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# KALE CRISPS WITH CREAM OF GREY PEAS

- Kale is one of the most resourceful vegetables and provides the largest harvest when it comes to surface in relation to nourishment.
- In Rosendal, kale is grown close together and harvested continuously, from early summer all the way into the following year when the plant blooms and the shoots are served in the garden cafe.

*Recipe by Magnus Willnow*

*Photo: Rosendals Trädgård*





# WILD DUCK WITH BEET ROOTS AND ELDERBERRIES

- As most of us are aware of we eat far too much meat. To choose game is a necessity if you still wish to eat meat.
- The wild duck often thrives in constructed lakes and wetlands. Wetlands were common in agricultural landscapes before it was drained.
- In a more contemporary context, wetland drainage through ditches in arable land creates fantastic opportunities for biodiversity and ecosystem services.

*Recipe by Magnus Willnow*

*Photo: Rosendals Trädgård*



# VEGETABLE MILK SOUP

- This soup reminds us the summers in our grandmother's kitchen, when you can pick the first fresh vegetables from your garden and make a delicious lunch.

*Recipe by Ants Uustalu*

*Photo: Lauri Laan*



# WARM APPLE AND SEA BUCKTHORN COMPOTE WITH THYME-OATMEAL SPRINKLES

- In autumn, a dessert with apples and sea buckthorn is full of vitamins
- Apple trees are grown in almost every garden, where old and new varieties give us many different flavours.

*Recipe by Ants Uustalu*

*Photo: Lauri Laan*





# PIEROGI (DUMPLINGS)

- You cannot think of a more traditional polish dish then pierogi (dumplings)!
- Pierogi adapts very well to the 2000 m<sup>2</sup>-concept, as most stuffings are vegetarian.
- You can create any stuffing you can dream of that suit your taste and meet your regional production.



# STUFFED CABBAGE ROLLS (GOŁĄBKI)

- Stuffed cabbage is a very popular dish in Poland, with cabbage leaves usually stuffed with a filling made of rice and meat.
- Unfortunately both, rice and meat, are not quite compatible with the 2000 m<sup>2</sup>-concept, as the products either travel a long way, since we don't grow rice in most parts of Europe, or use up much of the very limited 2000 m<sup>2</sup> space for meat production.
- There are also very tasty vegetarian variants of stuffed cabbage which are more compatible with the 2000 m<sup>2</sup>-concept, e.g buckwheat, mushrooms and onions 😊





