Evening Issue

serves 1 · Harvest 100 #025 #026 #095 #097 #100

INGREDIENTS

- 1 cup milk of choice
- 1/2 tsp ground turmeric
- 1/2 tsp fresh ginger, grated
- 1/4 tsp ground cinnamon
- 1 pinch black pepper
- 1/2 tsp raw honey

METHOD

Warm gently, whisk, and sip slowly after the sauna. The pepper is doing pharmacology; the ritual is doing the wind-down.

Provides: curcumin · gingerols · cinnamon polyphenols · piperine · trace polyphenols

R089 Tart Cherry Nightcap

serves 1 · Harvest 100 #005

INGREDIENTS

- 4 oz unsweetened tart cherry juice (or 1/2 cup tart cherries)
- 4 oz sparkling water
- ice

METHOD

Pour over ice and take it an hour before bed. Tart cherry carried modest sleep improvements in small trials; either way it beats what nightcaps used to mean.

Provides: melatonin · anthocyanins

R090 Citrus-Ginger Sparkler

serves 1 · Harvest 100 #024 #018 #026

INGREDIENTS

- 1/2 lemon, juiced
- 1/2 orange, juiced
- 3 thin coins fresh ginger
- 8 oz sparkling water
- ice

METHOD

Muddle the ginger with the juices, add ice and sparkling water, and stir. Drink anywhere a soda used to live. The sugar swap that makes quitting feel like gaining something.

Provides: vitamin C · hesperidin · gingerols

R091 The Better Morning Coffee

serves 1 · Harvest 100 #098 #095

INGREDIENTS

- 2 tbsp ground coffee
- 1/4 tsp ground cinnamon, shaken into the grounds
- 10 oz hot water

METHOD

Brew however you love it with the cinnamon in the grounds; it perfumes the whole cup and retires the sweetener. Take it outside within the first hour: caffeine and circadian light, one sitting, last cup by noon.

Provides: coffee polyphenols · cinnamon polyphenols

R092 Kefir-Mango Lassi

serves 1 · Harvest 100 #089 #019 #095

INGREDIENTS

- 1 cup plain kefir
- 1/2 cup frozen mango
- 1 pinch ground cinnamon or cardamom
- 1 tsp fresh lemon juice

METHOD

Blend until it froths. Probiotics wearing a sweet disguise; the afternoon pick-me-up that also tends the garden within.

Provides: probiotics · vitamin A · vitamin C · cinnamon polyphenols

X. Sweet Endings

Dessert is not the enemy; refined sugar is. Every ending here comes from fruit, nuts, whole grains, and 70-percent cacao, with honey measured in threads rather than cups. Give your palate three weeks and these taste like indulgence, because they are.

R093 Dark Chocolate Bark with Everything

makes 1 slab (about 12 shards) · Harvest 100 #099 #071 #079 #018

INGREDIENTS

- 7 oz (two bars) 70 percent or darker chocolate
- 1/4 cup pistachios, chopped
- 2 tbsp pumpkin seeds
- 1 tsp orange zest
- 1/4 tsp flaky salt

METHOD

Melt the chocolate gently, pour thin on parchment, scatter the toppings, chill 30 minutes, and shatter. Flavanols with a crackle; two shards is dessert and it is enough.

Provides: cocoa flavanols · lutein · plant protein · zinc · vitamin C · hesperidin

R094 Baked Apples, Walnut-Stuffed

serves 4 · Harvest 100 #010 #069 #061 #095 #096 #100

INGREDIENTS

- 4 apples, cored
- 1/2 cup walnuts, chopped
- 1/4 cup rolled oats
- 1 tsp ground cinnamon
- 1 pinch ground clove
- 4 tsp raw honey (1 tsp per apple)
- 1/2 cup water for the dish

METHOD

Mix the walnuts, oats, and spices, stuff the apples, drizzle each with its teaspoon of honey, splash the water in the dish, and bake at 375°F for 40 minutes until slumped and fragrant. The house smells like the holidays; the dessert is mostly fruit and fiber.

Provides: quercetin · pectin · omega-3 ALA · beta-glucan · cinnamon polyphenols · eugenol · trace polyphenols

R095 Roasted Figs with Yogurt & Honey

serves 2 · Harvest 100 #050 #088 #100 #069

INGREDIENTS

- 6 fresh figs, halved
- 1 tsp raw honey
- 1 cup plain Greek yogurt
- 1/4 cup walnuts, toasted

METHOD

Roast the figs cut-side up at 400°F for 10 minutes until jammy, then land them on the cold yogurt with the walnuts and the thread of honey. Hot-cold, sweet-tart, done in the time the oven takes to sigh.

Provides: fiber · potassium · live cultures · protein · trace polyphenols · omega-3 ALA

R096 Chocolate-Chia Pudding

serves 2 · Harvest 100 #076 #099 #059 #095

INGREDIENTS

- 4 tbsp chia seeds
- 1 1/2 cups milk of choice
- 2 tbsp unsweetened dark cocoa powder
- 1/2 ripe banana, mashed
- 1/4 tsp ground cinnamon
- 1 pinch salt

METHOD

Whisk hard, rest 10 minutes, whisk again, and chill 2 hours.

Ten grams of fiber impersonating chocolate mousse and getting away with it.

Provides: fiber · omega-3 ALA · cocoa flavanols · potassium · resistant starch · cinnamon polyphenols

R097 Berry Crumble, Oat-Pecan Top

serves 4 · Harvest 100 #043 #044 #061 #072 #095 #100

INGREDIENTS

- 2 cups blueberries
- 2 cups blackberries
- 1 tbsp fresh lemon juice
- 1 cup rolled oats
- 1/2 cup pecans, chopped
- 1 tsp ground cinnamon
- 2 tbsp olive oil
- 1 tbsp raw honey
- 1 pinch salt

METHOD

Toss the berries with the lemon in a baking dish, rub the oats, pecans, cinnamon, oil, honey, and salt into a crumble, scatter it over, and bake at 375°F for 30 minutes until the berries bubble purple through the crust. Anthocyanins for dessert, and the topping is basically granola with ambition.

Provides: anthocyanins · fiber · beta-glucan · flavonoids · cinnamon polyphenols · trace polyphenols

R098 Warm Spiced Plums over Yogurt

serves 2 · Harvest 100 #049 #088 #095 #096 #100

INGREDIENTS

- 4 plums, quartered
- 2 tbsp water
- 1/2 tsp ground cinnamon
- 1 tiny pinch ground clove
- 1 tsp raw honey
- 1 cup plain Greek yogurt, cold

METHOD

Warm the plums in a pan with the water and spices 5 minutes until glossy and collapsing, stir in the honey, and spoon over the cold yogurt. Late-summer fruit, wintered spices, living cultures: the whole book in a bowl.

Provides: polyphenols · bone support · live cultures · protein · cinnamon polyphenols · eugenol · trace polyphenols

R099 Frozen Grapes & Dark Chocolate Plate

serves 2 · Harvest 100 #009 #099

INGREDIENTS

- 2 cups red grapes, frozen solid
- 1 oz 70 percent dark chocolate, broken into squares

METHOD

That is the recipe. Frozen grapes eat like tiny sorbets; the chocolate makes it a plate. The two-minute answer to the dessert question.

Provides: grape polyphenols · cocoa flavanols

R100 Pomegranate & Orange Cups with Pistachio

serves 2 · Harvest 100 #007 #018 #071

INGREDIENTS

- 1 pomegranate, seeds only (about 1 cup)
- 1 orange, segmented
- 2 tbsp pistachios, crushed
- 1 tsp fresh lemon juice

METHOD

Layer in glasses and eat with a spoon. Ruby and gold, polyphenols and vitamin C: the harvest's own closing argument, no sugar required.

Provides: punicalagins · vitamin C · hesperidin · lutein · plant protein

The Earth Diet is educational and culinary, not medical advice; adjust for your own allergies, medications, and your physician's counsel. Quantities are home-cook honest rather than laboratory precise. Be well, and eat your colors.